



Carer's Allowance

What is it?

Carer's Allowance is the main state benefit for carers.

How much can you get?

Carer's Allowance is currently £55.55 a week

Eligibility

To qualify, you must:

- be 16 or over
- look after someone for at least 35 hours a week
- look after someone who receives a qualifying disability benefit
- not have net earnings above £100 a week
- not get certain other earnings-replacement benefits
- be living in the UK when you claim, and satisfy residence and immigration rules
- not be a full-time student

How to claim

You can make a claim in one of the following ways:

- Pick up a claim form from your local Jobcentre Plus.
- Order a form from the Department for Work and Pensions' (DWP) Benefit Enquiry Line (telephone 0800 88 22 00; textphone 0800 24 33 55).
- Claim online at www.dwp.gov.uk/carersallowance
- Contact the Carer's Allowance Unit on 0845 608 4321 (textphone 0845 604 5312).

If you have questions about your financial situation, benefits and working, call our free, confidential helpline on 0808 802 02 02 or visit 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

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