

Pension Age Disability Payment



Pension Age Disability Payment has replaced Attendance Allowance in Scotland. This benefit is for people who have reached State Pension age. To qualify, you need to have a long-term physical or mental health condition and require supervision or help with your care. If you are already receiving Attendance Allowance, you do not need to do anything; you will be switched to the new benefit automatically.

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What is Pension Age Disability Payment?

A benefit called Pension Age Disability Payment has been introduced in Scotland to support people with ongoing care needs who have reached State Pension age. This has replaced Attendance Allowance and the amount you receive is not means-tested, which means that the amount awarded is not affected by any savings or income you receive.

Is this benefit similar to Attendance Allowance?

Yes, this is a very similar benefit to Attendance Allowance, but it is only available to residents in Scotland and it is paid by [Social Security Scotland](#).

Can I receive Pension Age Disability Payment alongside other benefits?

You may be able to receive other benefits at the same time as Pension Age Disability Payment. If the person you care for receives this benefit, you might even be eligible to claim Carer Support Payment and Carer's Allowance Supplement if you meet the other conditions required too. Our Carers UK Helpline advisers would be happy to provide you with a free benefits check to see what you might be able to claim. You can request this by emailing advice@carersuk.org.

Who is entitled to Pension Age Disability Payment?

If you are looking after someone who has reached State Pension age and is in need of support to carry out daily living tasks, they may be able to claim Pension Age Disability Payment.

If the person you care for has ongoing care-related needs because of a long-term condition, illness or disability, they could be eligible to receive extra money to help cover the support they require.

If you have these needs yourself, you could also be eligible. You or the person you care for will need to have reached State Pension age and

would need regular support with day-to-day activities including help with personal care (such as dressing, washing or using the toilet), and/or supervision to make sure you are safe.

How much is it worth?

There are two different rates.

The amount is reviewed in April every financial year. There are two different rates depending on how much support might be needed.

From April 2025 - March 2026, the lower rate is worth **£73.90** a week. This rate is for people who need help **or** supervision during the day or night.

From April 2025 - March 2026, the higher rate is worth **£110.40** a week. This rate is for people who need help or supervision during the day **and** night.

Do I meet the criteria to claim this?

To claim Pension Age Disability Payment, you must meet the following conditions:

- > You live in Scotland and have reached State Pension age.
- > You need help with your care needs or require supervision to keep you safe. What matters is that you need help, not whether you're currently getting any.

Pension Age Disability Payment isn't means-tested and this means that your income and any savings you have are not taken into account when the assessor looks at whether you are eligible.

There are also certain residence and presence conditions to meet.

If you're terminally ill, there are simpler rules you can follow which make it easier to apply.

What counts as personal care and supervision?

What does personal care involve?

This may be physically helping, prompting or motivating a person with activities they have difficulty with because of how their body works.

Personal care includes help with things like:

- > getting in and out of a chair
- > bathing and washing
- > dressing and undressing
- > help with medication and treatment
- > getting in and out of bed and sleeping
- > communicating
- > eating and drinking
- > using the toilet
- > seeing, ie if you need someone to see for you
- > breathing
- > walking.

Because of your health condition or disability you may also need help with activities such as reading, moving around safely, shopping or housework.

Consider what you might need help with from other people because of your health condition or disability. The help you need must be carried out in your presence and involve personal contact with you. Here are some examples of the help you may need:

- > You have arthritis which makes moving difficult, so you need help getting in and out of bed, washing and dressing, and getting in and out of chairs.

- > You are deaf, and need an interpreter when communicating without sign language and to interpret spoken announcements.
- > You have a mental illness and need prompting to look after yourself and do things such as take your medication, eating, washing and dressing.
- > You are visually impaired and need help choosing clothes to wear, using the oven safely and preparing food.
- > You have a learning difficulty and need help with managing your money, writing letters and looking after your health and hygiene.

What does supervision include?

Supervision means you need someone to check on you regularly to keep you and/or others safe. For example, you may need checks if you have memory loss, are at risk of falling, have seizures, or aren't aware of potential dangers. Being left unsupervised may mean you fall, leave the gas on, self-harm, or that you may harm others.

How do I apply for Pension Age Disability Payment?

There are different ways to apply.

There are usually two stages to applying. You can apply online or by post (using a paper form) or by phone.

For anyone who has a terminal illness, special rules apply which help make the process quicker and there is only one stage. [Find out more](#).

