



Carer Support Payment and Carer's Allowance

What is the difference between Carer Support Payment and Carer's Allowance?

For many years, Carer's Allowance was the main benefit for carers. In Scotland, Carer's Allowance is gradually being replaced by Carer Support Payment paid by Social Security Scotland. See here <https://www.mygov.scot/carers-support-payment>

You cannot now make a new claim for Carer's Allowance in Scotland. If you live in Scotland and currently receive Carer's Allowance, your claim will be transferred to Carer Support Payment by spring 2025. Social Security Scotland will contact you about this and you will not have to make a new claim.

About Carer Support Payment and Carer's Allowance

These benefits are paid to people who spend at least 35 hours per week caring for a person who receives a relevant disability benefit. Even if you care for more than one person, you can only make one claim.

The person you are caring for must be receiving one of the following benefits:

- The daily living component of Personal Independence Payment
- The daily living component of Adult Disability Payment
- Higher or middle rate care component of Disability Living Allowance
- Child Disability Payment middle or highest rate care
- Attendance Allowance
- Pension Age Disability Payment
- Equivalent Armed Forces payments.

You must:

- Be caring for at least 35 hours per week
- Be aged 16 or over
- Not earn more than £151.00 a week (24/25) or £198.00 (25/26) after expenses
- Have been resident in Great Britain for a certain period of time (and for Carer Support Payment, Scotland)
- Not be subject to immigration control.



How much might I get?

Benefit rates usually change in April each year. The rate of Carer's Allowance or Carer Support Payment is £81.90 (24/25) and £83.30 (25/26).

Most people in Scotland who receive Carer's Allowance or Carer Support Payment are also entitled to 6 monthly payments of Carer's Allowance Supplement of £288.60 (24/25). See here <https://www.mygov.scot/carers-allowance-supplement>

Applying for Carer Support Payment

The Carer Support Payment form asks for your details and those of the person you care for. You can see the form here

<https://www.mygov.scot/binaries/mygov/browse/benefits/carers/carers-support-payment-documents-page/carers-support-payment-application-form/Carer+Support+Payment+-+application+form+%28mono%29+-+for+June+2024.pdf>

Applying online

You can apply for Carer Support Payment online here

<https://portal.socialsecurity.gov.scot/sgdashboard/startpage/register-or-sign-in> . You will need to create a Scottish Government 'my account' if you don't already have one.

Applying by phone and on paper

You can apply for Carer Support Payment over the phone by calling Social Security Scotland free on **0800 182 2222** (8am-5pm weekdays) to start your application. If your first language is not English, then you can ask for an interpreter to help.

If you are a British Sign Language user, you can apply by contacting Social Security Scotland using the ContactScotland video relay here

<https://portal.socialsecurity.gov.scot/sgdashboard/startpage/register-or-sign-in>

Help to apply

Social Security Scotland's Local Delivery Service

This service can help you with your claim. An adviser can visit you at home or somewhere nearby. They can answer questions about Carer Support Payment, help you to complete and submit forms and explain what kind of supporting information you need to provide. You can find out more details about the local delivery service here <https://www.mygov.scot/if-you-need-help-from-social-security-scotland/local-delivery>



VoiceAbility

VoiceAbility can provide free help if you are disabled and want advocacy support to help you through the claims (and appeals) process. You can contact VoiceAbility directly here <https://www.voiceability.org/support-and-help/support-to-access-benefits-in-scotland> or ask for their help through Social Security Scotland.

Welfare rights advice

A welfare benefits adviser could help you to complete the application form and make sure you are applying for everything you are entitled to. You may be able to find a benefits adviser at:

- a council or housing association welfare benefits service
- your local Citizen's Advice Bureau
- an adviser at a carer's centre or GP practice

There might be other organisations with welfare rights advisers in your area; call us on 0300 323 9961 to find out what help is available.

Other benefits

Claiming Carer Support Payment may entitle you more money in claims for means-tested benefits such as Universal Credit and Pension Credit. Claiming Carer Support Payment can also reduce the benefits of the person you care for, so always both have a benefit check each before you make a claim.

You can find information about how Carer Support Payment affects other benefits here <https://www.mygov.scot/carers-support-payment/effect-on-other-benefits>

To do a quick benefits check for yourself check your entitlements here <https://benefits-calculator.turn2us.org.uk/>

Help from your council

If you are a carer, you are entitled to support from your local council. You can find out about this here <https://www.gov.scot/publications/carers-charter/pages/3/>

Information last updated on **31st January 2025**. Please note that information may be subject to change. All information is provided in good faith but Disability Information Scotland does not endorse any product or service referred to within this resource.

We are grateful to the Scottish Government for funding this publication



Disability
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