BENEFITS AND MONEY ENGLAND

Benefits Checklist (printable)

Free download · My SEND Friend Shop

A printable signpost checklist of UK benefits and support that families of disabled children often want to look up, with space to note what you have already checked.

This is not a benefits calculator and it does not decide eligibility. Rules differ across the UK and change. Check GOV.UK, or a benefits adviser, for your household.

Who this is for

Families who want a structured list of things to look into, not a form to send off.

What is inside

- A household snapshot
- A checklist of benefits and support to look up
- Notes and next steps

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Use this as a shopping list for advice, not as an application

Which benefits you can get depends on residence, income, National Insurance, disability, caring, and other facts. Scotland, Wales, Northern Ireland and England do not always have the same payments. Never rely on this list instead of official information or a welfare-rights check.

Household I am thinking about

Nation or area we live in

Date I used this list

Disability, care and carers

- [ ] Disability Living Allowance for a child, or Child Disability Payment in Scotland
- [ ] Personal Independence Payment, or Adult Disability Payment in Scotland, if someone is 16 or over
- [ ] Carer's Allowance, Carer's Allowance Supplement (Scotland), or other carer support
- [ ] Whether any existing award should be reviewed or a change reported

Income, housing, work and costs

- [ ] Universal Credit, or any legacy benefits still in payment, including disabled child elements if relevant
- [ ] Tax credits or Child Benefit questions I am unsure about
- [ ] Council tax reduction or housing support through the local authority
- [ ] Blue Badge, and any local disabled travel scheme
- [ ] Help with health costs, prescriptions, or hospital travel if relevant
- [ ] Grants, Motability, or charity funds a adviser has mentioned — checked carefully, not assumed

My notes

What I have already claimed or been refused, with dates if I have them

Who I will ask for a benefits check, and what I will take to that appointment

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- GOV.UK: Disability Living Allowance (DLA) for children
- GOV.UK: Personal Independence Payment (PIP)
- GOV.UK: Carer's Allowance and related carer support, if relevant
- A local welfare-rights service, Citizens Advice, or Contact
- Your local SENDIASS service, for SEND-related questions

A reminder about this free pack

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

mysendfriend.co.uk · My SEND Friend Shop · Supporting families together