

# Pension Age Disability Payment

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Money, grants and benefits

Find out more about  
Pension Age Disability  
Payment, how it can  
help and how to claim



# Pension Age Disability Payment

If you have 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 Pension Age Disability 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 Pension Age Disability Payment?

Pension Age Disability Payment is a new benefit for people over State Pension age in Scotland who have an illness or disability and need help with their personal care or safety. It replaced Attendance Allowance in Scotland in 2025.

State Pension age is currently 66 years old, but will start gradually increasing from May 2026. You can check your State Pension age at **gov.uk/state-pension-age**

Pension Age Disability Payment is for you, not for a carer, and you don't need to have someone supporting or caring for you to qualify.

If you do have a carer, they may be able to claim Carer Support Payment or National Insurance contribution credits.

**Find out more:** see our information on Carer Support Payment.

Pension Age Disability Payment is based on the help you need, not on the help you currently get. It doesn't matter whether you live alone or with other people, or if you get a lot of help or none.

The Pension Age Disability Payment claim form is quite long, and can be difficult to fill in because it deals with personal care issues. But it's worth taking the time to do it, because getting Pension Age Disability Payment can increase your weekly income.

If you need help filling out the form, you can call our free confidential helpline on **0808 800 0303**.

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

Attendance Allowance is the equivalent to Pension Age Disability Payment in England, Wales and Northern Ireland. It has similar rules and eligibility criteria. We have separate information about this benefit.

**Find out more:** see our information on Attendance Allowance.

## Do I qualify for Pension Age Disability Payment?

You're eligible if:

- you're State Pension age. You can check if you are at **gov.uk/state-pension-age**
- you've had care or supervision needs for the last six months (the 'qualifying period')
- you've been living in the UK for two of the last three years and your immigration status doesn't prevent you from claiming
- you're 'habitually resident' in the UK **and**
- you're terminally ill, **or**
- you satisfy one of the disability tests.

### What are the disability tests?

To get Pension Age Disability Payment, you must have a severe physical or mental disability (or both) that means you reasonably need (but you don't necessarily receive) the following help:

- care from another person several times throughout the day to help with your 'bodily functions'. This can include help getting in and out of bed, getting dressed and undressed, washing and other personal hygiene needs, going to the toilet, taking medication, eating, cutting up food, drinking and communicating with other people, **or**
- continual supervision (being checked on or watched regularly – but not non-stop) throughout the day to make sure you're safe or not a danger to yourself or others, **or**
- care from another person at least twice each night, or for 20 minutes or more, to help you with your 'bodily functions' (as described above), **or**
- another person to be awake and watch over you to make sure you're safe or not a danger to others, at least three times each night, or for 20 minutes or more each night.

## How much will I get?

Pension Age Disability Payment is paid at one of two weekly rates, depending on the amount of help you need:

- The lower rate is £73.90 per week and applies if you need the care or supervision described above throughout the day or the night.
- The higher rate is £110.40 per week and applies if you need care or supervision throughout the day and the night.

## How long is Pension Age Disability Payment awarded for?

Pension Age Disability Payment may be awarded to you for an indefinite period or for a fixed period of time.

If it's for a fixed period, you'll normally be sent a renewal claim form four months before your existing claim runs out.

## Does Pension Age Disability Payment affect other benefits?

Receiving Pension Age Disability Payment can increase the amount of any means-tested benefits (like Pension Credit) you get. It can be paid in addition to any other social security benefits.

Pension Age Disability Payment is not taxable. It's not based on National Insurance contributions. It's also not means-tested. So any income or savings you have don't affect whether you're awarded it or how much you get.

However, your local authority might take Pension Age Disability Payment into account when considering if you need to contribute to the cost of any care and support services you receive from them.

## Can I claim Pension Age Disability Payment alongside ADP or Scottish Adult Disability Allowance?

No. You can't receive more than one of these benefits at any one time.

If you already get Adult Disability Payment (ADP, the new benefit replacing Personal Independence Payment in Scotland) you'll continue to get this benefit and you won't be able to claim Pension Age Disability Payment.

The same goes for Scottish Adult Disability Allowance (the new benefit replacing Disability Living Allowance in Scotland).

## How is Pension Age Disability Payment paid?

Pension Age Disability Payment is usually paid every four weeks directly into a bank, building society or Post Office card account.

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

## What if I go into hospital or a care home?

Your payment will stop after you've been in hospital for a total of four weeks (either in one stay, or several stays, where the gaps between stays are no more than four weeks each time).

You can't usually get Pension Age Disability Payment if you live in a care home and your care is paid for by your local authority. You can still claim Pension Age Disability Payment if you pay for all your care home costs yourself.

## How do I claim?

You can make a claim online through Social Security Scotland's myaccount system. Find out more at **mygov.scot/pension-age-disability-payment/how-to-apply**

You can also apply by phone on **0800 182 2222**, or call this number to get a paper form. If you struggle to fill in the form, Social Security Scotland can help either on the phone, face to face or via webchat.

