



# Disability benefits

If you or your child:



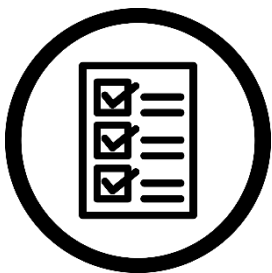
- Is disabled
- Has a long-term physical or mental health condition
- Need help with care or moving around

There are benefits you may be able to apply for.



A benefit is money that you receive from the government to help pay for living or caring costs.

It is usually paid into your bank account.



You can apply for these benefits even if you have a job or money in savings.

And you won't be asked for proof of diagnosis.



If you're 66 or over, apply for Attendance Allowance. Each weekly payment is £72 to £108 per week.



There are 4 ways to apply for Attendance Allowance:

- Call [0800 731 0122](tel:08007310122)
- Textphone [0800 731 0317](tel:08007310317)
- If you cannot hear or speak on the phone, use Relay UK by dialling [18001](tel:18001) then [0800 731 0122](tel:08007310122)
- If you're a British Sign Language user, use the video relay service at [gov.uk/attendance-allowance](https://www.gov.uk/attendance-allowance)



If you're 16 or over, apply for Personal Independence Payment also called PIP.

Each payment is £28 to £184 per week.

There are 4 ways to apply for PIP:



- Call [0800 917 2222](tel:08009172222)
- Call via textphone on [0800 917 7777](tel:08009177777)
- If you cannot hear or speak on the phone, use Relay UK by dialling [18001](tel:18001) then [0800 917 2222](tel:08009172222)
- If you're a British Sign Language user, use the video relay service at [gov.uk/pip](https://www.gov.uk/pip)



If you have a disabled child under the age of 16, apply for Disability Living Allowance for children.

Each payment is worth £28 to £184 a week.

There are 4 ways to apply for Disability Living Allowance for children:



- Call [0800 121 4600](tel:08001214600)
- Textphone: [0800 121 4523](tel:08001214523)
- If you cannot hear or speak on the phone, use Relay UK by dialling [18001](tel:18001) then [0800 121 4600](tel:08001214600)
- If you're a British Sign Language user, use the video relay service at [gov.uk/disability-living-allowance-children](https://gov.uk/disability-living-allowance-children)

You can get help applying for any of these benefits

You can Contact Camden Disability Action



- they have an office in the Greenwood Centre
- call them on [0203 833 1125](tel:02038331125)
- text them on [07543 572 793](tel:07543572793) or use SignVideo
- Find out more at [camdendisabilityaction.org.uk](https://camdendisabilityaction.org.uk)

You can also



- Call Mencap on [0808 808 1111](tel:08088081111)
- Call Camden Council on [020 7974 4444](tel:02079744444)