How to get started

[This page on the mygov.scot](#) website helps you see if the person you care for is eligible (or you can check for yourself). It explains the steps to take depending on how you choose to apply: <https://www.mygov.scot/pension-age-disability-payment/how-to-apply>.

This page also tells you what happens if you are already receiving Attendance Allowance. Social Security Scotland will ensure that you will be moved across to the new benefit and that there will be no gap in your award. It also explains what happens if you have already recently applied for Attendance Allowance.

Tips for completing the form

Tips to help

It's a long form so take your time to complete it – you don't have to do it all in one go. Ask for help from a local advice agency if needed – you can find one on the [Advicelocal website](#). Social Security Scotland could also help refer you to an independent advocacy service or to one assisted by their client support advisers. There are more details about getting help with the application on the government website [here](#).

- List all the help you need before completing the form. You could ask your carer to list all the help they give you to make sure you don't miss anything out.
- Think about all the difficulties you have and what help would make things easier. Point out any adjustments you've also already made to help.
- Be honest about how long things take you and if you can do them safely.
- Remember that what matters is that you need help, not that you're already getting help.
- If you have equipment or adaptations, explain any help you need to use them. Explain any additional help you need from another person as well as your equipment and adaptations.
- Try keeping a diary for a week if you're not sure how much help you need, or how long things take. This can be particularly useful if your condition changes.

- You don't have to need help every day – you'll qualify if you need help 'most of the time'. If your needs vary, make a list of the help you need on each day of the week or month.
- Don't just think about what happens on good days. Get an overall picture of the help you need.
- Explain any falls or accidents you've had.
- Evidence is important as long as it's fairly recent, relevant and helpful in relation to your claim. Send in as much as you can with your claim form. This could include a letter from your GP or consultant, your care plan, information from a community psychiatric nurse, medical reports or prescription lists. If possible, it's a good idea to check with an adviser whether the evidence you plan to include will help with your claim. For more guidance about evidence to support your claim, you can visit the government website [here](#).

Keep a copy of your form and any evidence you send in. It will be useful to have a record if you need to challenge a decision.

You won't need to go to an assessment for Pension Age Disability Payment unless it's unclear to the case manager at Social Security Scotland how your illness or disability affects you. Most claims are decided as a result of the information in your form along with any other evidence you sent in.

What happens next?

What to expect

You'll get a decision letter saying whether you can claim Pension Age Disability Payment how much it will be, and how long your claim will last for. If someone is terminally ill, the process is different – see this [guidance on disability benefits if you're terminally ill](#) for more information.

What if I'm turned down?

If you're turned down, or awarded the lower rate when you think you should get the higher rate, don't panic.

It's worth challenging the decision and asking to have your claim looked at again. This is called a re-determination. Citizens Advice has useful guidance on [challenging a benefits decision](#).

What if my circumstances change?

You need to tell Social Security Scotland as soon as possible if your condition or circumstances change, because this could affect your entitlement to Pension Age Disability Payment.

A change in your condition could include:

- your illness or disability getting better or worse
- the level of personal care or supervision you need changes
- a significant change in the tools, equipment or medication that you need.

Changes in your condition could mean you need care in a different environment. If so, the following also needs to be reported:

- overnight admission to hospital or stays in a care home or hospice.

If someone is terminally ill and receives the benefit under special rules, their claim won't be affected, but it's still important to let Social Security Scotland know about the move.

If you're paid the lower rate of Pension Age Disability Payment and the help you need increases, you can contact Social Security Scotland and ask for your case to be looked at again. Be aware that there is always a risk that your benefit could be decreased rather than increased, so it's a good idea to get help from a local advice agency first. Visit the [Advicelocal](#) website to find one.

A change in circumstances could, for example, also include:

- > going abroad for more than 13 weeks
- > changing your name, address or bank details
- > going into prison.

What happens with disability benefits if you're in a home or in hospital?

Usually after 28 days (four weeks) of being in a residential or nursing home, these benefits will stop being paid:

- the care component of Child Disability Payment (CDP)
- the daily living component of Adult Disability Payment (ADP)
- Attendance Allowance or Pension Age Disability Payment.

They may stop sooner if you have been in hospital or residential care in the 28 days before this current stay.

Exceptions

There are certain circumstances when these benefits can continue, such as where the person is paying all their own fees (known as completely self-funding) or if someone has a terminal illness and is being cared for in a hospice (but not in an NHS hospital).

