

Support for carers

Benefits and
support you may
get if you are caring
for someone who is ill
or severely disabled

Getting the right information and help when you're caring for someone who is ill or severely disabled is essential. This leaflet tells you about the support you might get. It doesn't go into detail, but explains where you can get more information and who to contact. Other organisations may also be able to help you.

Carer's Allowance

If you care for someone ill or severely disabled for at least 35 hours a week, you may get Carer's Allowance. That's if the person you're caring for gets Disability Living Allowance, Attendance Allowance or Constant Attendance Allowance.

Because your Carer's Allowance claim may affect the benefits of the person you care for, they need to write down on your claim form that:

- they know you're claiming Carer's Allowance, and
- you care for them at least 35 hours a week.



Find out more at
www.direct.gov.uk/carers



To get a claim pack, phone
0845 608 4321

Protecting your pension

The amount of State Pension you get is based on your National Insurance contributions and credits (or both). If you get Carer's Allowance, you'll normally get credits added to your record automatically. If you're a woman and have chosen to pay reduced contributions, this may not apply.

If you can't get Carer's Allowance but care for at least one person for 20 or more hours a week, you may apply for a weekly Carer's Credit that is added to your National Insurance record automatically.



Find out more at
www.direct.gov.uk/carers



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Help from local support services

Getting a carer's assessment

As a carer you have a legal right to get your local social services department (social work in Scotland) to assess what you need to support you in your caring role. It is an opportunity to discuss how to maintain your own health, and balance your caring with work and family.

Direct payments for carers

After a carer's assessment, instead of your local council providing support for you, it may give you direct payments to buy these support services yourself, for example, driving lessons or a short break.

Your local council can offer other help and support. This could include changes to the home of the person you care for, or 'respite' care to give you a short break. Respite care could include:

- someone to sit with the person you care for, so you can go out or get a full night's sleep
- a short-term stay for them in a residential care home, or
- time in a day centre for them.



www.direct.gov.uk/carers or
contact your local council

Help with finding paid work

If you want to combine caring with paid work, or find work when you stop being a carer, Jobcentre Plus can give help to carers with many different needs. Jobcentre Plus may help you with training for a new job or to improve your skills, even if you're not claiming benefits. They can often help with costs while you're training or attending interviews.



Find out more at
www.direct.gov.uk/jobseekers

Textphones

If you have a textphone because you can't speak or hear clearly, there are different numbers for some of the services listed in this leaflet. These numbers don't accept voice calls or text messages from mobile phones.

Carer's Allowance Textphone **0845 604 5312**

Carer's Credit Textphone **0845 604 5312**

We also have basic information leaflets covering:

- Support if you are ill or disabled
- Support for parents and guardians
- Support if you are looking for work
- Support after a death
- Support if you're planning retirement.

This information is available in other formats on request.

If you can't use the internet, you can phone for a more detailed leaflet.



Phone **0845 606 5065**
Textphone **0845 604 0210**

Call charges

Calls to the 0800 numbers in this leaflet are free from BT land lines and most mobiles.

Calls to 0845 numbers from BT land lines should cost no more than 7p a minute with a 11p call set-up charge. You may pay more if you use another phone company or a mobile phone. Calls from mobile phones can cost up to 40p a minute, so check the cost of calls with your service provider. Charges were correct as of the date below.

This leaflet is only a guide and does not cover every circumstance. We have done our best to make sure the leaflet is correct as of the date below. Some of the information may be oversimplified or may become inaccurate over time, for example because of changes to the law. We recommend that you get independent advice before making financial decisions based on this leaflet.

DWP aims to provide a high quality of service to all its customers. You can find out more in our Customer Charter at www.direct.gov.uk/dwpcharter

