



# Carer's Allowance

## Claim form for people getting State Pension

### We have many different ways we can communicate with you.

If you need braille, British Sign Language, a hearing loop, translations, large print, audio or something else please contact us.

Our contact details are:

- Phone: **0800 731 0297**
- Textphone: **0800 731 5312**
- Relay UK: **0800 731 0297**.

If you live in Wales and want this form in Welsh call **0800 731 0297**.

Carer's Allowance is a benefit for people who provide regular and substantial care to a disabled person for at least 35 hours a week, and meet certain eligibility criteria.

The quickest and easiest way to claim Carer's Allowance is online. Check if you can get Carer's Allowance and make a claim at [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)

If you live in Scotland you need to claim Carer Support Payment. For more information about Carer Support Payment, please visit [www.mygov.scot/benefits](http://www.mygov.scot/benefits)

### About this form

- **only use this form to claim Carer's Allowance if you are getting State Pension.**

If you are not getting State Pension, contact us to find out how to claim

- check if you can get Carer's Allowance by using the checklist in the notes booklet
- If you cannot get Carer's Allowance, go to [www.gov.uk/browse/benefits](http://www.gov.uk/browse/benefits) to see what other help you might be able to get
- you, the carer, must fill in this form, not the person you provide care for
- please complete this form carefully. If you fill in this form using a pen, use **black ink** and CAPITAL LETTERS
- please answer all the questions and send us all the documents we ask for
- contact us if you cannot fill in this form or send us the documents we ask for, because this might delay your claim.
- if you have speech or hearing difficulties, you can contact us by textphone on **0800 731 5312**. The textphone service does not receive messages from mobile phones.

**Normally, you can expect us to get back to you within 6 weeks. This may change at busy times of the year.**

### Remember

If someone else also cares for the same person as you, only one of you can claim a carer's benefit. This could be Carer's Allowance, Carer Support Payment or, for those in receipt of Universal Credit, an extra amount for caring for someone.

If you both meet the criteria, you must try to decide between you who will claim. If you cannot decide on who this should be, the Department for Work and Pensions will make the decision.

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## About you - the carer

<b>01</b> First name
<b>02</b> Last name

<b>03</b> National Insurance (NI) number
<b>04</b> A phone number we can contact you on If you give us your mobile phone number we can contact you by text message.

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## About your Carer's Allowance

There is more information about how Carer's Allowance affects other benefits in the notes booklet and at [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)

It is possible to backdate your claim to the start date of the disabled person's qualifying benefit. This must be made within 3 months of their decision date, and you must have provided care for at least 35 hours each week.

<b>05</b> What date do you want your Carer's Allowance to start?
Please make a note of this date. <b>We will ask you about it again later.</b>

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## More about you - the carer

<b>06</b> Your date of birth DD/MM/YYYY
<b>07</b> What is your marital or civil partnership status? Single Married or civil partner Living with partner Separated Divorced or civil partnership dissolved Widowed or surviving civil partner

<b>08</b> Your address  Postcode
<b>09</b> If you have speech or hearing difficulties and want us to contact you by textphone, please give us your textphone number.

**10 What is your nationality?**

For example, British. If you have a current passport, please give your nationality as shown on your passport.

**11 Which country do you normally live in?**

**12 Which country are you living in now?**

**13 If you are Swiss or a European Economic Area (EEA) national, were you living in the United Kingdom (UK) before 1 January 2021?**

For a list of EEA countries, please see the notes booklet.

No

Yes

**14 Have you lived in Great Britain throughout the 3 years before the date you are claiming from?**

Great Britain is England, Scotland and Wales.

If you live in Scotland, you need to claim Carer Support Payment not Carer's Allowance. For more information about Carer Support Payment, please visit [www.mygov.scot/benefits](http://www.mygov.scot/benefits)

No

Yes **Go to question 16**

**15 If No, please tell us about any countries you have lived in or visited in the 3 years before the date you are claiming from. If you had more than 3 visits abroad, tell us about them in 'More Information' at question 75.**

**Period 1**

Which country did you live in or visit?

When did you go there?

When did you return to Great Britain?

Do you intend to go back to that country?

No

Yes

What date do you intend to go back to that country?

What was your reason for being there?

