

Attendance Allowance

The benefit most eligible people never claim

PODPLAN

The Current Rates, From April 2026

Higher Rate

£114.60/ week

Care needed day and night, or terminal illness.

Lower Rate

£76.70/ week

Care needed during the day OR night.

Annual Higher Rate

£5,959/ year

Tax free, paid directly into bank account.

Unclaimed

£5.2bn

Estimated annual unclaimed AA across 1.1m eligible households.

What you need to know before anything else

What it does



Pays regardless of savings or income

Completely non-means-tested - a millionaire and someone with nothing are equally eligible.



Pays even if no formal care is in place

You do not need a social worker, a care package, or any council involvement to claim.



Paid on top of State Pension

Does not reduce the pension or most other benefits in fact it can increase some.



Is completely tax-free

Does not count as income. No tax return implications.



Can be spent on anything

Despite the name, there is no requirement to spend it on care.

What it requires



State Pension age or over

Currently 66 for both men and women. Those already on PIP continue to receive PIP instead.



A physical or mental health condition

No fixed list of qualifying conditions, assessed on impact to daily living, not diagnosis.



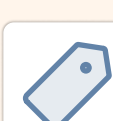
Need for help or supervision

With personal care, mobility, or safety, day, night, or both. The help does not have to be provided by another person.



Needs required for at least 6 months

Must have needed that level of help for 6 months before claiming, terminal illness is exempt.



Stops if council funds care home costs

Suspends after 28 days of council-funded care. Self-funders in care homes can continue to claim.

Conditions that commonly qualify - not exhaustive, not required to match exactly

01 Dementia or memory loss

02 Visual or hearing impairment

03 Heart disease or heart failure

04 Parkinson's disease

05 Diabetes with complications

06 COPD or breathing conditions

07 Arthritis or joint conditions

08 Cancer or terminal illness

09 Mental health conditions

10 Stroke-related disability

11 Falls risk or mobility issues

12 Any condition limiting daily life