

# Benefits Self-Help Guide 8

## 'New Style' Employment and Support Allowance (ESA)

**'New Style' Employment and Support Allowance is the replacement benefit for Contribution Based Employment and Support Allowance following the introduction of Universal Credit.**

If you are over 16, and have been in work for the last 2 -3, years you may be able to claim 'New Style' ESA, rather than Universal Credit.

**There are a number of conditions that you have to meet:**

- be under pension age (ESA stops when you reach that age)
- not be entitled to income support, jobseeker's allowance or statutory sick pay
- not be in work - some types of work are permitted
- pass the national insurance contributions test
- have a limited capability for work (this is tested under the work capability assessment)
- be present in Great Britain (or Northern Ireland if you live there)

**To claim, call 0800 328 5644 (textphone: 0800 328 1344).**

When you contact the DWP, you might be advised to claim Universal Credit instead. The rules on claiming Universal Credit are strict. Once you claim, you will remain on Universal Credit, which could affect both your income and how you receive your benefit payments, depending on your circumstances.

