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ShareAlike If you remix, transform, or build upon the material, you must distribute your contributions under the same license as the original. No additional restrictions You may not apply legal terms or technological measures that legally restrict others from doing anything the license permits. You do not have to comply with the license for elements of the material in the public domain or where your use is permitted by an applicable exception or limitation . No warranties are given. The license may not give you all of the permissions necessary for your intended use. For example, other rights such as publicity, privacy, or moral rights may limit how you use the material. Attendance Allowance is a UK benefit designed to support people who are over the State Pension age and need help with personal care due to a long-term illness or disability. This benefit is available to those who have difficulty with everyday activities such as washing, dressing, or eating, or who need supervision to keep them safe.Unlike some other benefits, Attendance Allowance is not means-tested. This means your income and savings do not affect whether you can claim it. You also do not need to have paid National Insurance contributions to qualify.The main requirement is that you are over the State Pension age (currently 66 for both men and women, following recent changes), and need help with personal care or supervision because of a physical or mental disability.Attendance Allowance is part of the wider UK benefits overview system, which provides financial support to people facing additional challenges due to age, illness, or disability. The purpose of Attendance Allowance is to help cover the extra costs of daily living that arise from needing care, allowing recipients to maintain their independence and improve their quality of life.The benefit is paid at two different rates, depending on the level of help you need either during the day, at night, or both. You do not have to spend the money specifically on care; you can use it in any way that helps you manage your condition and live more comfortably.For more information about who can claim, how to apply, and what support is available, you can visit the Attendance Allowance page on nidirect, which provides a clear and comprehensive overview of the benefit, including eligibility criteria and application details.To qualify for Attendance Allowance, you must meet certain eligibility criteria set by the UK government. Heres what you need to know:Age RequirementAttendance Allowance is specifically for people who have reached State Pension age. If you are under State Pension age and need help due to a disability or health condition, you may need to explore other benefits.Need for Help with Personal CareYou can claim Attendance Allowance if you need help with personal care because of a physical or mental disability or illness. This help must be needed for at least six months (unless youre terminally ill, in which case you can claim sooner). You dont need to have a formal diagnosis, but you must show that your condition means you require assistance.Personal care activities include:Washing, bathing, or showeringGetting dressed or undressedEating and drinkingUsing the toiletTaking medication or managing treatmentsMoving around indoorsYou may also qualify if you need someone to keep an eye on you to prevent harm, even if you dont currently have anyone providing this support.No National Insurance Contributions NeededUnlike some other benefits, you do not need to have paid National Insurance contributions to claim Attendance Allowance. This means your work history does not affect your entitlement.Proving Your EligibilityWhen you apply, youll need to provide information about your health condition or disability and how it affects your daily life. This might include:Details of your illness or disabilityExamples of the help you need (even if you dont currently receive it)Medical evidence, such as a letter from your GP or consultant, if availableIts important to be honest and detailed about the challenges you face, as this will help ensure your claim is assessed fairly.Checking Your Eligibility and Exploring Other BenefitsIf youre unsure whether you qualify for Attendance Allowance or want to see if you could be eligible for additional support, you can check what benefits you can get. This can help you understand your options and make sure youre not missing out on financial help youre entitled to.If you have further questions about eligibility or the application process, it may be helpful to seek advice from a local support organisation or benefits adviser.Am I eligible for Attendance Allowance based on my daily care needs?Applying for Attendance Allowance involves several steps, but understanding the process can help you make a successful claim. Heres a detailed guide to help you through each stage:Step-by-Step Guide to ApplyingGet the Application Form You can get an Attendance Allowance claim form (form AA1) in several ways:By phone: Call the Attendance Allowance helpline on 0800 731 0122 to request a form. If you apply by phone, your payments can be backdated to the date of your