



## Attendance Allowance

### What is it?

Attendance Allowance (AA) is a benefit for severely disabled people if they need help with personal care. The person you care for can claim AA if they are aged 65 or over when they first make the claim.

### Who is eligible?

To be eligible for AA, the person you care for must:

- be 65 or over when they claim
- have a physical or mental illness
- have a disability severe enough for them to need help caring for themselves
- show that they've needed help for at least the past six months

### How much can they get?

Depending on the amount of help the claimant needs with personal care, they will get one of the following weekly rates:

- Higher rate Attendance Allowance of £73.60
- Lower rate Attendance Allowance of £49.30

### How do they claim?

You can order a claim pack from your local Jobcentre Plus, from the Benefit Enquiry Line on 0800 88 22 00 (textphone 0800 24 33 55) or by downloading one from Directgov ([www.direct.gov.uk](http://www.direct.gov.uk)).

If you have questions about your financial situation, benefits, working, or require practical advice, call our free, confidential helpline on 0808 802 02 02 or visit [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect).

Carers Direct is a free national service. We offer information, advice and support for people who care for someone else.

Our comprehensive website has over 1,000 articles, 12 videos and a host of web tools to help you make decisions about your caring role. If you prefer to talk to someone about what options are available to you, our helpline advisors are on hand seven days a week, and in confidence, to do just that.

**Call free on 0808 802 02 02\***  
or go to [www.nhs.uk/carersdirect](http://www.nhs.uk/carersdirect)

**Carers Direct**

\*All calls from UK landlines and mobile phones are free. Lines are open 8am to 9pm, Monday to Friday, and 11am to 4pm on weekends and bank holidays. Textphone users should call 18001 0808 802 02 02. To use our call back service, in English and other languages, please go to [www.carersdirectenquiry.nhs.uk/callback/carers.aspx](http://www.carersdirectenquiry.nhs.uk/callback/carers.aspx)