

CARER'S ALLOWANCE

**Money, grants
and benefits**

Find out more about
Carer's Allowance, how
it can help and how
to claim

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CARER'S ALLOWANCE

If you care for someone with Parkinson's, you might be worried about how you'll manage financially. But there is financial support available, so it's important to find out what benefits you're entitled to.

This information explains what Carer's Allowance is, who qualifies, and how to claim.

The information in this publication is correct as of June 2022, but is subject to change. Our most up-to-date information is on our website at **parkinsons.org.uk/benefits**. Our helpline can also give advice on benefits. Call **0808 800 0303** or email **hello@parkinsons.org.uk**

What is Carer's Allowance?

Carer's Allowance is a benefit for people who regularly spend at least 35 hours a week caring for someone with substantial care needs.

You don't have to be related to the person you're caring for or be living with them.

The person you're caring for must be getting a qualifying benefit (see the 'Do I qualify?' section, right, for a list).

You can qualify for Carer's Allowance even if you've never been employed or paid National Insurance contributions.

Carer's Allowance isn't affected by how much you have in savings. However, if you (the carer) receive a weekly income of £132 net or more, you won't qualify for Carer's Allowance. The benefit is also taxable.

You can get Carer's Allowance even if you, the carer, are disabled and getting Attendance Allowance, Disability Living Allowance, Personal Independence Payment (PIP) or the new Scottish Adult Disability Payment.

Carer's Allowance is not intended to be a wage for caring, or a payment for the services of caring. If you claim Carer's Allowance, it can sometimes reduce the amount of means-tested benefits that the person you care for can claim. To find out

more, contact Citizens Advice or another organisation that gives benefits advice – your local welfare rights group, for example.

You can contact the Parkinson's UK helpline on **0808 800 0303** or email **hello@parkinsons.org.uk** for information about organisations that can help.

Do I qualify?

You must be 16 or over and spending 35 hours or more a week caring for someone who receives a 'qualifying benefit'. The qualifying benefits are:

- Attendance Allowance
- Disability Living Allowance care component at the middle or highest rate
- Personal Independence Payment daily living component (either rate)
- Adult Disability Payment (only in Scotland)

- Child Disability Payment (only in Scotland) – the middle or highest care rate
- Constant Attendance Allowance from either maximum Industrial Injuries Disablement Benefit or full day rate of War Pension Disablement Benefit
- Armed Forces Independence Payment

Find out more: see our [information on Attendance Allowance, Disability Living Allowance, and Personal Independence Payment and the Scottish Adult Disability Payment.](#)

You must also:

- be aged 16 or over at the time of your claim
- have been living in England, Scotland or Wales for two of the last three years (and your immigration status doesn't prevent you claiming)
- be 'habitually resident' in the UK (unless you're exempt). If you're unsure, you can contact our helpline on **0808 800 0303** or **hello@parkinsons.org.uk** for advice
- not be in full-time education (which means you're not on an educational course of 21 hours or more supervised study a week)
- not earn more than £132 a week (after tax), if you're in paid employment

The rules are different in Northern Ireland. Visit **www.nidirect.gov.uk/carers-allowance** to find out more.

In Scotland, young carers can claim the new yearly Young Carer's Grant of £326.65. This is for carers who are aged 16-18, still in school, provide care for 16 hours a week or more, and do not receive Carer's Allowance.

How much is Carer's Allowance?

The weekly rate is £69.70.

Do other benefits affect Carer's Allowance?

Yes. You can't be paid Carer's Allowance if you're getting the same amount or more from any of the following benefits:

- Contributory/new-style Employment and Support Allowance
- Severe Disablement Allowance
- Incapacity Benefit
- Maternity Allowance
- State Pension
- Bereavement Allowance, Widow's Benefits or Widowed Parent's Allowance
- Contribution-based/new-style Jobseeker's Allowance

These benefits 'overlap', so you can only get the higher of

the two benefits. If you can't be paid Carer's Allowance due to the overlapping benefits rule, you should still make a claim if you're eligible because this will help with other benefits (see 'Why should I claim Carer's Allowance?' below).

Why should I claim Carer's Allowance?

Claiming Carer's Allowance may allow you to get extra on other benefits you receive.

For example, if you qualify for Carer's Allowance, you can get a £38.85-a-week 'carer premium' included on top of any income-related Employment and Support Allowance, Income Support, income-based Jobseeker's Allowance, Pension Credit or Housing Benefit you receive.

Find out more: see our [information on Employment and Support Allowance, Income Support and Pension Credit](#).

You may also qualify for a carer premium if you're entitled to Carer's Allowance, but cannot be paid it because of another 'overlapping' benefit (see 'Do other benefits affect Carer's Allowance?'). If you're eligible to claim Universal Credit (instead of one of the above benefits) and you're entitled to Carer's Allowance, you can get a monthly £168.81 'carer element' included in your Universal Credit.

