

Do you have a disability or suffer from long term physical or mental illness. Did you know that there is assistance available to help improve the quality of your life?

Ochil View can check if you're eligible and help you apply for the following benefits:

EMPLOYMENT AND SUPPORT ALLOWANCE

You can apply for 'new style' [Employment and Support Allowance](#) (ESA) if you have a disability or health condition that affects how much you can work. ESA gives you money to help with living costs if you are unable to work and support to get back into work if you are able to work.

You can apply for ESA if you are employed, self-employed or unemployed. You may be entitled to [Universal Credit](#). If you are you could get Universal Credit at the same time or instead of 'new style' ESA.

Weblinks:

For more information: www.gov.uk/employment-support-allowance

ADULT DISABILITY PAYMENT

[Adult Disability Payment](#) can help you with some of the extra costs if you have long term ill-health or a disability. The amount you get depends on how your condition affect you, not the condition itself. You will be assessed by a health professional to work out the level of help you can get. Your rate will be regularly reviewed to make sure you're getting the right support.

Weblinks:

For more information: www.mygov.scot/adult-disability-payment

To apply: www.mygov.scot/adult-disability-payment/how-to-apply

CHILD DISABILITY PAYMENT

[Child Disability Payment](#) may help with the extra costs of looking after a child who is under 16 and has difficulties walking or needs much more looking after than a child of the same age who does not have a disability. They will need to meet all the eligibility requirements.

Weblinks:

For more information: www.mygov.scot/child-disability-payment

To apply: www.mygov.scot/child-disability-payment/how-to-apply

Contact the Tenancy Sustainment Team:

Phone -

01259 722899

Email -

customerservices@ochilviewha.co.uk



PERSONAL INDEPENDENCE PAYMENT & DISABILITY LIVING ALLOWANCE

[Personal Independence Payment](#) (PIP) and [Disability Living Allowance](#) (DLA) are being replaced by Adult Disability Payment (ADP) and Child Disability Payment (CDP). You cannot make a new claim for PIP or DLA if you live in Scotland.

If you already get PIP or DLA your claim will soon be transferred over to ADP or CDP. You will get a letter from Social Security Scotland telling you when this will happen and what you need to do.

Weblinks:

For more information: www.gov.uk/pip / www.gov.uk/dla-disability-living-allowance-benefit / www.gov.uk/disability-living-allowance-children

ATTENDANCE ALLOWANCE

[Attendance Allowance](#) helps with extra costs if you have a disability severe enough that you need someone to help look after you. How much you get depends on the level of care that you need because of your disability and not the disability itself.

You could get help with personal support if you are both physically or mentally disabled and [State Pension age](#) or older. It does not cover mobility needs.

The other benefits you get can increase if you get Attendance Allowance. You do not have to have someone caring for you in order to claim.

Weblinks:

For more information: www.gov.uk/attendance-allowance
To apply: www.gov.uk/attendance-allowance/how-to-claim

CARER'S ALLOWANCE

You could be entitled to [Carer's Allowance](#) if you care for someone at least 35 hours a week and they get [certain benefits](#). You do not have to be related to, or live with, the person you care for. You do not get paid extra if you care for more than one person.

Carer's Allowance can affect the [other benefits that you and the person you care for get](#).

Weblinks:

For more information: www.gov.uk/carers-allowance
To apply: www.gov.uk/carers-allowance/how-to-claim

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