



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 extra costs if you:
 - have a disability severe enough that you need someone to help look after you;
 - are physically or mentally disabled; and
 - are of state pension age or over.

To find out more:

- visit www.gov.uk/attendance-allowance; or
 - 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 [certain benefits](#), including Attendance Allowance (AA); the middle or highest care rate of Disability Living Allowance (DLA); the daily living component of 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; or
 - phone the Carers Allowance Unit on 0800 731 0297; or
 - textphone 0800 731 0317.
- **Personal Independence Payment (PIP)** can help you with some of the extra costs if you have long term ill-health or disability if you are aged 16 or over but have not yet reached state pension age. The rate you get depends on how your condition affects you, not the condition itself. To find out more:
 - visit www.gov.uk/pip; or
 - 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; or
 - 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; or
 - phone the DLA Helpline on 0800 731 0122 (option 4); or
 - textphone 0800 731 0317.

To find out more

- Bournemouth, Christchurch and Poole Citizens Advice:
 - phone BCP AdviceLine on 03444 111 444.
- Department for Work and Pensions (please have your National Insurance number to hand):
 - phone 0800 055 6688; or
 - textphone 0800 023 4888.
- www.mylifemycare.com gives details of other benefits you may be eligible to claim and organisations which can provide advice.

For more information about services please go to www.mylifemycare.com.

To download a copy of this factsheet:
www.poole.gov.uk/adultsocialcarefactsheets



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

Adult Social Care Contact Centre

Bournemouth and Christchurch residents:

Tel. 01202 454979 / email caredirect@bcpcouncil.gov.uk

Text
Phone  07747 757570

Poole residents:

Tel. 01202 633902 / email sshelpdesk@bcpcouncil.gov.uk

Text
Relay  18001 01202 633902