call, as long as you return the completed form within six weeks.Online: Download and print the form from the government website.By post: If you prefer, you can write to the Attendance Allowance Unit to request a form by post.Gather the Information Youll Need Before filling in the form, collect the following details:Your National Insurance number.Your GPs contact details and any other healthcare professionals who support you.Details of your illnesses or disabilities, including how they affect your daily life.Information about the help you need with personal care (like washing, dressing, or eating) and supervision for your safety.A list of any medications or treatments you take.Complete the Application Form The form asks for detailed information about your care needs. Be as honest and thorough as possible. Use examples to show how your condition affects your daily life. For instance, explain if you need help getting in and out of bed, or if you need someone to remind you to take medication.For practical advice on what to include and how to clearly describe your needs, see Age UKs guidance on the application process.Tips for Filling Out the FormTake your time: Dont rush. It can help to fill in a draft first.Give real-life examples: Describe the help you need on both good and bad days.Dont underestimate your needs: Even if you manage most tasks, mention if it takes you longer or if you need encouragement.Ask for help: A friend, family member, or a local advice service can help you complete the form.Include supporting evidence: Attach any medical letters or reports that support your claim.Send the Application Once completed, post your form to the address provided on the form. Keep a copy for your records.After You ApplyAssessment: Most decisions are made using the information on your form, but sometimes the Department for Work and Pensions (DWP) may contact you or your doctor for more details. You usually wont need a face-to-face assessment.Decision Timeframe: It typically takes about 8 to 12 weeks to get a decision. If your claim is successful, your payments can be backdated to the date you first contacted the DWP for the form.If Your Claim is Refused: If you disagree with the decision, you have the right to challenge it. First, you can ask the DWP to look at the decision again (called a mandatory reconsideration). If youre still unhappy after this, you can appeal to an independent tribunal.Applying for Attendance Allowance can feel daunting, but taking it step by step and providing clear, detailed information about your needs will give you the best chance of a successful claim.How can I make my Attendance Allowance claim stronger with detailed examples?Attendance Allowance Payment RatesAttendance Allowance is paid at two different rates, depending on the level of care you need due to illness or disability. The aim is to help people over State Pension age who require extra support with personal care or supervision.What Are the Current Rates?There are two weekly rates for Attendance Allowance:Lower rate: For people who need help or supervision either during the day or at night.Higher rate: For those who need help or supervision both during the day and at night, or who are terminally ill.The exact amounts can change, so its important to check the most up-to-date figures. For the latest details on how much you could receive, visit payment rates.What Qualifies for Each Rate?Lower rate: You may qualify if you need frequent help with personal care tasks (like washing, dressing, or eating) or need someone to keep an eye on you to keep you safe, either during the day or at night.Higher rate: This is for people who need care or supervision both day and night, or if you are terminally ill (with a life expectancy of six months or less).How Are Payments Made?Attendance Allowance is usually paid every four weeks directly into your bank, building society, or credit union account. It is tax-free and not means-tested, meaning your savings or income do not affect how much you get.How Attendance Allowance Affects Other BenefitsGetting Attendance Allowance does not reduce your State Pension or other income. In fact, it can sometimes increase your entitlement to other benefits. For example, you may get extra help with Pension Credit, Housing Benefit, or Council Tax Reduction. However, Attendance Allowance cannot be claimed at the same time as Universal Credit.Its a good idea to review how Attendance Allowance could impact your overall financial situation, especially if you receive other benefits or support.For more information on the current rates and what level of care qualifies, check the How much Attendance Allowance you can get Citizens Advice guide. This resource offers up-to-date figures and practical examples to help you understand what you might be entitled to.Am I eligible for the lower or higher Attendance Allowance rate?If you receive Attendance Allowance, you may be entitled to other benefits or forms of support. Understanding what else you can claim can help you maximise your income and get the help you need.Carers AllowanceIf someone regularly cares for you because you receive Attendance Allowance, they might be eligible for Carers Allowance. This benefit