

Attendance Allowance

What is Attendance Allowance?

Attendance Allowance helps with extra costs if you have a disability and need somebody to look after you. It can be used to pay for personal care or help to keep you safe.

You may be eligible if you are:

- physically or mentally disabled
- [state pension age](#) or older
- need to be supervised by someone else

You could also get extra [Pension Credit](#), [Housing Benefit](#) or [Council Tax Reduction](#) if you get Attendance Allowance.

You do not have to have someone caring for you to claim this benefit.

Carers may also claim [Carer's Allowance](#) if the person you care for has substantial caring needs.

Are you a carer?

A carer is someone who provides unpaid help and support to a family member, parent, friend, partner, child or neighbour who could not manage without their help. This applies to children, young carers and adults looking after an adult.

The person you care for may have a disability, a physical or mental illness, be frail, or have alcohol or drug-related problems.

[Read more about looking after someone and find local help and support](#)

Am I eligible for Attendance Allowance?

Attendance Allowance does not depend on your National Insurance contributions and is not affected by your savings or income. There are two weekly rates, which depend on how your disability affects you.

You can claim Attendance Allowance if you live alone or if you live with another person; what matters is that you need help, not whether you are getting help.

There is no upper age limit for Attendance Allowance, but if you are aged under pension age you should apply for [Personal Independence Payment \(PIP\)](#) rather than Attendance Allowance.

How much Attendance Allowance may I receive?

Attendance Allowance has 2 weekly rates, and the rate you get depends on the help you need. You'll get:

- £76.70 if you need help in the day or at night
- £114.60 if you need help both in the day and at night.

These rates apply from April 2026 to April 2027.

Claiming Attendance Allowance won't reduce any other income you receive, and it's also tax-free. If you're awarded it, you may become entitled to other benefits or an increase in benefits, such as:

- [Pension Credit](#)
- [Housing Benefit](#)
- [Council Tax Support](#)

For further information visit [Attendance Allowance on Gov.UK](#).

How do I apply for Attendance Allowance?

Use the [Attendance Allowance](#) page and form on the Gov.UK website.

If you have any queries about your existing claim contact the [Disability Benefits Helpline](#) or the [Attendance Allowance helpline](#).

Terminal illness

For benefit purposes, you are regarded as 'terminally ill' if you have a progressive disease from which your death can reasonably be expected within a certain number of months. From 3 April 2023, if your doctor or a medical professional has told you that you might have 12 months or less to live you can claim Attendance Allowance under special rules. This so called 'extended fast-track access' means those eligible are not subject to a face-to-face assessment, or waiting period, with the majority of individuals receiving the highest rate of those benefits.

Where can I get benefits advice?

You can get benefits advice from a local independent service. They can help guide you through the application process and explain how some benefits may impact upon another:

- [Citizens Advice Newcastle \(CAN\)](#)
- [Newcastle Welfare Rights Service](#) have [self help material](#) on their website

- [Search Newcastle](#) give benefits advice to older people in the West of Newcastle
- Find more about more [benefit advice services](#) available across Newcastle.

Search for Benefits advice organisations

Location:

Postcode:

Other useful information

- [Attendance Allowance](#) Age UK factsheet
- [Money Helper](#) provides online information on the full range of benefits that you may be entitled to. This also includes where to find more help and advice.
- [Payment Exception Service](#), previously named Simple Payment Service, was introduced as cheques are no longer used to pay state benefits and Pension credit. Information Now has more details on the service available to those unable to use bank accounts.
- [Which? Elderly Care](#) provide information on Attendance Allowance.
- [The Cinemas Exhibitors' Association \(CEA\) Card](#) helps to ensure cinemas make reasonable adjustments for you if you need them because of a disability. With the card you can claim a free ticket for a carer or person accompanying you to the cinema. The card costs £6 . You can apply if you receive Disability Living Allowance; Attendance Allowance; Personal Independence Payment or Armed Forces Independence Payment or are registered as blind.
- [Turn2us](#) helps people in financial need gain access to welfare benefits, charitable grants and other financial help – online, by phone and face to face through partner organisations.

Last updated: April 2, 2026

Useful Organisations

Citizens Advice Newcastle (CAN)

Email: citycab@newcastlecab.org.uk

Website: <http://citizensadvice-newcastle.org.uk>

Telephone: 0808 223 1133

Address: 4th Floor, City Library, NE1 8AX

Newcastle Welfare Rights Service

Email: welfare.rights@newcastle.gov.uk

Website: www.newcastle.gov.uk/welfarerights

Telephone: 0191 277 2627

Address: **POSTAL ADDRESS ONLY - No face-to-face advice is given here, NE7 7LX

Attendance Allowance Helpline

Website: <https://www.gov.uk/attendance-allowance>

Telephone: 0191 277 2627

Address: Freepost ,

Cinemas Exhibitors Association (CEA) Card

Email: info@ceacard.co.uk

Website: www.ceacard.co.uk

Telephone: 01244 526016

Address: CEA Card, CH7 5BW

Money Helper

Email: pensions.enquiries@moneyhelper.org.uk

Website: <https://www.moneyhelper.org.uk/en>

Telephone: 01244 526016

Address: Holborn Centre, EC1N 2TD

Turn2us

Email: info@turn2us.org.uk

Website: www.turn2us.org.uk

Telephone: 01244 526016

Address: Unit 9, CF15 7QQ

Disability Service Centre

Website: www.gov.uk/disability-benefits-helpline

Telephone: 0800 121 4600

Disability North

Email: reception@disabilitynorth.org.uk

Website: www.disabilitynorth.org.uk

Telephone: 0191 2840480

Address: The Dene Centre, NE3 1PH

Newcastle City Council Community Hubs

Email: council.housing@newcastle.gov.uk

Website: www.newcastle.gov.uk/housing

Telephone: 0191 278 8600

Address: Newcastle City Council, NE1 8QH

Related Articles

[Attendance Allowance](#)

[Carer's Allowance](#)

[Disability Living Allowance \(DLA\)](#)

[Housing Benefit](#)

[How to pay for adaptations to your home](#)

[Cold Weather Payments](#)

[Payment Exception Service](#)

[Personal Independence Payment \(PIP\)](#)

[How to challenge a benefit decision](#)

[Carers Wellbeing Fund](#)

[Managing your money](#)

[Looking after someone](#)