These are just a few examples of changes that could affect your Pension Age Disability Payment. If you're not sure if a change affects your Pension Age Disability Payment, report it to Social Security Scotland anyway and keep a record that you have kept them updated. They will be able to advise if it's likely to affect your entitlement. You can find out more about reporting a change to Social Security Scotland [here](#).

What other help could I receive?

Useful to know

Receiving Pension Age Disability Payment could lead to an increase in any means-tested benefits or tax credits you receive, or you might now find that you qualify for them for the first time. Contact the offices that pay these benefits to find out more. If you're caring for someone who claims this benefit, you might also become eligible for benefits like Carer Support Payment and Carer's Allowance Supplement.

You could also receive help with NHS costs. You can find out whether you're entitled to any additional support by doing an online benefits check, or contacting one of our advisers to arrange one at advice@carersuk.org.

You can also look into carrying out an online benefits check by visiting either:

[Entitled to](#)

[Turn2us](#)

Blue Badge scheme

The Blue Badge scheme helps you park closer to your destination if you have difficulty walking. For example, a Blue Badge lets you park free at parking meters and in some pay and display areas.

Getting Pension Age Disability Payment might support your application for a Blue Badge. Contact your local council for further information.

Money off train travel

You could buy a Disabled Person's Railcard to cut train fares for you and a friend. Call 0345 605 0525 or [visit the Disabled Person's Railcard website](#).

Help with the cost of public transport in general

From the age of 60, you'll be entitled to free bus travel in Scotland: transport.gov.scot/concessionary-travel/60plus-or-disabled-free-bus-travel/.

Those who are disabled and receiving certain benefits will also be entitled to a free travel pass. Find out more here: [Eligibility and Conditions for the 60+ or Disabled Traveller](#).

There is also a 'Companion Card' scheme that allows for free travel for companions (where needed by eligible disabled people of any age including children under 5). For more details, contact [Transport Scotland](#) on 0141 272 7100.

Useful organisations

Visit carerscotland.org. For further guidance on any of the areas covered in

this factsheet, contact the Carers UK Helpline by emailing advice@carersuk.org.

Age Scotland

A charity dedicated to helping everyone make the most of later life.

w: <https://www.agescotland.org.uk/> t: 0800 124 4222

Care Information Scotland

Find local carer organisations that could help offer support close to where you live:

<https://www.careinfoscotland.scot/topics/support-for-carers/carer-centres/>

Citizens Advice Scotland

Provides free, independent, confidential and impartial advice.

w: www.cas.org.uk

Mygov.scot

The Scottish Government website provides up-to-date information about Pension Age Disability Payment and other benefits and services available:

<https://www.mygov.scot/pension-age-disability-payment>

Social Security Scotland

They deliver Carer Support Payment, Carer's Allowance Supplement, Adult Disability Payment, Pension Age Disability Payment and Young Carer Grant, as well as other Scotland only benefits such as Scottish Child Payment. To find out more, see: www.socialsecurity.gov.scot/benefits.

t: 0800 182 2222 (Text Relay Service: 18001 +0300 244 4000)

The Care Inspectorate

A regulatory body that monitors and inspects care services in Scotland.

E: concerns@careinspectorate.gov.scot T 0345 600 9527

w: www.careinspectorate.com

The Scottish Public Services Ombudsman (SPSO)

The final stage for complaints about public service organisations in Scotland. w: spsso.org.uk/spsso | t: 0800 377 7330

This factsheet is designed to provide helpful information and advice. It is not an authoritative statement of the law. We work to ensure that our factsheets are accurate and up to date, but information about benefits and community care is subject to change over time. We would recommend contacting the Carers UK Helpline or visiting our website for the latest information.

Please email us your feedback on this factsheet by sending your comments to info@carersuk.org
This factsheet was produced in June 2025. Next review due April 2026.

Carers UK Helpline

For expert information and advice about caring.



0808 808 7777

(Monday – Friday 9am-6pm)



advice@carersuk.org

Carers Scotland

0141 378 1065

info@carerscotland.org

**However caring affects you,
we're here**

Caring will affect us all at some point in our lives.

With your help, we can be there for the 6,000 people in the UK who start looking after someone each day.

We're the UK's only national membership charity for carers: join us for free at carersuk.org/join
We're both a support network and a movement for change.

Visit us at our website to join us, help us or access more resources:
carersuk.org

This information can be requested in large print.