## When can I make a claim?

You must have been in need of care or supervision for six months before you can start being paid Pension Age Disability Payment.

You can make your claim during this six-month qualifying period, but the benefit won't be paid until it has ended. If you're terminally ill there is no six-month qualifying period.

## Tips for making a claim

- Use an up-to-date claim form.
- Make a photocopy of the claim form once you've completed it.
- You have eight weeks to complete the form, so take your time filling it in – try to get help if you need it. You can call the Parkinson's helpline on **0808 800 0303**. Social Security Scotland will give an extension to this time limit if you contact them.
- Don't be afraid to add extra pages if needed – just remember to write your name and National Insurance number on each page.

- Don't underestimate your needs. If you have a carer, think about what it would be like without them. If you manage on your own, don't be afraid to make it clear how difficult it is for you.
- If an assessor calls or visits you (unusual these days), try not to feel uncomfortable or be rushed into making hasty comments, such as "I can manage by myself". Keep in mind why you're applying for this benefit. If you live by yourself, you might have to manage by yourself – but if you get help you may be able to do things more effectively, or quicker, or without risk or pain. Let the assessor know if this is the case.
- Your condition may change throughout the day. It's important that you write down this information when you complete the claim form.
- If your condition changes from day to day, explain what you're like on an average or typical day, but also include what you're like on both a good and bad day. Write down how often you have both good and bad days (for example, "I have bad days around four days each week").

Take some time to think about how Parkinson's affects you. It might be helpful to ask yourself the following questions:

- Is dressing a problem?
- Is bathing or showering difficult?
- Do you need help cutting toenails or fingernails?
- How do you get out of bed?
- Do you find it difficult to start moving?

- Do you fall or stumble sometimes? If so, is it difficult to get up again?
- Do you need someone with you when you go outside?
- Does your condition change throughout the day?
- Do you find it difficult to complete activities. If so, why?
- Do you have times during the day when you go 'off'?
- What's your handwriting like?
- What's your speech like?

For some of these points, it may also help to keep a daily diary of your care needs.

Write down in the claim form any changes you've had to make to your routine because of your condition. For example, you may have difficulty putting on make-up, wearing jewellery or tying a tie.

If you wear lipstick and have problems applying it, you may give up wearing it. But why should you if that's part of your appearance? This needs to be explained.

You may want to wear a tie every day because you don't feel properly dressed without one. But you might need help because it's difficult to do it yourself. This also needs to be mentioned.

You might now wear a different style of clothes. This could be because you find them easier to put on.

For example, you might wear a sweatshirt without buttons rather than a cardigan, or shoes without laces, because they're easier to manage. If this is the case, always say so in the claim form and explain why you now wear a particular piece of clothing.

## What if I'm refused Pension Age Disability Payment?

If you feel that you've been wrongly refused Pension Age Disability Payment, you can ask Social Security Scotland for a 'mandatory redetermination' of its decision.

You have 42 days from the date of the decision to do this. You can ask for a mandatory redetermination over the phone, but it's best to confirm in writing.

It can help if you get a letter from your GP, specialist or Parkinson's nurse, pointing out what your care needs are. The letter may simply state that they have read the diary you've kept of your care needs and they agree that those needs are a result of your condition.

If you've asked for a mandatory redetermination and Social Security Scotland doesn't change its mind, you have another 31 days to appeal to an independent tribunal.

You can download an appeal form from **mygov.scot/pension-age-disability-payment-appeal-form** or call **0800 182 2222** for a paper form.

There are organisations that can offer help and advice (some for free) with your appeal, such as Citizens Advice, local welfare rights groups or local solicitors.

## What if there's a change in my condition?

If you get the lower rate of Pension Age Disability Payment and your condition progresses, you can ask Social Security Scotland to look at your claim again and consider the higher rate.

They may do this if you need help to keep yourself safe, you need to be looked after both during the day and the night, or if you develop a terminal illness.

Before putting in your request, try to get some advice and information about the process. If Social Security Scotland receives information that your care needs have decreased, your benefit may be withdrawn.

Before asking for a review, you should consider how your needs have increased on a daily basis. What extra support and help do you need now that you didn't need when you first claimed Pension Age Disability Payment? Keeping a diary of your daily and more importantly night-time care needs might help you with this.

It can be helpful to get medical support before you ask for a review. A letter from your GP, specialist or Parkinson's nurse stating your current care needs will help. The letter may simply say that they've read the diary of your care needs and agree your condition would create the needs you've mentioned.

When you ask for a review, you need to contact Social Security Scotland – Pension Age Disability Payment on **0800 182 2222** (text relay service **0300 244 4000**).

You'll normally be sent a review form to complete. If your condition improves, you'll also need to get in touch with Social Security Scotland as soon as you can. They'll normally send you a review form, so they can reassess your award.

It's always important to provide full, accurate information to Social Security Scotland and to let them know if your circumstances change.

## 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.





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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