Find out more: [see our information on Universal Credit.](#)

For each week that you're entitled to Carer's Allowance, you get a Class 1 National Insurance credit. This will help towards your entitlement to a State Pension.

In Scotland, if you're entitled to Carer's Allowance, you get a 'Carer's Allowance Supplement' of £245.70 every six months from the Scottish government.

How is Carer's Allowance paid?

Carer's Allowance can be paid in advance on a weekly basis or in arrears every four weeks.

Carer's Allowance can be paid from the date of the award of the qualifying benefit, such as Personal Independence Payment (PIP) or Attendance Allowance, as long as you apply within three months of the awarding letter.

Your money will be paid directly into your bank or building society account.

Find out more: [if you don't have a bank account, see our general information about benefits. This explains how to get one.](#)

How do I claim Carer's Allowance?

You'll need to fill in claim form DS700. If you claim a State Pension, you'll need to fill in form DS700(SP). You can get the claim form by phoning

0800 731 0297 (textphone **0800 731 0317**) or you can download it at www.gov.uk/government/publications/carers-allowance-claim-form

You can also apply online at www.gov.uk/carers-allowance/how-to-claim

If you live in Northern Ireland, call **0800 587 0912** (textphone **0800 012 1574**) or claim at www.nidirect.gov.uk/services/apply-carers-allowance-online

Can a carer get Carer's Allowance if the person they care for has died?

If the person you're caring for dies, you'll get Carer's Allowance payments for up to eight weeks afterwards.

This is to give carers who have recently been bereaved time to adjust and make plans for their own future.

The carer premium will also be paid during this eight

weeks. So if, as a carer, you're on an income-related benefit, you'll still be able to get this.

Carer's Credit

Carer's Credit is intended to protect the State Pension rights of carers who aren't able to pay National Insurance contributions and aren't entitled to Carer's Allowance.

You won't directly receive any money for Carer's Credit. But by filling any gaps in your National Insurance record (for example, because you're unable to work while caring for someone) it will help to protect your State Pension entitlement and other benefits that depend on National Insurance contributions.

You could get it if you care for someone for at least 20 hours a week and aren't entitled to Carer's Allowance.

To claim Carer's Credit, call **0800 731 0297** (textphone **0800 731 0317**) or visit www.gov.uk/carers-credit/how-to-claim

MORE INFORMATION AND SUPPORT

Parkinson's nurses

Parkinson's nurses have specialist experience and knowledge of Parkinson's. They can:

- support people coming to terms with their Parkinson's diagnosis
- help people to manage their medication, so they get the best results and fewer side effects
- make referrals to other professionals, such as speech and language therapists and physiotherapists

Some nurses are based in the community, such as at your GP surgery. Others are based in hospital settings and clinics.

Talk to your GP or specialist for more details on speaking to a Parkinson's nurse.

Parkinson's UK information and support

You can read our most up-to-date information at [parkinsons.org.uk](https://www.parkinsons.org.uk)

You can order printed information by calling **0330 124 3250** or visiting [parkinsons.org.uk/orderingresources](https://www.parkinsons.org.uk/orderingresources)

If you'd like to speak to someone, our specialist adviser team can provide information about any aspect of living with Parkinson's.

They can talk to you about managing symptoms and medication, social care, employment rights, benefits, how you're feeling, and more.

Call our team on **0808 800 0303** or email hello@parkinsons.org.uk. We'll provide expert information over phone or

email or put you in touch with an adviser locally.

If you'd like to meet other people living with Parkinson's in your local area, you can find friendship and support through our network of volunteers and local groups. Go to **parkinsons.org.uk/localgroups** or call our helpline to find out more.

Our forum is also a very active space to share and chat with others who really understand, at a time that suits you. Visit **parkinsons.org.uk/forum**

Thank you

Thank you to benefits specialist Barbara Knight for helping to update this information.

Feedback

If you have any comments or feedback about our information, please call **0800 138 6593**, email **feedback@parkinsons.org.uk**, or write to us at Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ

If you'd like to find out more about how we put our information together, please contact us at **healthcontent@parkinsons.org.uk** or visit our website.

Can you help?

At Parkinson's UK, we are totally dependent on donations from individuals and organisations to fund the work that we do. There are many ways that you can help us to support people with Parkinson's. If you would like to get involved, please contact our Supporter Care team on **0800 138 6593** or visit our website at **parkinsons.org.uk/donate**. Thank you.

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Powered by people.
Funded by you.
Improving life for everyone
affected by Parkinson's.
Together we'll find a cure.

PARKINSON'S^{UK}

Free confidential helpline **0808 800 0303**
Monday to Friday 9am–6pm, Saturday 10am–2pm
(interpreting available)
NGT relay **18001 0808 800 0303**
(for textphone users only)
hello@parkinsons.org.uk
parkinsons.org.uk

Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ



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