



Attendance allowance

This is a benefit aimed to provide additional funding for individuals aged 65 or older that need assistance with personal care on an ongoing or fixed period. It is not means tested and so an individual's savings will not be taken into account. It is a benefit to help with the additional costs of living with a disability.

Eligibility

- ▶ You are 65 or older
- ▶ You require assistance with personal care during the day and/or during the night (washing, eating, dressing, etc.)
- ▶ You require help with communication
- ▶ You have difficulty walking
- ▶ You need supervision to ensure you don't cause yourself harm
- ▶ You are a resident of the UK

Please note: You do not need to have a carer to receive Attendance Allowance

Benefits

There are two different rates of payment based on how much support for personal care you need.

- ▶ Lower = £57.30
- ▶ Higher = £85.60

The length of your award depends on how long a decision maker from the Department for Work and Pensions (DWP) thinks your condition will persist. It is important that you provide the DWP with supporting evidence explaining in detail how your neuromuscular condition affects you. We recommend asking your medical professionals to write a letter to the DWP. The Advocacy Team at the Muscular Dystrophy Campaign can also help with this.

You can apply for Attendance Allowance through the Direct Gov website here:

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

If you have any questions about Attendance Allowance or would like some more information please contact the Advocacy Team.



Here for you

The friendly staff in the care and support team at the Muscular Dystrophy UK's London office are available on **0800 652 6352** or **info@musculardystrophyuk.org** from 8.30am to 6pm Monday to Friday to offer free information and emotional support.

If they can't help you, they are more than happy to signpost you to specialist services close to you, or to other people who can help.

www.musculardystrophyuk.org