



Welfare benefits

This factsheet is reviewed regularly as information on benefits may change. Please note that the information below about common benefits has been taken from GOV.UK. Check www.gov.uk for up-to-date details.

You may be charged for calls to some of the telephone numbers listed and a recorded message will inform you of this.

Entitlement to benefits

Getting benefits can depend on a number of things such as whether you work, have a disability or care for somebody. To find out which benefits you can claim go to www.gov.uk/benefits-calculators.

Common benefits

The gov.uk website gives details of many benefits you may be able to claim - go to www.gov.uk/browse/benefits. However, these are some of the most common benefits you may be able to claim if you have a disability or care needs:

- **Attendance Allowance** could help with personal care costs if you are physically or mentally disabled and aged 65 or over. To find out more:
 - visit www.gov.uk/attendance-allowance
 - phone 0800 731 0122 or textphone 0800 731 0317
- **Carers Allowance** is available if you care for someone at least 35 hours a week and they get Attendance Allowance (AA), Disability Living Allowance (DLA), Personal Independence Payment (PIP) or Armed Forces Independence Payment. You don't have to be related to, or live with, the person you care for. To find out more:
 - visit www.gov.uk/carers-allowance
 - phone the Carers Allowance Unit on 0800 731 0297/textphone 0800 731 0317
- **Income Support.** You may be able to get income support if you meet all of the eligibility criteria. To find out more:
 - visit www.gov.uk/income-support
 - phone 0800 055 6688 or textphone 0800 023 4888

- **Personal Independence Payment (PIP)** helps with some of the extra costs caused by long-term ill-health or a disability if you're aged 16 to 64. The rate you get depends on how your condition affects you, not the condition itself. To find out more:
 - visit www.gov.uk/pip
 - phone 0800 917 2222 or textphone 0800 917 7777
- **Pension Credit** is an income-related benefit made up of 2 parts - Guarantee Credit tops up your weekly income if it's below a specified amount; Savings Credit is an extra payment for people who saved some money towards their retirement, for example a pension. You may not be eligible for Savings Credit if you reached State Pension age on or after 6 April 2016. To find out more:
 - visit www.gov.uk/pension-credit
 - phone 0800 99 1234 or textphone 0800 169 0133
- **Disability Living Allowance (DLA) for adults** has been superseded by Personal Independence Payment (PIP). To find out more:
 - visit www.gov.uk/dla-disability-living-allowance-benefit
 - phone the DLA Helpline on 0800 731 0122 or textphone 0800 731 0317

To find out more

You may wish to contact Poole Citizens Advice on the Dorset Adviceline telephone number - 03444 111 444. JobCentrePlus can also offer advice about benefits. Phone 0800 169 0190 and please have your National Insurance number to hand. Further details of other benefits you may be eligible to claim, and organisations who can provide advice, can be found at www.mylifemycare.com.

To request or download a copy of this factsheet:

Tel. 01202 633902 / email sshelpdesk@bcpcouncil.gov.uk
or download at www.poole.gov.uk/adultsocialcarefactsheets



We can give you help to read or understand this information:



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