

# Attendance Allowance

This is a benefit for people over State Pension age who need help with personal care or supervision due to illness or disability. It's usually paid every four weeks.



## Are you eligible?

You must meet all of the following criteria –

- Be over State Pension Age.
- Have any type of disability or physical or mental illness.
- You could benefit from help with personal care like getting washed and dressed, or supervision to ensure your safety during day or night.
- You've needed help for at least 6 months (but if terminally ill, you can make a claim immediately.)

## How do you claim Attendance Allowance?

You can obtain a claim form by phone on **0800 731 0122**, download one from <https://tinyurl.com/Attend-Allowance> or scan this QR code.



Allow **plenty of time** for completing the form, stopping and returning to it if needed. **Describe clearly** how your illness or disability affects your life. Outline the kind of help you need, even if you don't currently get it. If you have a carer, ask them to list everything they do for you. Give an overall picture of your needs, not just what it is like on "good days."

Attach **supporting information**, like GP and consultant letters, care plans from the council, reports from health and social care workers (e.g. occupational health, community psychiatric nurse, etc.) and a list of your prescriptions. Remember to keep a copy for your own records.

Once you have submitted the form, the Department of Work and Pensions (DWP) may contact you for further information.



### Midlothian Financial Inclusion Network

c/o Midlothian Voluntary Action, 4/6 White Hart Street, Dalkeith EH22 1AE  
Scottish Registered Charity SC035964. Scottish Limited Company SC282964  
Registered Office: 14a John Street, Penicuik, Midlothian, EH26 8AB

You will receive a letter stating whether or not you will get Attendance Allowance, and if so, how much, and from what date.

## How much do you receive?

There are two rates. The amount received depends on the care you need. From April 2024 to April 2025, these are the amounts given per week.

<b>Lower Rate</b>	For those who need help during the day <u>or</u> at night.	<b>£72.65</b>
<b>Higher Rate</b>	For those who need help during the day <u>and</u> night, or who are terminally ill.	<b>£108.55</b>

To satisfy the **Daytime Test**, you need to show you reasonably need either:

- Frequent help with personal care throughout the day (around 3 times or more.)
- Someone to check on you continually throughout the day to make sure you are safe or to avoid the risk of harm to you or others.

To satisfy the **Night-time Test**, you need to show you reasonably need either:

- Help with personal care at least twice a night, or once a night for at least 20 minutes.
- Someone to check on you at least twice a night, or once a night for at least 20 minutes to make sure you are safe or avoid the risk of harm to you or others.

## How do you appeal a decision you think is wrong?

If you are unhappy with the decision, you can challenge it by requesting “Mandatory Reconsideration.” It can be helpful to seek advice at this stage (eg. from Citizens Advice.) There is a time limit for submitting a request.

If the decision is still unsatisfactory, there is the option of appeal to the Social Security and Child Support Tribunal. This is part of HM Courts and Tribunals Service (HMCTS), and is impartial and independent. Its decision is final.