For example, you live there, for a holiday, for work.

Was the person you look after with you?

No

Yes

**Period 2**

Which country did you live in or visit?

When did you go there?

When did you return to Great Britain?

Do you intend to go back to that country?

No

Yes

What date do you intend to go back to that country?

What was your reason for being there?  
For example, you live there, for a holiday, for work.

Was the person you look after with you?

No

Yes

**Period 3**

Which country did you live in or visit?

When did you go there?

When did you return to Great Britain?

Do you intend to go back to that country?

No

Yes

What date do you intend to go back to that country?

What was your reason for being there?  
For example, you live there, for a holiday, for work.

Was the person you look after with you?

No

Yes

**16 Do you, or a member of your family, get any benefits or pensions from a country other than Great Britain?**

By family we mean your spouse or civil partner and dependent children and adults.

No

Yes

**17 Have you, or a member of your family, claimed any benefit or pension which has not yet been decided, from a country other than Great Britain?**

No

Yes

**18 Are you, or a member of your family, working in or paying insurance to an EEA country or Switzerland?**

For a list of EEA countries, please see the notes booklet.

No

Yes

## About your partner

Tell us about your partner, if you have one.

We use partner to mean:

- a person you live with who is your husband, wife or civil partner, or
- a person you live with as if you are a married couple.

**19 Have you lived with a partner at any time since the date you want to claim from?**

We look at any money your partner gets from benefits, when we work out if you can get Carer's Allowance.

No **Go to About the person you provide care for**

Yes

**20 Their first name**

**21 Their last name**

**22 Their National Insurance (NI) number**

**23 Their date of birth**

DD/MM/YYYY

**24 Their nationality**

**25 Have you separated from your partner since the date you want to claim from?**

No

Yes

When did you separate?

You must report changes in your circumstances straight away. See the notes for more information.

## About the person you provide care for

### Remember

You must tell the person you are providing care for that you are making a claim to Carer's Allowance. You should explain this is because you provide care for them. If they have a legal representative, you must let them know before you claim.

There is more information about how Carer's Allowance affects other benefits in the notes and at [www.gov.uk/carers-allowance](http://www.gov.uk/carers-allowance)

<p><b>26</b> Their first name</p>	<p><b>32</b> Are they getting Armed Forces Independence Payment?</p> <p>No</p> <p>Yes</p>
<p><b>27</b> Their last name</p>	<p><b>33</b> Is the person you care for receiving a disability benefit from an EEA country or Switzerland?</p> <p>No <b>Go to question 34</b></p> <p>Yes</p> <p>What is the name of the benefit?</p> <p>Which country is paying the benefit?</p> <p>Please send in a recent notification regarding this benefit award if you have one.</p>
<p><b>28</b> Their National Insurance (NI) number</p> <p>If they are under 16, you should enter their Disability Living Allowance reference number or child reference number.</p> <p>If you do not tell us this number, it could delay your claim.</p>	<p><b>34</b> Is another person getting Carer's Support Payment or an extra amount of Universal Credit for providing care for them?</p> <p>There is more information about what happens if there is more than one carer in the notes booklet.</p> <p>No <b>Go to question 35</b></p> <p>Yes</p> <p>Tell us about the person who is getting the Carer Support Payment or an extra amount of Universal Credit. If you can, tell us their name, address, date of birth and National Insurance number.</p>
<p><b>29</b> Their date of birth</p> <p>DD/MM/YYYY</p>	
<p><b>30</b> Their address, if different from yours</p> <p>You do not have to live at the same address as the person you provide care for.</p> <p>Postcode</p>	
<p><b>31</b> What is their relationship to you?</p>	

Their name

Their address

Postcode

Their National Insurance (NI) number

Their date of birth

DD/MM/YYYY

**35** Have you spent 35 hours or more each week providing care for this person since the date you want to claim from?

This can be any care you give in person. This includes supervision as well as helping with things like washing, cooking, household tasks, shopping, travel, attending appointments, preparing for the disabled person to come to stay with you or cleaning up after the visit.

No

Yes

**36** Were you providing care for this person for 35 hours or more each week before the date you want to claim from?

No **Go to question 38**

Yes

When did you start providing care for them?

