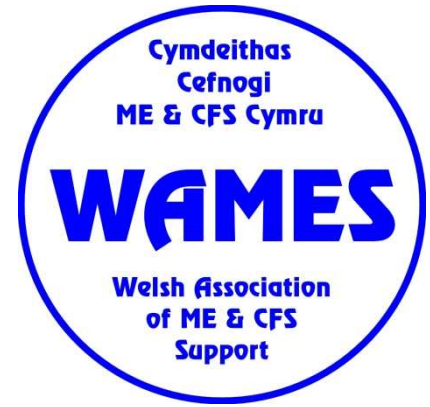


WAMES Benefits Info Sheet



There are numerous benefits that can be claimed. Some because you may have a disability or illness, others because you are looking for work, caring for family, friends or neighbours, need help with paying council tax etc. or are students with disabilities or chronic illnesses.

It would be difficult to list in this paragraph all the benefits that could be claimed and not all benefits are the same across all 4 nations of the UK. Certain benefits are governed from Westminster and others from Local Authorities. Knowing where to go and what can be claimed can be a minefield.

We hope this resource will go some way to helping you find the right place for information on the different benefits and where to claim them from, and also to locate charities who will help you to complete the forms, work out what you may be entitled to, or offer guides to help complete the very complicated forms that come with claiming all benefits. Most charities have an online presence but some will have the ability for face-to-face meetings. (not available during Covid-19 pandemic, but maybe utilising zoom or other facility instead)

General Information on all benefits can be found at <https://www.gov.uk/browse/benefits>

www.wames.org.uk

helpline@wames.org.uk

029 2051 5061

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Disability Benefits

More details on all benefits for people who are chronically ill or disabled and unable to work can be found here. <https://www.gov.uk/browse/benefits/disability>

Employment Support Allowance (ESA)

You can claim ESA if you are chronically ill or disabled and struggle to work. There are qualifying criteria to claim ESA. You need to be under retirement age, you cannot be receiving Statutory Sick Pay, you need sufficient National Insurance payments or credits over the previous 2 to 3 years.

More information: <https://www.gov.uk/employment-support-allowance>

Personal Independence Payment (PIP)

PIP is a non means tested benefit paid to people with a chronic illness or disability to help meet the additional costs of their condition regardless of their diagnosis. It is paid at 2 levels – standard and enhanced. It is also split into daily living and mobility components. Getting the enhanced level of PIP can lead to other benefits and/or premiums. More information on PIP can be found here: <https://www.gov.uk/pip/eligibility>

Attendance Allowance (AA)

Attendance Allowance is the benefit for people over retirement age to help with the additional costs of having a chronic illness or disability. Unlike PIP and DLA, to claim Attendance Allowance you have to be 'physically or mentally disabled'. This is paid at 2 levels, lower and higher. If you qualify it can also impact positively on other benefits you can claim, including Council Tax. More details on Attendance Allowance can be found here: <https://www.gov.uk/attendance-allowance>

Disability Living Allowance (DLA) Children

Disability Living Allowance can be claimed for children under the age of 16. It can be claimed if you have a child who lives with a chronic condition or disability who has extra care needs attributable to their condition, which is in excess of and is not comparable to the care needs of their peers. It is paid at 2 levels, in the same way as PIP i.e. care and mobility. More details: <https://www.gov.uk/disability-living-allowance-children>

Statutory Sick pay

Statutory Sick Pay is paid at one level and you can claim it from the 4th day of your illness. It is paid for up to 28 weeks and can be topped up by your employer if they have schemes in place. The eligibility criteria for this benefit are quite complex - further details: <https://www.gov.uk/statutory-sick-pay>

Universal Credit if you have a Health Condition or Disability

You can get Universal Credit to top up your benefits if you have a health condition or disability which prevents you from working or preparing for work. To find out more information: <https://www.gov.uk/health-conditions-disability-universal-credit>

Disability equipment and transport

The following are not strictly classed as benefits but they can be included in this listing as they can be claimed if you have a chronic illness or disability which affects your care or mobility needs.