is designed for people who spend at least 35 hours a week looking after someone with substantial care needs. There are eligibility criteria, including income and earnings limits, so its important to check the details before applying.For a full explanation of rates, eligibility, and how to apply, you can also visit Age UKs Carers Allowance 2024: Rates, Eligibility & How to Apply | Age UK. This resource is especially useful for carers who want to understand how their own finances might be affected.Disability BenefitsAttendance Allowance is not means-tested and does not reduce other benefits. In fact, it can sometimes increase your entitlement to other support. If you have additional needs or a long-term health condition, you may qualify for further Disability Benefits. These can provide extra financial help with daily living or mobility needs. Its worth exploring whats available, as some benefits are designed to complement Attendance Allowance.Bereavement BenefitsIf you have recently lost a partner or close family member, you may be able to claim Bereavement Benefits. These benefits can provide financial support during a difficult time, helping with funeral costs or providing ongoing payments. Eligibility depends on your relationship to the deceased and their National Insurance contributions.Help with Housing CostsClaiming Attendance Allowance can sometimes increase your entitlement to help with rent, Council Tax, or other housing expenses. Schemes such as Housing Benefit or Council Tax Reduction may be available, especially if you have a low income. To learn more about what you could claim, visit Help with Housing.Help with Transport CostsIf you have mobility difficulties or need help getting to medical appointments, there may be schemes to help with travel expenses. Some local councils offer free or discounted travel passes, and you might qualify for the Blue Badge scheme. For more information on available support, see Help with Transport Costs.Employment-Related SupportIf you or your carer are still working or looking for work, there are benefits and schemes that may help. These can include support for people with disabilities in the workplace, or financial help if your ability to work is affected. Find out more about your options on our Employment Benefits page.Support for Families with ChildrenWhile Attendance Allowance is for people over State Pension age, some households may also have children. If you are responsible for children or grandchildren, you might be entitled to additional support. Explore available options on our Help if You Have Children page.Understanding how Attendance Allowance fits in with other benefits can be complex, but getting the right advice can make a real difference. Always check eligibility criteria carefully and consider seeking personalised advice if youre unsure about what you can claim.Am I eligible for Carers Allowance alongside Attendance Allowance?If you receive Attendance Allowance, you may find that making changes to your home can help you manage daily tasks more safely and independently. Disability adjustments sometimes called adaptations are modifications designed to make living spaces easier to use if you have an illness or disability.Why Make Disability Adjustments?As needs change, certain areas of your home might become difficult to navigate. Adjustments can help you move around more freely, reduce the risk of falls, and maintain your independence. For example, if you struggle with stairs, installing a stairlift or a handrail can make a significant difference. If bathing is difficult, a walk-in shower or a bath seat could help.Requesting Adjustments and AdaptationsYou have the right to ask for reasonable adjustments to your home if you have a disability. Local councils have a duty under the Equality Act 2010 to consider requests for adaptations. This applies whether you own your home or rent, although the process may differ depending on your housing situation.To get started, contact your local councils adult social care department and ask for a needs assessment. This assessment is free and helps identify what support or adaptations you might benefit from. The council may recommend minor adaptations, such as grab rails or ramps, which are often provided free of charge up to a certain value. For larger adaptations, like widening doorways or installing a wet room, you might be eligible for a Disabled Facilities Grant, which can help cover the costs.For a detailed guide on how to request and arrange these changes, see our page on Disability Adjustments.Common Home AdjustmentsSome examples of home adjustments that can support daily living include:Installing grab rails in the bathroom or by the front doorFitting ramps to help with steps or thresholdsLowering kitchen worktops for wheelchair accessWidening doorways to accommodate mobility aidsAdding stairlifts or bannisters for easier access between floorsImproving lighting to reduce the risk of trips and fallsHow Adjustments HelpThese changes can make everyday tasks like washing, cooking, or moving from room to room safer and less tiring. They also help prevent accidents and support you in staying in your own home for longer.Who Can Help?Your local