

## Benefits and Financial Support



If you have a disability or do not earn a lot, you might be able to get extra money from the government to help you. These are called **benefits**. There are many different types of benefits.

One type of benefit is **disability living allowance (DLA)** or **personal independence payment (PIP)**.

DLA and PIP are benefits that help with the extra costs you may face if you're disabled.

- You can still get this benefit if you are working.
- It is not **means tested** which means that any money you earn does not affect the amount of benefit you get.

DLA has been replaced by Personal Independence Payment (PIP) for all new claims. If you are over 16 years old and you're getting DLA at the moment, your claim will stop and you'll need to claim PIP instead but you don't need to do anything until the DWP writes to you about it.

Many people on DLA will qualify for PIP but it isn't guaranteed, and it's possible that you'll get a different rate than you do now.

Read more about PIP and how to claim it here

[https://www.gov.uk/government/uploads/system/uploads/attachment\\_data/file/448636/pip-what-it-is-and-how-to-claim-it-easy-read.pdf](https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/448636/pip-what-it-is-and-how-to-claim-it-easy-read.pdf)

### **Benefits you can claim if you are unemployed (you do not have a job)**



If you are unemployed but you are looking for a job you can claim a benefit called **Job Seekers Allowance (JSA)** if you are over 18 years old. This benefit is to help you cope with the cost of living while you look for a job. How much you get will depend on your circumstances.

You can make a claim for Job Seekers Allowance by:

- Going to [www.gov.uk/jsaonline](http://www.gov.uk/jsaonline)
- Calling 0800 055 6688 / Textphone 0800 023 4888

**Disability Rights UK** have put created a factsheet on Job Seekers Allowance:

<http://disabilityalliance.org/jobseekers-allowance-jsa>

You can watch a video about JSA here <https://www.youtube.com/watch?v=B8rUjn8NmYU>



**Employment Support Allowance (ESA)** is a benefit for people who have an illness, health condition or disability that makes it difficult or impossible to work.

ESA is a payment that you get every 2 weeks to help with your living

costs. You can claim ESA if you are over 16 years old.

The Government have produced information about how to claim ESA on their website here:

<https://www.gov.uk/employment-support-allowance/overview>

You can read more about ESA and what happens when you claim or have a problem on the Citizen's

Advice website here <https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/employment-and-support-allowance/#h-what-is-employment-and-support-allowance>

This video explains more about ESA and how to claim it

<https://www.youtube.com/watch?v=xTeOBH-tTM4>

This is a really useful app that helps you to prepare for an ESA assessment [http://www.esa-](http://www.esa-assessment.support/#main-menu)

[assessment.support/#main-menu](http://www.esa-assessment.support/#main-menu)

#### Top Tips

Applying for benefits can be confusing. They are very complicated and can change.

Make sure you:

- get a benefits check – your parents or a support worker can help you to do this
- get up to date information

#### Where to get information about benefits

- Jobcentre Plus – Ask to speak to the Disability Employment Advisor
- Citizens Advice Bureau - [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) You can find your nearest Citizen's Advice office here – just put your town or postcode in the search box <https://www.citizensadvice.org.uk/about-us/how-we-provide-advice/advice/search-for-your-local-citizens-advice/>
- Carers Together (based in Romsey) is an Alternative Office for DWP, which means they can send out and receive all different benefit forms with date stamping and help with benefit advice too. <http://782186386632763965.weebly.com/benefits-help-and-advice.html>
- Direct.gov.uk - [www.direct.gov.uk](http://www.direct.gov.uk)

#### **Benefits you can claim if you are employed (you have a job)**

“you should not be earning any less when you work than when you are on benefits”

#### **Moving from benefits to working**

If you are receiving benefits you may be worried about how getting a job will affect what you are paid.

When you get a job your benefits may change. You may get less money or change to a different type of benefit. Sometimes your benefits may stop.



You may be able to claim **Working Tax Credit** if you are age 16+, have a disability and work at least 16 hours a week.

You can find out about claiming Working Tax Credit from The Citizens Advice Bureau

- Read their website guides which can be found here <https://www.citizensadvice.org.uk/benefits/in-work-or-looking-for-work/benefits-and-tax-credits-for-people-in-work/>
- Call them on 03444 111 444
- Find an office near where you live

If you do not earn very much money from your job you may be able to claim **Employment and Support Allowance** to help you with living costs. Find out more here <https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/employment-and-support-allowance/#h-what-is-employment-and-support-allowance>



An **Access to Work** grant can pay for practical support if you have a disability, health or mental health condition to help you:

- Start working
- Stay in work
- move into self-employment or start a business

Find out more about Access to Work here <http://www.disabilityrightsuk.org/access-work> . Or have a look at this easy read document [http://base-uk.org/sites/base-uk.org/files/%5Buser-raw%5D/11-08/easy\\_read\\_atw.pdf](http://base-uk.org/sites/base-uk.org/files/%5Buser-raw%5D/11-08/easy_read_atw.pdf)

Watch a video about a young man who set up his own business with the help of an Access to Work grant <https://www.youtube.com/watch?v=l783NTHkFDU>

## Disability and sickness benefits



**Statutory Sick Pay** is paid for up to 28 weeks if you are off work because you are unwell. This benefit is not paid if you are self-employed and you must earn at least £112 (before tax) per week. The government have produced some helpful information, you can find it here

<https://www.gov.uk/statutory-sick-pay/overview>

### Other Useful Information:

- Focus on Disability have created a helpful guide, you can find it here <http://www.focusondisability.org.uk/statutory-sick-pay-SSP.html>
- Money Advice Service can provide information on sick pay <https://www.moneyadviceservice.org.uk/en/articles/how-to-sort-out-your-money-if-you-become-ill-or-disabled>

You may be able to get **Employment Support Allowance** if can't work because you are ill and your Statutory Sick Pay (SSP) has run out or if you can't claim SSP. Find out more here:

<https://www.gov.uk/employment-support-allowance/overview>



You may have heard that benefits are changing  
Some benefits are being replaced by **Universal Credit**.

Find out more about the changes here

[http://www.nationalforum.co.uk/uploads/Changes to Benefits 2013 Easy Read VoiceAbility.pdf](http://www.nationalforum.co.uk/uploads/Changes_to_Benefits_2013_Easy_Read_VoiceAbility.pdf)

Watch a video that explains what Universal Credit is and how it might affect you

[https://www.youtube.com/watch?v=DAXdH-bn\\_-k](https://www.youtube.com/watch?v=DAXdH-bn_-k)

Other useful links (*external links*):

- The Money Advice Service can help you work out what benefits you could claim with their helpful calculator <https://www.moneyadviceservice.org.uk/en/categories/benefits>
- The Downs Syndrome Association have put together useful information about claiming Employment Support Allowance, you can find it here <http://www.dsworkfit.org.uk/i-want-to-work/my-benefits/#information>
- Dosh have a factsheet on how benefits might be effected when you start work [http://www.aspirationsforlife.org/images/stories/pdfs/Work\\_and\\_Benefits\\_explanation.pdf](http://www.aspirationsforlife.org/images/stories/pdfs/Work_and_Benefits_explanation.pdf)
- Turn2us is a national charity that helps people gain access to welfare benefits and support services <https://www.turn2us.org.uk/>

The Government have pages on moving from benefits to work that you can find here

<https://www.gov.uk/moving-from-benefits-to-work>

Also you might want to check out (*internal YPLO links*):

- Managing your money
- Support and advocacy available