**How to claim Carers Allowance:**

**You can either download the claim form online or request the form by telephone.**

**On the online claim form the person you are caring for no longer has to sign their consent.**

**Request a claim pack DS700 ( or DS700(SP) if you are getting a State Pension) by calling the Carers Allowance unit. Telephone: 0345 608 4321 Text phone: 0345 604 5312.**

**Overlapping benefits**

You cannot usually be paid Carers Allowance if you receive one or more of the following benefits:

* State Pension
* Maternity Allowance
* Incapacity Benefit or Unemployment supplement
* Contributary employment and support allowance
* Contribution-based jobseekers allowance.
* Widows benefits and bereavement benefits
* A government training allowance.

You might be able to get Carers Allowance if all of the following apply.

* you’re 16 or over
* you spend at least 35 hours a week caring for someone
* you’ve been in England, Scotland or Wales for at least 2 of the last 3 years (this doesn’t apply if you’re a refugee or have humanitarian protection status)
* you normally live in England, Scotland or Wales, or you live abroad as a member of the armed forces
* you’re not in full-time education
* you’re not studying for 21 hours a week or more
* you earn no more than £116 a week after tax and some expenses - these will be assessed when you apply
* you’re not subject to [immigration control](http://www.adviceguide.org.uk/england/benefits_e/benefits_coming_from_abroad_and_claiming_benefits_hrt/non-eea_nationals_and_the_hrt/are_you_subject_to_immigration_control_hrt.htm)

You already living in another EEA country.

**You may be eligible if you meet all the following conditions:**

The person you care for must already get one of these benefits:

* Personal Independence Payment - daily living component Disability Living Allowance - the middle or highest care rate
* Attendance Allowance
* Constant Attendance Allowance at or above the normal maximum rate with an Industrial Injuries Disablement Benefit
* Constant Attendance Allowance at the basic (full day) rate with a War Disablement Pension
* Armed Forces Independence Payment.

**If you look after someone who gets a qualifying disability benefit ( you cannot claim CA for more than one person at a time).**

**THIS includes:**

* The middle of the higher rate of the care component or Disability Living Allowance ( DLA ).
* The daily living component of Personal Independence Payment ( PIP ) at either rate.
* Attendance Allowance (at either rate) or Constant Attendance Allowance of normal maximum rate paid with the Industrial Injuries or War Pensions schemes.
* Armed Forces Independence Payment (AFIP )

If the person you are looking after is also caring for someone else, you can both claim Carers Allowance for looking after different people as long as you both meet the criteria. This also applies if you are both caring for each other.

**When to Claim**

Carers Allowance can generally be backdated for up to three months before the date you submit your claim, so long as you meet the conditions for this period.

There is an exception where Carers Allowance can get backdated further than 3 months of the person you care for getting a decision about their qualifying disability benefit, then Carers Allowance can get pain back up to the date the qualifying disability benefit was awarded from (as long as you meet the Carers Allowance conditions for the whole period).

**You need to ask for Carers Allowance to be backdated on the claim form. It will not be backdated automatically.**

**Carers Allowance can also be claimed up to three months in advance, so long as you can show you will meet the conditions from the date you want your claim to start from.**