

## New style Employment and Support Allowance

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You may be able to get the new style Employment and Support Allowance (ESA) if you're ill and unable to work.

You may be able to claim ESA with, or instead of, Universal Credit, depending on your National Insurance record. You will need to have a fit note and have paid or been credited with enough National Insurance contributions.

### Am I eligible for ESA?

You can apply if you meet all of the following criteria:

- You're under state pension age.
- You have an illness or disability that makes it difficult or impossible to work.
- You're not receiving Statutory Sick Pay or Maternity Pay and you haven't returned to work.
- You're not receiving Jobseeker's Allowance or Income Support.
- You can apply for ESA if you're employed, self-employed, unemployed or a student.

The differences between new style ESA and Universal Credit are:

- New style ESA is based on your National Insurance contributions, Universal Credit depends on your income.
- New style ESA is paid to an individual, Universal Credit is a single household payment.
- New style ESA doesn't take into account any savings you have.
- If you have a partner who is working, their earnings don't affect your new style ESA payment.
- Universal Credit can include money for your rent or childcare costs, new style ESA doesn't.

- New style ESA is paid every two weeks and Universal Credit is usually paid every month.

You can get new style ESA on its own or at the same time as Universal Credit. If you claim both benefits, any new style ESA you are entitled to will be deducted from your Universal Credit payment.

## How to claim



Telephone: **0800 055 6688** or

Textphone: **0800 023 4888**

Monday to Friday (8am to 5pm).