**37** If you were providing care for this person before the date you want to claim from, have there been any times you were unable to provide care for this person during the 26 weeks before the date you want to claim from?

This is when you spent less than 35 hours per week providing care for the person. For example, when:

- they were in respite care, hospital or on holiday without you
- you were in hospital or on holiday without them.

No

Yes

Tell us about this on the next **3 pages**. You could still get Carer's Allowance for these times.

If they had more than 3 periods in hospital, a care home or respite care, please tell us about this in '**More information**' at question 75.

**38** Has the person you provide care for been in hospital, a care home or respite care for at least a week since the date you want to claim from?

No **If you have answered 'No' to question 36 and question 38, go to question 51.**

Yes

Tell us about this. If they had more than 3 periods in hospital, a care home or respite care, please tell us about this in '**More information**' at question 75.

**Period 1**

**39** Were they in hospital or a care home or respite care?

Hospital

A care home or respite care

**40** When were they in hospital, a care home or respite care?

From

To

**41** While they were in hospital, a care home or respite care, did you still provide care for 35 hours a week?

No

Yes

**42** If they were in a care home or respite care, were they getting care from a medical professional during this time?

No

Yes

**Period 2**

**43** Were they in hospital or a care home or respite care?

hospital

a care home or respite care

**44** When were they in hospital, a care home or respite care?

From

To

**45** While they were in hospital, a care home or respite care, did you still provide care for 35 hours a week?

No

Yes

**46** If they were in a care home or respite care, were they getting care from a medical professional during this time?

No

Yes

**Period 3**

**47** Were they in hospital or a care home or respite care?

Hospital

A care home or respite care

**48** When were they in hospital, a care home or respite care?

From

To

**49** While they were in hospital, a care home or respite care, did you still provide care for 35 hours a week?

No

Yes

**50** If they were in a care home or respite care, were they getting care from a medical professional during this time?

No

Yes

**51** Have you been in hospital or a care home or respite care for at least a week since the date you want to claim from and the 26 weeks before this date?

No **Go to question 61**

Yes

Tell us about this. If you had more than 3 periods in hospital, a care home or respite care, please tell us about this in 'More information' at question 75.

**Period 1**

**52** Were you in hospital or a care home or respite care?

Hospital

A care home or respite care



**53** When were you in hospital, a care home or respite care?

From

To

**54** If you were in a care home or respite care, were you getting care from a medical professional during this time?

No

Yes

**Period 2**

**55** Were you in hospital or a care home or respite care?

Hospital

A care home or respite care

**56** When were you in hospital, a care home or respite care?

From

To

**57** If you were in a care home or respite care, were you getting care from a medical professional during this time?

No

Yes

**Period 3**

**58** Were you in hospital or a care home or respite care?

Hospital

A care home or respite care

**59** When were you in hospital, a care home or respite care?

From

To

**60** If you were in a care home or respite care, were you getting care from a medical professional during this time?

No

Yes

**61** Have there been any other times you have not provided care for the person named on page 6 of this form for 35 hours a week since the date you want to claim from and the 26 weeks before this date?

This includes holidays.

No **Go to About education and employment**

Yes

Tell us about this. If you have not provided care for more than 3 periods, please tell us about this at 'More information' at question 75.

**Period 1**

**62** When did you not provide care for 35 hours a week?

From what time? am/pm

From what date?

To what time? am/pm

To what date?

**63** Where was the person you provide care for?

- On holiday
- At home
- Somewhere else

**64** Where were you?

- On holiday
- At home
- Somewhere else

**Period 2**

**65** When did you not provide care for 35 hours a week?

From what time? am/pm

From what date?

To what time? am/pm

To what date?

**66** Where was the person you provide care for?

- On holiday
- At home
- Somewhere else

**67** Where were you?

- On holiday
- At home
- Somewhere else

**Period 3**

**68** When did you not provide care for 35 hours a week?

From what time? am/pm

From what date?

To what time? am/pm

To what date?

**69** Where was the person you provide care for?

- On holiday
- At home
- Somewhere else

**70** Where were you?

- On holiday
- At home
- Somewhere else

If you need to tell us about more breaks in caring, use the space at **'More information'** at question 75.

