**Attendance Allowance**

Attendance Allowance is extra money if you have a long-term physical or mental condition or disability. It doesn’t matter what your condition is – what matters is how it affects you. If you’ve reached State Pension age and need help with personal care, or need support to check you’re ok, you may be eligible.

Attendance Allowance isn’t means-tested, so it doesn’t matter what your income or savings are. You can get Attendance Allowance even if you’re working or studying.  

If you’re awarded Attendance Allowance, you can spend it on whatever you want that makes life easier. You don’t have to spend it on paying for care. However, your local council or trust can take Attendance Allowance into account when working out how much you need to pay for care services. 

Getting Attendance Allowance won’t reduce your other benefits. In fact, it could even increase them. If you have a carer, claiming Attendance Allowance may help them qualify for benefits such as Carer’s Allowance. You and/or your carer may be entitled to other extra help too. 

If you’re a carer, with a long-term condition or disability, you can claim Attendance Allowance for yourself and it won’t affect any Carer’s Allowance you may be receiving.

For 2024/25, the rates are:

**Higher £108.55 per week**

**Lower £72.65 per week**  
You’ll receive the higher rate if you need help or supervision during the day and at night, or if you’re terminally ill.   
  
You’ll receive the lower rate if you need frequent help or constant supervision during the day, or supervision at night.

You can claim Attendance Allowance if all the following apply:

* You have a long-term physical or mental illness or disability.
* You have needed help with your personal care (for example, washing and dressing), or supervision to keep you safe, for at least six months before claiming.
* You’re over State Pension age.

If you’re terminally ill, there are [simpler rules](https://www.carersuk.org/help-and-advice/financial-support/benefits-if-you-are-disabled-ill-or-injured/benefits-if-you-are-terminally-ill/) which make it easier to apply.

You may qualify for Attendance Allowance if you need help with personal care or supervision to keep you safe. What matters is that you need help, not whether you’re currently getting any. 

Attendance Allowance is paid at a lower or higher rate, depending on the level of help you need.  

**What does personal care involve?**

Personal care includes help with things like:

* getting in and out of a chair
* bathing and washing
* dressing and undressing
* help with medication and treatment
* getting in and out of bed and sleeping
* communicating
* eating and drinking
* using the toilet
* seeing - ie, if you need someone to see for you
* breathing
* walking.

Here are some examples of the help you may need:

* You have arthritis which makes moving difficult, so you need help getting in and out of bed, washing and dressing, and getting in and out of chairs.
* You are deaf and need an interpreter when communicating without sign language and to interpret spoken announcements.
* You have a mental illness and need prompting to look after yourself and do things such as take your medication, eating, washing and dressing.
* You are visually impaired and need help choosing clothes to wear, using the oven safely and preparing food.
* You have a learning difficulty and need help with managing your money, writing letters and looking after your health and hygiene.

**What does supervision include?**

Supervision means you need someone to check on you regularly to keep you and/or others safe. For example, you may need checks if you have memory loss, are at risk of falling, have seizures, or aren’t aware of potential dangers. Being left unsupervised may mean you fall, leave the gas on, self-harm, or are violent towards others.

To make a claim for Attendance Allowance, you must fill out a form. You can get a form by calling the Attendance Allowance helpline on 0800 731 0122 (textphone: 0800 731 0317), or by visiting [GOV.UK](https://www.gov.uk/attendance-allowance).

**If you call up for a form**, it will be stamped with the date you called. If your claim is successful, it will be paid from this date (as long as you return it within six weeks). If you download a form and post it, your claim will start from the date it’s received.

It’s a long form so take your time to complete it – you don’t have to do it all in one go. Ask for help from a local advice agency if needed List all the help you need before completing the form. You could ask your carer to list all the help they give you to make sure you don’t miss anything out.

* Think about all the difficulties you have and what help would make things easier. Point out any adjustments you’ve also already made to help.
* Be honest about how long things take you and if you can do them safely.
* Remember that what matters is that you need help, not that you’re already getting help.
* If you have equipment or adaptations, explain any help you need to use them. Explain any additional help you need from another person as well as your equipment and adaptations.
* Try keeping a diary for a week if you’re not sure how much help you need, or how long things take. This can be particularly useful if your condition changes.
* You don’t have to need help every day – you’ll qualify if you need help ‘most of the time’. If your needs vary, make a list of the help you need on each day of the week or month.
* Don’t just think about what happens on good days. Get an overall picture of the help you need.
* Explain any falls or accidents you’ve had.
* Evidence is important, so send in as much as you can with your claim form. This could include a letter from your GP or consultant, your care plan, information from a community psychiatric nurse, appointment letters or prescription lists.