

Carer Support Payment

Money, grants and benefits

Find out more about
Carer Support
Payment, how it
can help and how
to claim



Carer Support Payment

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 Support Payment is, who qualifies, and how to claim.

We update our information on benefits once a year. The information in this publication is correct as of July 2025, but is subject to change. If you have any questions, our helpline is here for you. Call **0808 800 0303** or email **hello@parkinsons.org.uk**

What is Carer Support Payment?

Carer Support Payment is a benefit for people living in Scotland who regularly spend at least 35 hours a week caring for someone with substantial care needs.

It was introduced in 2024, replacing Carer's Allowance. If you got Carer's Allowance you were automatically moved across between February 2024 and spring 2025.

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

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

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

Carer Support Payment isn't affected by how much you have in savings. However, if you (the carer) receive weekly earnings of £196 or more after tax, you won't qualify. The benefit is also taxable.

You can get Carer Support Payment even if you, the carer, are disabled and getting Pension Age Disability Payment (the new benefit replacing Attendance Allowance in Scotland), Adult Disability Payment (the new benefit replacing Personal Independence Payment in Scotland), or Disability Living Allowance.

Carer Support Payment isn't intended to be a wage for caring, or a payment for the services of caring.

If you claim Carer Support Payment, it can sometimes reduce the amount of means-tested benefits that the person you care for can claim. To find out more, contact an organisation like Citizens Advice or your local welfare rights group.

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.

What if I'm in England, Wales or Northern Ireland?

People in England, Wales and Northern Ireland can claim Carer's Allowance, which has similar rules to Carer Support Payment. We have separate information about this benefit.

Find out more: see our information on Carer's Allowance.

Do I qualify?

You must be 16 or over and spending 35 hours or more a week caring for someone who receives one of the benefits below to qualify for Carer Support Payment:

- Pension Age Disability Payment (the new benefit replacing Attendance Allowance in Scotland)
- Adult Disability Payment (the new benefit replacing Personal Independence Payment in Scotland) – either rate of the daily living component
- Disability Living Allowance care component at the middle or highest rate
- Child Disability Payment – 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 Pension Age Disability Payment and Adult Disability Payment.

You must also:

- be aged 16 or over at the time of your claim
- have been living in the UK 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 £196 a week (after tax), if you're in paid employment.

How much is Carer Support Payment?

The weekly rate is £83.30.

If you're entitled to Carer Support Payment, you'll also get a 'Carer Support Payment Supplement' of £293.50 every six months, in June and December.

Do other benefits affect Carer Support Payment?

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

- State Pension
- Contribution/new-style Employment and Support Allowance
- Severe Disablement Allowance
- Incapacity Benefit
- Maternity Allowance
- 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 paid the higher of the two benefits.

Why should I claim Carer Support Payment?

If you can't be paid Carer Support Payment due to the overlapping benefits rule, you should still make a claim if you're eligible because this may allow you to get extra on other benefits you receive.

For example, if you qualify for Carer Support Payment, you can get a £46.40-a-week 'carer premium' included in Pension Credit, income-related Employment and Support Allowance, Income Support, income-based Jobseeker's Allowance or Housing Benefit.

You can also get £201.68 per month included in your Universal Credit. The Universal Credit amount is paid if the care is provided even if you don't claim Carer Support Payment.

Find out more: see our information on Employment and Support Allowance, Pension Credit and Universal Credit.

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

How is Carer Support Payment paid?

Carer Support Payment can be paid in advance on a weekly basis or in arrears every four weeks.

It can be paid from the date of the award of the qualifying benefit, such as Pension Age Disability Payment or Adult Disability Payment, if you apply within three months of the date on the awarding letter.

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

You can ask for Carer Support Payment to be backdated for 13 weeks at the start of the claim as long as the person receiving the care was entitled to one of the qualifying benefits for the same time. You as the carer must also have met all the normal rules of entitlement.

Find out more: if you don't have a bank account, our booklet *Introduction to benefits* explains how to open one.

Young Carer's Grant

Young carers in Scotland can claim the Young Carer's Grant of £390.25 paid once a year. This is for carers who are aged 16–18, provide care for 16 hours a week or more for at least three months, and don't receive Carer Support Payment. You can receive it if you're still in education, in work or unemployed.

How do I claim Carer Support Payment and Young Carer's Grant?

You can make a claim for Carer Support Payment or Young Carer's Grant by contacting Social Security Scotland on **0800 182 2222** or online via Social Security Scotland's myaccount system. Find out more at mygov.scot/carers-support-payment/how-to-apply

Can a carer get Carer Support Payment if the person they care for has died?

If the person you're caring for dies, you'll get Carer Support Payment 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.

If you're on an income-related benefit and receive carer premium, the carer premium will also be paid for those eight weeks.

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

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.

To claim Carer's Credit, call **0800 731 0297** (textphone **0800 731 0317**). Or you can claim online at 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 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

Whatever your journey with Parkinson's, you're not alone.

From the moment you or someone you care about is diagnosed, we have information and support for you.

Speak to one of our friendly expert advisers, including specialist Parkinson's nurses, care advisers, and benefits and employment advisers. We've got information and advice on all aspects of living with Parkinson's.

Get help managing your diagnosis. Our information packs, webinars, courses and support groups can help you and your loved ones understand your Parkinson's diagnosis and better manage your symptoms.

Read our up to date, reliable health information. Our website, booklets and magazines can help you better understand Parkinson's. They're full of tips and advice on managing your condition and supporting a loved one.

Find ways to get active, stay active and live well with Parkinson's. Whatever your fitness level, we'll help you find the right activities for you.

Connect with other people with Parkinson's, families, friends and carers. Across the UK, in your local area or online. We'll help you meet others who understand what you're going through, because they're going through it too.

Find out more: call our helpline on **0808 800 0303** or email **hello@parkinsons.org.uk** to speak to an expert adviser.

Visit **parkinsons.org.uk/information-and-support** to read our information or find support that's local to you.

Call **0330 124 3250** or visit **parkinsons.org.uk/order-print-booklets** to order free printed information.

Thank you

Thank you very much to everyone who contributed to or reviewed this information.

Thanks also to our information review group and other people affected by Parkinson's who provided feedback.

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, 50 Broadway, London SW1H 0BL.

If you'd like to find out more about how we put our information together, or be part of the team that reviews our health content, please contact us at **healthcontent@parkinsons.org.uk** or visit our website at **parkinsons.org.uk/health-content**

Can you help?

At Parkinson's UK, we're totally dependent on donations from individuals and organisations to fund the work we do. There are many ways 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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We're Parkinson's UK,
the charity that's
here to support every
Parkinson's journey.
Every step of the way.

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

Parkinson's UK, 50 Broadway, London SW1H 0DB



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