

**Carers Information Service**  
**0300 0200 002**  
[www.carmarthenshirecarers.org.uk](http://www.carmarthenshirecarers.org.uk)

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## Disability Living Allowance (Adults)

### Contents

Disability Living Allowance (DLA) .....	2
If you already receive DLA .....	2
Change of circumstances .....	2
DLA Rates .....	3
How DLA is paid.....	4
Assessments .....	4
Extra help .....	5
For further information .....	5
Disclaimer and copyright information .....	6
Carmarthenshire Carers Information Service .....	6

## Disability Living Allowance (DLA)

Disability Living Allowance (DLA) is a tax-free benefit for disabled people who need help with mobility or care costs. For most people it has been replaced by:

- Personal Independence Payment (PIP) if you are aged 16-64 (see PIP factsheet).
- Attendance Allowance if you are 65 and over – even if you have got an indefinite or lifetime DLA award (see Attendance Allowance factsheet).

**You can no longer apply for DLA if you are aged 16 or over.** However, you may be able to get PIP as an alternative (see PIP factsheet).

If you are already in receipt of DLA, your claim might end. You will receive a letter advising when this will happen and how you can apply for PIP.

### If you already receive DLA

If you were born before 8<sup>th</sup> April 1948, you will continue to get DLA as long as you are eligible for it.

If you were born on or after 8<sup>th</sup> April 1948, your DLA will end. You will receive a letter advising when this will happen and how you can apply for PIP. You will continue to get DLA until that date.

If you have a fixed period DLA award, contact the Disability Service Centre if you do not receive a letter inviting you to apply for PIP 28 days before your DLA is due to end.

### Change of circumstances

You must contact the Disability Service Centre if your circumstances change, as this can affect how much DLA you get. For example:

- The level of help you need or your condition changes.
- You go into hospital or a care home for more than 4-weeks.
- You go abroad for more than 13-weeks.
- You are imprisoned or held in detention.

You must also contact the centre if:

- You change your name, address or bank details.
- You want to stop receiving your benefit.
- Your doctor's details change.

Please note: you might have to pay a £50 penalty and have to repay overpaid benefits if you do not report changes and are overpaid as a result.

## **DLA Rates**

DLA is made up of 2 components (parts), the 'care component' and the 'mobility component'.

How much DLA you get depends on how your disability or health condition affects you.

### **If you need help looking after yourself**

You may get the care component of DLA if you:

- Need help with things like washing, dressing, eating, using the toilet or communicating your needs.
- Need supervision to avoid putting yourself or others in danger.
- Need someone with you when you are on dialysis.
- Cannot prepare a cooked main meal.

You can get this part if no one is actually giving you the care you need, or you live alone.

### **If you have walking difficulties**

You might get this part of DLA if, when using your normal aid, you:

- Cannot walk.
- Can only walk a short distance without severe discomfort.
- Could become very ill if you try to walk.

You might also get it if you:

- Have no feet or legs.
- Are assessed as 100% blind and at least 80% deaf and you need someone with you when outdoors.
- Are severely mentally impaired with severe behavioural problems and get the highest rate of care for DLA.
- Need supervision most of the time when walking outdoors.
- Are certified as severely sight impaired and you were aged between 3 and 64 on 11 April 2011.

The weekly rates for Disability Living Allowance from April 2017 to March 2018 are:

Care component	Weekly rate	Level of help you need
Lowest rate	£22.65	Help for some of the day or with preparing meals.
Middle rate	£57.30	Frequent help or constant supervision during the day, supervision at night or someone to help you while on dialysis.
Highest rate	£85.60	Help or supervision throughout both day and night, or you are terminally ill.
Mobility component		
Lower rate	£22.65	Guidance or supervision outdoors
Higher rate	£59.75	You have any other, more severe, walking difficulty

## How DLA is paid

DLA is usually paid every 4-weeks and is paid into your bank, building society or credit union account. If you do not have one, you could get paid using a Post Office card account.

## Assessments

You might get a letter saying that you need to attend an assessment to check the level of help you need. The letter explains why, and where you must go. Your benefit may be stopped if you do not attend.

## Extra help

You could get extra benefits if you get DLA - check with the Disability Service Centre or the office dealing with your benefit.

If you get DLA and you work, you also might be able to get the disability element of Working Tax Credit (up to £3,000 a year, or up to £4,290 if your disability is severe). Contact the tax credits helpline to find out.

## For further information

### Disability Service Centre (DLA)

For advice or information about a claim you have already made for DLA.

*If you were born on or after 8<sup>th</sup> April 1948*

0800 121 4600

Textphone: 0800 121 4523

*If you were born before 8<sup>th</sup> April 1948*

0800 731 0122

Textphone: 0800 731 0122

### Tax Credits Helpline

0345 300 3900

Textphone: 0345 300 3909

### CATCH UP Ltd.

For queries & help completing forms including home visiting service and appeals/tribunals.

01554 776850 / 774570

[info@catchupltd.co.uk](mailto:info@catchupltd.co.uk)

[www.catchupltd.co.uk](http://www.catchupltd.co.uk)

### Citizens Advice Bureau (CAB)

For practical information & advice on welfare benefits and other topics.

*CAB Ammanford Office: 14 Iscennen Road, Ammanford. SA18 3BG*

*CAB Carmarthen Office: 113 Lammas Street, Carmarthen. SA31 3AP*

*CAB Llanelli Office: 4 Cowell Street, Llanelli. SA15 1UU*

03444 77 20 20 (appointments line)

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

## Disclaimer and copyright information

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## Carmarthenshire Carers Information Service

The Carers Information Service provides free and confidential information, advice and support to Carers.

We produce and distribute information for carers and organise regular events in partnership with other organisations.

The service is joint funded by Carmarthenshire County Council and Hywel Dda University Health Board.

## Contact details

Carmarthenshire Carers Information Service  
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[www.carmarthenshirecarers.org.uk](http://www.carmarthenshirecarers.org.uk)



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