



Benefits Self-Help Guide 3

Carers Allowance (CA)



What is Carers Allowance?

Carers Allowance is a benefit that people over 16, who are substantially caring – at least 35 hours per week – for someone in receipt of Higher or Middle Rate of Disability Living Allowance, the Personal Care Component of Personal Independence Payment or Attendance allowance, can claim.

Will Claiming Carers allowance affect my existing benefit entitlements, or other income?

Yes. Carers Allowance is counted as income if you receive a means tested benefit, and the amount you receive. However you may be entitled to additional money if you receive it.

If you are receiving a private or workplace pension, these will not be affected. If you are receiving State Retirement Pension (SRP), any Carers Allowance will be reduced by the amount of SRP you receive, meaning you may not receive any, as these are classed as 'overlapping benefits'. You could still receive an additional premium if you receive Pension Credit.

You can continue to work as long as you do not receive more than £128 per week, and you continue to satisfy the 'substantial care' requirements.

How do I claim Carers Allowance?

You can call the Carers Helpline on 0800 731 0297

If I am refused Carer Allowance, can I ask for the decision to be looked at again?

Yes. If you are unhappy with the decision, you can ask for a Mandatory Reconsideration within 1 month of the date of the decision letter. If you are still unhappy with that decision, you can request an Appeal. You may want to access further advice before doing this. Please see our 'How to Appeal - Self Help Guide 4'.

Where can I get further help?

Carers UK: 0808 808 7777 / www.carersuk.org

CAB: 03444 771010 / www.citizensadvice.org.uk

