

Benefit and Advice Factsheet

A Guide for Carers

If you regularly help a relative, neighbour or friend with household tasks, you are a carer. Household tasks include help with shopping, personal care, or medical care like reminding them to take their medication. This guide tells you about some of the help available for you.

Carer's Allowance

If you care for someone who is ill or severely disabled and you are not in full-time work or study, you may get Carer's Allowance. You must be 16 or over and care for them for at least 35 hours a week. The person you care for must receive one of the following:

- the middle or high rate of the care component of Disability Living Allowance,
- the daily living component of Personal Independent Payment,
- Attendance Allowance,
- Constant Attendance Allowance, or
- Armed Forces Independence Payment.

Carer's Allowance is claimed online – see overleaf if you need help making a claim.

- find out more at www.gov.uk/carers-allowance
- or phone **0845 608 4321**

If you claim Housing Benefit or are thinking about claiming, please see the section below.

Protecting your pension

The amount of State Pension you get is based on the National Insurance contributions you have paid and any that have been credited to you. If you care for someone, you may be entitled to National Insurance credits for carers. These credits are usually given automatically if you get Income Support or Carer's Allowance.

If you can't get Carer's Allowance but care for at least one person for 20 hours or more a week, you may apply for a weekly Carer's Credit towards your pension.

- find out more at www.gov.uk/carers-credit
- or phone **0845 608 4321**

Housing Benefit

If the person you care for claims Housing Benefit and you regularly stay overnight, they may be able to claim for an extra bedroom.

If you claim Housing Benefit, the amount you get may be increased if you are paid Carer's Allowance.

- find out more at www.cardiff.gov.uk/benefits
- or phone **029 2087 2087**

Contact us

Free Post: FREEPOST CARDIFF COUNCIL HOUSING BENEFIT, PO Box 6000, Cardiff, CF11 0WZ
Telephone: 029 2087 2087
Fax: 029 2087 7034
E-mail: benefits@cardiff.gov.uk
Visit: www.cardiff.gov.uk/benefits



Council Tax Discount

Council Tax is based on two adults living in a property. In some circumstances a person may be disregarded for Council Tax purposes. If there is only one adult in the property who is not disregarded, a 25% discount may apply. One of the categories of people who may be disregarded is carers.

To qualify as a carer for Council Tax, you must:-

- live with the person you care for,
- provide care for someone other than your partner or your child (under the age of 18),
- provide care for at least 35 hours per week, and
- care for a person who receives one of the following:
 - Attendance allowance,
 - The highest or middle rate of the care component of Disability Living Allowance, or
 - Either rate of the daily living component of Personal Independence Payment.

A person can have more than one carer and if everyone in the property, including the person being cared for is disregarded (for example if they are Severely Mentally Impaired), then a 50% disregard can apply.

If you think you may be affected by this, please contact the Council Tax section.

- find out more at www.cardiff.gov.uk/counciltax
- or phone **029 2087 2087**

Help with finding paid work and getting online

If you want to do paid work as well as caring, or find work when you stop being a carer, the Into Work Service can help you. The Into Work Service can help you apply for a new job, improve your CV or learn new skills such as basic computer skills.

If you need help getting online, we offer free and informal drop-in sessions in Central Library Hub, St Mellons Enterprise Centre and 10 other locations across Cardiff.

- find out more at www.cardiffhousing.co.uk/advicehub
- or phone **029 2087 1000**

Car (Blue) Badge Scheme

A car badge is available for those who get some mobility benefit or who cannot walk or find it hard to walk. Badge holders can park at:

- **parking meters** - for free and for as long as they need to
- **limited waiting places** - for as long as they need to
- **some yellow lines** - for up to 3 hours
- **some reserved parking bays**

If the person you care for has a blue badge, you can use it when they are a passenger in your car.

- find out more at www.cardiff.gov.uk
- or phone **029 2087 3232**

Help is available in many languages at the Hubs.

This leaflet gives general guidance only and should not be treated as a complete and authoritative statement of the law.