## About education and employment

**71** Have you been on a course of education since the date you want to claim from?

If you are on holiday such as the summer or winter vacation, or on temporary leave from your course, still tick **Yes**.

No

Yes Please give details in **More information at question 75.**  
We will contact you about this.

**72** Have you been employed at any time in the 6 month period before the date you want to claim from?

Still tick **Yes** if you are off work because you are sick, or on paid or unpaid leave. If you are a company director, you should tick **Yes**.

No

Yes Please give details in **More information at question 75.**

**73** Are you or have you been self-employed at any time since the week before the date you want to claim from?

By self-employment we mean:

- working for yourself
- being a partner or sleeping partner in a business
- receiving income from property or land you own, or
- renting out any part of the home you live in - for example, a lodger.

No

Yes Please give details in **More information at question 75.**  
We will contact you about this.

**74** Have you received any payments for the person you provide care for or anybody else since the date you want to claim from?

For example, payments for fostering, adult placements, direct payments or any payments from your local council.

No **Go to question 75**

Yes

What is the payment called?

Who pays you?

What is their address?

Postcode

Amount paid

£

How often?

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## More information

**75 Use this space to tell us anything you think we might need to know**

If you need more space, you can use another sheet of paper, on each piece:

- write your full name, address and National Insurance number on it
- sign and date it.

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## Declaration

**Even if someone else has filled in this form for you, you must sign the declaration yourself.**

**By submitting this claim you agree that the information you have given is complete and correct.**

While you are getting Carer's Allowance, you will report changes to your circumstances straight away by calling **0800 731 0297**, or by textphone on **0800 731 5312**. Or you can report changes to your circumstances at [\*\*www.gov.uk/carers-allowance-report-change\*\*](http://www.gov.uk/carers-allowance-report-change)

If you give wrong or incomplete information, or you do not report changes in your circumstances straight away, you may:

- be prosecuted
- need to pay a financial penalty
- have your Carer's Allowance reduced or stopped
- be paid too much Carer's Allowance and have to pay the money back.

**If we pay you less than we should, we may pay you the money that we owe you.**

<p><b>Your signature</b></p> <div style="border: 1px solid black; height: 60px; width: 100%;"></div>
<p><b>Date of signature</b></p>

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## What to do now

- Check that you have answered all the questions.
- Get in touch with us if you cannot fill in the form. Your Carer's Allowance may be delayed. You can phone us on **0800 731 0297**. If you have speech or hearing difficulties, you can contact us by textphone on **0800 731 5312**. The textphone service does not receive messages from mobile phones.
- check that you have signed the form
- send everything to us in the envelope that came with this claim pack. The envelope does not need a stamp.

### **Our address is:**

Carer's Allowance Unit  
Mail Handling Site A  
Wolverhampton  
WV98 2AB

## More information

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### Treating people fairly

We are committed to the Equality Act 2010 and treating people fairly. To find out more about this law, search 'Equality Act' on [www.gov.uk](http://www.gov.uk)

### Call charges

Calls to 0800 numbers are free from personal mobiles and landlines.

### How DWP collects and uses information

When we collect information about you we may use it for any of our purposes. These include:

- social security benefits and allowances
- child maintenance
- employment and training
- investigating and prosecuting tax credits offences
- private pensions policy and
- retirement planning.

We may get information about you from other parties for any of our purposes as the law allows to check the information you provide and improve our services. We may give information about you to other organisations as the law allows, for example to protect against crime.

To find out more about our purposes, how we use personal information for those purposes and your information rights, including how to request a copy of your information, go to [www.gov.uk/dwp/personal-information-charter](http://www.gov.uk/dwp/personal-information-charter)

### DWP social media channels

The official social media accounts in use by the Department for Work and Pensions (DWP) are:



[www.youtube.com/dwp](http://www.youtube.com/dwp)



[www.facebook.com/dwp](http://www.facebook.com/dwp)



[www.x.com/dwpgovuk](http://www.x.com/dwpgovuk)



[www.instagram.com/dwpgovuk](http://www.instagram.com/dwpgovuk)



[www.linkedin.com/company/dwp](http://www.linkedin.com/company/dwp)

### DWP British Sign Language (BSL) videos



[www.youtube.com/dwpsign](http://www.youtube.com/dwpsign)