council is usually the main point of contact for arranging home adaptations. Occupational therapists, often working with the council, can assess your needs and recommend suitable adjustments. If you live in rented accommodation, you may need your landlords permission for certain changes, but the law protects your right to reasonable adjustments.If you are unsure where to begin or want to learn more about your rights and the process, visit our Disability Adjustments page for more information.We use some essential cookies to make this website work.Wed like to set additional cookies to understand how you use GOV.UK, remember your settings and improve government services.We also use cookies set by other sites to help us deliver content from their services. You have accepted additional cookies. You can change your cookie settings at any time. You have rejected additional cookies. You can change your cookie settings at any time. We use some essential cookies to make this website work.Wed like to set additional cookies to understand how you use GOV.UK, remember your settings and improve government services.We also use cookies set by other sites to help us deliver content from their services. You have accepted additional cookies. You can change your cookie settings at any time. You have rejected additional cookies. You can change your cookie settings at any time. Home Attendance Allowance Attendance Allowance is a non-means tested benefit paid to those aged over 65 who have long term care needs. If you struggle with everyday activities such as going to the lavatory, getting in and out of bed or just simply getting dressed then you could be eligible to make a claim. Eligibility criteriaIf you have any of the following conditions you could be eligible to claimA physical illness or disability which impacts your ability to carry out everyday tasksA mental health conditionA sensory impairment (deafness / blindness)In order to make a claim you must have required help for at least 6 months (unless you are terminally ill in which case you claim immediately) and be aged 65 or over. How much will I get?There are two different levels of payments for Attendance Allowance.(i) The lower rate which is 61.85 per week(ii) The higher rate which is 92.40 per weekThe rate you are awarded will depend upon the nature of the assistance you need, and at which times of the day you require it.Lower Rate You need help during the day OR nightHigher Rate You need help during the day AND the night How do I apply?In order to make a claim you need to complete a claims form. You can download the forms hereClaims Form (print off and fill in) Ref. AA1You can also start a claim by phone and request a form be sent in the post by calling the Attendance Allowance hotline.Telephone: 0345 605 6055Textphone: 0345 604 5312Calls are charged at 12 pence per minute.Once you have completed the claims form you should post it to the following addressAttendance Allowance UnitMail Handling Site AWolverhamptonWV98 2ADYou should get written confirmation within 14 days from the DWP confirming they have received your application. After 8 weeks you should receive a decision letter informing you whether your claim has been successful or not. It will also state how long you will be eligible to receive Attendance Allowance for as well as the amount you have been awarded. Help with completing the formWe recommend you complete the form carefully, making a duplicate copy for yourself. The form is long with many different sections to complete. Below are some useful tips for completing the formTake your time, you do not have to fill it all in at onceMake a list of all the assistance and help you need prior to filling in the formBe upfront and honest about how long daily activities take you to completeIf you have a carer, get them to state all the help they provide you withList the different types of difficulties you encounter and what help you need to overcome themList any equipment you need or adaptations you may requireKeep a daily record or diary of the help you needExplain in detail any falls or injuries you have sustained due to your condition (s)Get someone to help you fill in the form if you think you require assistance Impact on other benefit claimsMaking a claim does not impact upon the amount of income you can receive from other benefits you maybe claiming. In fact by claiming Attendance Allowance, you may also be entitled to also claim Council Tax Reduction, Pension Credit or Housing Benefit. However you cannot make a claim for Attendance Allowance if you already claim Personal Independence Payment or Disability Living Allowance.Challenging a decision from the DWPIf you find your Attendance Allowance application was unsuccessful (or you are offered the lower rate when you think you should be on the higher rate) you can ask the DWP to reexamine your application. However, if after this you are still unhappy with a decision you do have the option of submitting a mandatory reconsideration notice and appealing the decision with the Tribunal Service. It should be noted time limits apply, so make sure if you are unhappy with a decision you take any action as soon as possible. Sign-up for our Newsletter This