

Attendance Allowance

What is Attendance Allowance?

Attendance Allowance is money to help you with extra costs if your disability or condition causes difficulties with your own personal care, or due to your disability/condition you may need someone to help look after you. You must be State Pension age or older when you claim.

If you are under State Pension age, you may be able to get Personal Independence Payment (PIP) instead.

Attendance Allowance is not usually affected by your income, or savings. However, if you receive Constant Attendance Allowance with another benefit, this will be paid instead, or will reduce the amount of your Attendance Allowance.

Attendance Allowance is not used as income for other benefits. You can claim it even if you have not paid any National Insurance contributions. You do not have to pay tax on the allowance you receive, and if you get Attendance Allowance, you may get extra money with other benefits.

You may not think of yourself as disabled, but if you have a health condition or illness that means you need the sort of help listed below, you may be eligible for Attendance Allowance. Your disability may be physical, or you may have mental health problems, learning difficulties, sight, hearing, or speech difficulties.

Can I get Attendance Allowance?

Yes, if:

- Your disability means that you need help with your personal care or you need someone to supervise you for your own, or someone else's safety.
- You have needed that help for at least six months.

Even if you are not actually getting the help you need, you may still get Attendance Allowance.

Examples of care or supervision needs could include:

Washing, bathing and looking after your appearance - Do you need help getting in and out of the bath or shower? Adjusting shower controls? Shaving? Putting on skin cream? Washing or drying your hair?

Going to the toilet - Do you need help adjusting your clothes after using the toilet? For example, because you're partially sighted, using the toilet during the night or changing clothes or bedding if you have an accident.

Getting dressed or undressed - Do you need help with fastenings, shoelaces and buttons? For example, because of arthritis or with recognising when your clothes are on inside out.

Mealtimes - Do you need any help eating and drinking? For example, if you have sight loss, do you need someone to tell you where the food is on your plate, or read out menus?

Help with medical treatment - Do you need help identifying your tablets? Reading and understanding instructions about taking medication? Do you manage a condition like diabetes and need help recognising whether your condition is deteriorating? Adjusting your hearing aid?

Communicating - Do you need help understanding or hearing people, or being understood by them; answering the phone; reading and writing letters?

Supervision - Do you need someone to watch over you in case you have a seizure or pass out; in case you lack awareness of danger, or could be a danger to yourself or others; or in case you get confused, forgetful or disoriented? Do you need someone to give you medication or to help calm you down during a panic attack?

Getting around safely - Do you need help navigating stairs; getting up from a chair; getting in and out of bed; moving safely from room to room?

How to claim



If you think you may be eligible for this benefit, call the **St Barnabas Welfare and Benefits Team** on **01476 513544**, who will assist you to make an application.

