

Although many people continue to enjoy good health well into old age, some people find that they need help with daily living.

You may have difficulty walking or getting about, or with personal care such as dressing or washing, or with your hearing or sight. **You could get extra money to help you.**

The two main benefits for disabled people are Attendance Allowance (AA) and Disability Living Allowance (DLA).

Disability Living Allowance (DLA)

You might be able to get DLA if you are under 65. There are two components to DLA: care and mobility, which can be paid at different rates depending on the level of difficulty you have.

Attendance Allowance (AA)

If you are over 65, and you aren't already getting DLA, you may be able to claim AA if you have difficulty with personal care. There is no mobility component to AA.

AA is paid at two different weekly rates, depending on how your disability affects you:

- Higher rate - £79.15
- Lower rate - £53.00

AA and DLA are tax-free. They are not means-tested and receiving them will not reduce your other benefits. In fact, getting AA or DLA might mean that you are entitled to more benefits.

You don't have to have someone caring for you in order to claim and you can spend the money however you want.

If you would like to claim either of these benefits, or need help completing the forms or just to find out more about them then call us on 01375 389872.



Carer's Allowance

If you are looking after your partner, or a relative or friend who needs help because they are ill or disabled, then you are a carer. The main welfare benefit for carers is called Carer's Allowance.

To qualify you must

- spread at least 35 hours a week caring for the person.
- the person must receive the higher or middle rate care component of DLA, or any rate of AA.
- you must not earn more than £100 per week (after deductions)
- you must not be in full-time education.

Carer's Allowance may not be paid if you are receiving a State Pension or certain other benefits. However, it is a good idea to apply anyway because if successful you would get extra Pension Credit and/or Council Tax/Housing Benefit as you will receive extra credits if you qualify. Please call us on 01375 389872 for more help with completing application forms or for more information