BENEFITS AND MONEY ENGLAND

Carer's Allowance and Carer Support Checklist

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A checklist and notes pack for looking up Carer's Allowance and related carer support, alongside the care you already provide.

Eligibility, earnings limits and overlapping-benefit rules change. This pack does not decide whether you qualify and it is not an application form. Check current GOV.UK guidance or a benefits adviser. Scotland and other nations may have additional or different support.

Who this is for

People who care for a disabled child or young person and want a structured way to check carer support.

What is inside

- A caution page
- A caring-hours and situation sheet
- A checklist of things to look up

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.

Check the current rules before you claim

Carer's Allowance has rules about who you care for, how many hours you care, earnings, and other benefits. Claiming can affect other payments in the household. Do not rely on a remembered earnings limit or an old leaflet. Use GOV.UK or a welfare-rights check.

Name of the carer

Name of the person cared for

Date I used this pack

The caring I actually do

A typical week of care — what I do, and a rough idea of hours

Paid work, self-employment, or study I need to check against current earnings and study rules

Other benefits already in the household that I will mention to an adviser

What I will look up

- [ ] Carer's Allowance, and whether a claim might reduce another benefit
- [ ] The Carer Element or other Universal Credit carer rules, if relevant
- [ ] Carer's Allowance Supplement or other Scottish support, if we live in Scotland
- [ ] Council tax or local carer schemes
- [ ] Breaks, unpaid carer assessments, or local authority carer support
- [ ] How a change in work, study, or the disabled person's award should be reported

Questions I will take to Citizens Advice or a welfare-rights service

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.

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