Attendance Allowance

A practical guide to applying

England and Wales · Rates for 2026/27

Attendance Allowance helps with the extra costs of having a disability or health condition that creates personal care or supervision needs.

You do not need a carer already helping you, and you do not have to spend the money on care. Your income and savings do not determine whether you qualify.

This guide will help you prepare your application and explain the support you need.

Before you apply

You must have reached State Pension age. Your State Pension age depends on your date of birth, so check it on **GOV.UK** rather than assuming a fixed age.

- You normally need to have had qualifying care or supervision needs for at least **six months**. Special rules apply near the end of life.
- You cannot receive Attendance Allowance alongside Personal Independence Payment (PIP) or Disability Living Allowance (DLA). Residence and immigration conditions also apply.
- This guide covers England and Wales. In Scotland, apply for Pension Age Disability Payment. Northern Ireland has a separate Attendance Allowance claim process.

How much could you receive?

The award depends on your needs, rather than the name of your condition.

Lower rate — £76.70 per week: Frequent personal help or continual supervision during the day, or qualifying help or supervision at night.

Higher rate — £114.60 per week: Qualifying needs during both day and night, or eligibility under special end-of-life rules.

Note: These are the 2026/27 rates. The award depends on your needs, rather than the name of your condition.

How to start your claim online application

Apply online through **GOV.UK**, print a form to post, or call the helpline to request a paper form.

Your claim normally starts on the date you submit online, when DWP receives a downloaded paper form, or on the date of your call if you request a form by phone — **provided you return it within six weeks.**

These are claim start dates, not promises of immediate payment. Payment depends on an award and meeting the eligibility rules.

Attendance Allowance helpline: 0800 731 0122 · Monday to Friday, 8am to 6pm. Relay UK: dial 18001, then 0800 731 0122. A British Sign Language video relay service is available through **GOV.UK.**

Gather your information

Having these details ready can make the form easier to complete.

- Your National Insurance number and contact details.
- Your GP surgery's name and address.
- Your health conditions and when the difficulties began.
- Medicines, treatments and aids you use.
- Details of professionals involved in your care.
- Relevant letters, reports or other supporting evidence you already have.
- Dates and details of hospital, care-home or hospice stays, including how they were funded.

Important: Follow the instructions in the current form about what information and evidence to provide.

Keep a short diary

If it helps, keep notes for a week about what you find difficult, what help you need and when.

Include daytime and night-time needs. If your condition varies, explain how often you have better and worse days. Do not describe every day as your worst day.

A diary can help you give clear examples, but do not miss your application deadline while preparing it.

Explain the help you need

Focus on what happens in everyday life, rather than listing diagnoses alone.

For each difficulty, explain what you are trying to do, what makes it difficult or unsafe, what help or supervision you need, how often and how long, and what happens when nobody helps.

Describe the help you reasonably need, even if you currently manage alone or a relative helps without calling it "care".

Worth noting: Explain any reminders, encouragement or prompts you need with personal tasks — help is not always physical.

Think about personal care and safety

Relevant examples may include getting into or out of bed, washing, bathing, using the toilet, dressing, eating, drinking or taking medication, and moving safely around your home.

Explain any pain, breathlessness, fatigue, unsteadiness or distress involved. If several conditions affect the same task, describe their combined effect.

Shopping, housework and gardening are not, by themselves, qualifying personal care needs. Mobility difficulties alone do not qualify either. Explain any associated personal help or supervision you need.

For night-time needs, describe what happens after the household has gone to bed, how often help is needed and how long it lasts. For example, you might need help reaching the toilet, getting back into bed or staying safe when confused.

Remember: Needing supervision because of confusion, falls or other risks is a qualifying need. Include these if they apply.

Be clear about how you cope

Tell DWP about aids, adaptations and changes you have made, such as using a shower seat or avoiding difficult clothing.

Explain what these help with and what remains difficult. Do not assume that using an aid rules out entitlement, but describe accurately any help it has replaced.

Use your own words. Answer repeated questions where relevant, and follow the form's instructions if you need extra space.

Include reminders, encouragement and night-time needs — help is not always physical. If you need another person to remind, prompt or encourage you with personal tasks, explain this too.

Before you submit

Check everything carefully before sending your application.

1. **Check you have answered the relevant questions**

   Make sure your examples accurately reflect your usual needs and any variation, and that you have included daytime and night-time difficulties.

2. **Follow the instructions about supporting evidence and signatures**

   Include any supporting evidence the form asks for, and ensure all required signatures are in place before sending.

3. **Keep a copy of your answers and anything you send**

   Retain copies of your completed form and all supporting documents for your records.

4. **Post using the Freepost address**

   For a postal claim, address the envelope to: **Freepost DWP Attendance Allowance**. No postcode or stamp is needed. Write only the Freepost address on the envelope.

Other important information

Key things to know about end-of-life rules, decisions after you apply, and care-home stays.

If you are nearing the end of life

If a medical professional says you may have 12 months or less to live, ask about the special rules for end of life. You do not have to wait for six months of qualifying needs. Eligible claimants receive the higher rate. Ask a medical professional to complete **form SR1** and follow the special-rules application guidance **here**.

After you apply

DWP will send you a decision explaining the outcome. If you disagree, you can usually ask for a **mandatory reconsideration within one month of the decision date**. Check the letter and seek benefits advice promptly.

If your needs later change, contact the helpline. DWP may ask for further information before reviewing your award. An increase is not automatic.

Hospital and care-home stays

Tell DWP straight away if you enter or leave hospital or a care home, or if the funding of your care changes. **Do not wait until you have been there for 28 days.** Payment can be affected by the length of the stay, earlier linked stays and how your care is funded. People paying their own care-home fees may continue receiving Attendance Allowance. Ask DWP to check your circumstances rather than assuming payment will continue or stop.

A final thought

A trusted person can help you gather information and describe your needs. Keep the answers accurate and in your own words wherever possible, and follow DWP's rules if someone needs to act formally on your behalf.

Taking the time to prepare your application carefully — keeping a diary, describing your needs honestly and including both daytime and night-time difficulties — gives you the best chance of a fair decision first time.

And if you are helping a parent or someone close to you, involve them in the process. The aim is to give them confidence and control, not to make decisions on their behalf.

Need some help?

Contact **PodSupport** if you are unsure where to start.

General information for England and Wales. Eligibility depends on your circumstances. Seek benefits advice if you are unsure.

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