site uses cookies: Find out more.We use some essential cookies to make this website work.Wed like to set additional cookies to understand how you use GOV.UK, remember your settings and improve government services.We also use cookies set by other sites to help us deliver content from their services. You have accepted additional cookies. You can change your cookie settings at any time. You have rejected additional cookies. You can change your cookie settings at any time. Report a problem with this page Thank you for your feedback.If you would like to tell us more, please visit our contact us page. Take 3 minutes to tell us if you found what you needed on our website. Your feedback will help us give millions of people the information they need.Filling in the Attendance Allowance form can be difficult - there are some personal questions which can be emotionally draining. Don't worry though - help is available and you don't have to fill in the form alone.Talk to an adviserif you need help with your form.You can ask a friend, relative or carer if you'd rather they help you with the form.If you're terminally ill you'll only need to answer some of the questions. Read more about claiming Attendance Allowance if you're terminally ill.Make sure you read the notes that come with your Attendance Allowance form before you start filling it in. There's a handy checklist of things you'll need to have with you when you fill the form in, for example:your National Insurance numberyour GP's detailsa list of any medication you takeWhat you should write about on the formThe DWP will use your form to decide whether to give you Attendance Allowance.They'll be looking to see:what difficulties you have, or how much help you needhow often you have difficulties or need helpwhat sort of help you needYou don't have to be getting any help at the moment - the important thing is that you need it. For example, you might need to hold on to furniture to move around your home.How to answer questions about personal tasksQuestions 26 to 44 ask about your care needs with personal tasks. It's really important that you use the blank boxes to explain if you:have difficulty or need someone to help you with personal tasksat least 3 timesduring the day - for example washing, getting out of bed or getting dressedhave difficulty or need someone to supervise you throughout the day to make sure you stay safe - for example to stop you falling or to look after you if you have seizures or blackoutshave difficulty or need someone to help you with personal tasks repeatedly (2 or more times) during the night or just once if it's for 20 minutes or more - for example if you need help getting out of bed, going to the toilet or changing the sheets if you have an accidentneed someone to watch over you or supervise you during the night to make sure you're safe - they need to help you at least 3 times, or just once if it's for 20 minutes or more, for example in case you have a fit while you're asleep, or to stop you falling over if you have to get upKeep a diaryIt's worth keeping a diary of your needs for at least a week before you fill in the form. You can use our diary template 99 KB.The diary can give you a good idea of your 'care needs' - this is the help you need to complete personal tasks.Help with personal tasks does not mean help with things like housework or gardening or other tasks around the home.Personal tasks are things like:getting in or out of bedhaving a bath or showergetting dressedbeing reminded or encouraged to eat or drinkRemember to include any help you need during the night too.You should also write in the diary how many times you need help with tasks like getting out of chairs.If you get help to fill in the form,remember to have your diary with you.Tips for filling in the formYou should read all these tips before you start filling in your form.Remember to write about the help you need or the difficulty you haveRemember you don't actually have to be getting any help to get Attendance Allowance. The important thing is that you need it - and that you explain why you need it on the form.Write in the blank boxesIt's really important that you explain the help or supervision you need in the blank boxes for questions 26 to 44. Don't just tick the boxes or write how many times you need help or supervision.Don't expect the person making the decision to know about your conditionThe person making a decision on Attendance Allowance won't be a medical expert, so don't assume they'll know about your condition. It's important you give as much information as possible on the form about how much help you need.Don't think that any detail is too small to include, for example you should tell them if doing the tasks:is painful for youtakes you a long timeputs you or someone else in dangermakes you feel breathlessmakes you unsteadyUse an extra sheet of paper if you need to.Remember to say how many times you need help with tasksIt's really important that you explain how many times you need or get help each day for the 'care needs' questions. You should also explain how many times you have difficulties.For example if you need help or have difficulty getting to and from the toilet,remember to write the total amount for the day. Filling in our diary template 99 KB will help you.It's fine to repeat yourself in different answersYou might feel like you're repeating some of your answers. It's fine to write about the same thing again if it's relevant to more than one question.For example if you have mobility problems and have difficulty getting to the toilet, you should explain this in question 28: 'Do you usually have difficulty or do you need help with your toilet needs?'