These are all managed by your Local Authority. Enter your post code to find your Local Authority, more information and how to claim the following:

Bus pass, blue badge, community alarm, disability equipment or adaptations, disabled facilities grants, school transport and lots more. <https://www.gov.uk/browse/disabilities/equipment>

Access to work

You can find information here <https://www.gov.uk/browse/disabilities/work> if your health condition or disability make it difficult to find employment or return to work.

If you are a student with a learning difficulty, health problem or disability you can find out here what help is available to you. This could be financial or physical help:

<https://www.gov.uk/disabled-students-allowance-dsa>

If you have a chronic health condition or disability you may need aids and adaptations to help you lead a life equal to your peers.

1. Medical conditions, disabilities and driving
2. Mobility scooters and powered wheelchairs: the rules
3. Passport services if you are disabled
4. Transport support services for disabled people

More help can be found here: <https://www.gov.uk/browse/disabilities/equipment>

Disability Rights

This is a broad subject. Information help and advice on the following categories can be found here: <https://www.gov.uk/definition-of-disability-under-equality-act-2010>

Discrimination: Your Rights

Disability Rights

Definition of Disability under the Equality Act 2010

When a mental health condition becomes a disability

Help for unpaid carers

Carers are people who care for a family member, friend or neighbour out of the goodness of their hearts. They do not get a formal wage for what they do and sometimes people do not recognise themselves as carers. Many carers are unpaid and may qualify for certain benefits,

Carer's Allowance

You can claim Carer's Allowance if you care for an individual who claims certain benefits and you care for them for 35 hours a week or more. You can only claim Carer's Allowance for one person at a time, regardless of how many people you care for. More information can be found here:

<https://www.gov.uk/carers-allowance>

Carers Credit

Carer's Credit is a National Insurance credit that helps with gaps in your National Insurance record. It is important to claim this if you do not qualify for Carer's Allowance as it helps towards your State Pension. To qualify you have to be caring for somebody for at least 20 hours a week. More information can be found here: <https://www.gov.uk/carers-credit>

Additional benefits

These are other benefits that can be claimed at different stages in your life, illness or disability.

Jobseeker's Allowance <https://www.gov.uk/jobseekers-allowance>

Universal Credit – Can be claimed on top of your disability benefits. Strict criteria apply. <https://www.gov.uk/universal-credit>

Pension Credit – Can be claimed on top of your disability benefits if you are of retirement age. <https://www.gov.uk/pension-credit>

Council Tax is managed by your Local Authority and can vary between each Authority. To claim reduction, enter your postal code into this website and it will take you to your own Local Authority website. Once there it may be worth checking out their benefits section to see if there are any additional benefits you can claim to do with your chronic illness or disability. As always, eligibility criteria apply. <https://www.gov.uk/apply-council-tax-reduction>

Charities and websites for further information and help

Below are a few charities/websites that can help you find out what benefits you may be entitled to claim and supply useful guides in claiming such benefits. Some of these charities may be able to offer you face-to-face appointments, others have free downloadable guides or provide them as part of a membership alongside forums.

Entitled to <https://www.entitledto.co.uk/>

Turn2Us <https://www.turn2us.org.uk/>

Policy in Practice <https://www.betteroffcalculator.co.uk/login>

Benefits & Work <https://www.benefitsandwork.co.uk/>

Benefits & Work have very useful guides on claiming disability benefits, and have an impressive success record. Join as an individual or as a charity member. They also have a specific page on Long Covid: <https://www.benefitsandwork.co.uk/coronavirus-updates>

Citizens Advice Bureau <https://www.citizensadvice.org.uk/benefits/>

Age Cymru <https://www.ageuk.org.uk/cymru/search/?q=disability+benefits>

Age Cymru can help those age 50+ claim benefits, with guides and support.

Carers Wales More information on Carers' rights and benefits can be found on the Carers Wales website, which also contains many useful guides to caring. <https://www.carersuk.org/WALES>