.You should also explain you have difficulty getting to the toilet in question 31: 'Do you usually have difficulty or do you need help with moving around indoors?'.Mention the adaptations you use in the relevant questionYou're asked to write down your adaptations and aids in question 25 'What aids or adaptations do you use?' - you should also write about them in the relevant 'care needs' questions.For example if you use a grab rail to get in and out of the shower you should also mention it in question 29: 'Do you usually have difficulty or do you need help with washing, bathing, showeringor looking after your appearance?'.Explain if you have good days and bad daysIf your illness or disability means you have good and bad days try to explain how many of each you have in an average week. Filling in our diary template can help you do this. Explain what help you need on a good day and on a bad day.Explain if tasks take you longerIf you can do some personal tasks on your own but they take you a long time, explain this on the form. It might help if you can compare how long it takes you to a friend or someone else you know who doesn't have your condition.Example answers for questions 27 to 29You'll need to write in a lot of blank boxes on the Attendance Allowance form. Read our examples to help you get an idea of what to write. James has depression and his wife, Doreen, has to encourage him to get out of bed in the morning.He writes in the blank box for question 27:"My depression makes me feel like it's not worth getting out of bed in the morning. On a bad day - about 3 times a week - I'm awake at 4am and can't get back to sleep. I don't want to get up but I don't want to stay in bed either - I just don't want to do anything. Doreen will talk to me and encourage me to get up and tell me what we can do that day if I feel up to it. If Doreen's out visiting a friend I'll just lay there until she comes home as I can't face getting up.On a good day, Doreen will still need to encourage me to do things like have dinner or go to bed - otherwise I'll just stay up until 3am because I'm worried I won't be able to sleep again and it will make my depression worse." Judith has dementia and is sometimes incontinent during the night. Her husband, Jeremy helps her.She writes in the blank box for question 28:"Sometimes I don't realise I need to go to the toilet when I'm asleep and I have an accident. Jeremy sleeps in the same room and knows when it happens as I get upset when I realise. He helps me get out of bed and into the shower. He then helps me put on some clean pyjamas and he changes the sheets. He also puts the washing machine on so that the sheets are clean in the morning and he'll then sit by my bed comforting me until I go back to sleep. All this usually takes about 45 minutes - I don't know what I'd do if Jeremy didn't help me." Sue has arthritis in her knees. Her niece, Rose, helps her shower in the morning.She writes in the blank box for question 29:"I struggle to get in and out of the shower. The last time I did I slipped over and hurt myself. I've got a grab rail to hold while I'm in the shower but I have to get up and down a step to get in and out. I feel unsteady and worry that I'll fall again. Often I just have a wash instead of taking a shower because it takes me such a long time and makes me feel unsafe." Get someone who knows you to fill in questions 53 to 60: 'Statement from someone who knows you'Questions 53 to 60 on the form are in a section called 'statement from someone who knows you'.You don't have to get someone to fill in this section, but it's best if you do. It can be anyone who knows about your illness or disability and how it affects your ability to do personal tasks.It's best if you can get a healthcare professional you've seen recently to fill in this section - for example a doctor, consultant or Macmillan nurse.If you can't get a healthcare professional you can ask a friend, relative or carer. Before they write on the form, talk to them about how your illness or disability affects you. Tell them that the DWP wants to know how much help you need with personal tasks.It's worth asking them to read the advice on this page before they answer the questions in this section.Before you send the formRead through the form again before you send it to make sure you've answered everything properly.Make a copy of the form if you can - you might need to refer to it later.Send the formCheck where to send the form and what happens after youve sent it.

Where do i send my attendance allowance form to. Where do i send attendance allowance application form. Where to send attendance allowance. Where to send attendance allowance form address. Where do i send attendance allowance claim form to.