

DISABILITY LIVING ALLOWANCE (DLA)

Disability Living Allowance (DLA) is a benefit for people who need help looking after themselves and for people who have mobility problems.

DLA HAS TWO COMPONENTS:

1. CARE COMPONENT

To be entitled to the care component of DLA you must need care, supervision or watching over because of your mental or physical disability.

The care component has **3 rates**: Higher, Middle and Lower.

2. MOBILITY COMPONENT

To be entitled to the mobility component of DLA you must require help with walking difficulties.

The mobility component has **2 rates**: Higher or Lower.

You can be paid either component or both components of DLA depending on your needs.

DLA is not taxable and is payable whether you are in work or not, and is usually payable in full on top of any other social security benefits you receive.

DLA can be paid indefinitely but you must have made your 1st claim before you are 65, if you are over 65 you can claim ATTENDANCE ALLOWANCE instead.

DLA is awarded based on the effects of your disability and the help you need, whether or not you receive that help.

DLA is for you not your carer and you can spend it as you like. **Qualifying periods**: To qualify for DLA you must satisfy the disability tests 3 months before your claim and for 6 months after your entitlement begins.

Hospital and special accommodation: The care component of DLA is affected by stays in hospital and special accommodation. The mobility component of DLA is affected by stays in hospital but is paid as normal in special accommodation.

WHAT IF YOUR SITUATION CHANGES:

If your condition worsens and you already receive DLA give details of your change in circumstances to the Disability Benefits Unit. Your existing award may be superseded by a higher rate or include a new component. If you do not receive DLA or have been refused, make a new claim.

If your condition improves and your mobility and care needs decrease this will mean your rate of DLA will drop. Write to the Disability Benefits Unit with the details. If your condition worsens again within 2 years you can make a linked claim and regain your former rate of DLA.

**If you think you are entitled to DLA free phone
The Benefit Enquiry Line (BEL) on 0800 882200**

They will send you a claim pack and your claim can be backdated to the date of the call.

If you need help or advice filling in the form or general queries about DLA and whether you would qualify please contact DIAL.

1. DLA CARE COMPONENT

There are 6 disability tests to determine which level of the Care component you qualify for they are as follows:
Because of your physical or mental disability:

DURING THE DAY

1. You require **Frequent Attention** throughout the day in connection with your **Bodily Functions**. (**Frequent Attention**: means several times not once or twice and must be throughout the day i.e. during the morning, afternoon and evening. **Bodily Functions**: personal things such as eating, walking, sitting, getting in/out of bed, getting dressed. if there is only part of an activity you need help with, e.g. you can dress yourself but you cannot get your clothes or you need to be encouraged to dress or it would take you a long time to do some activity you may reasonably require help.)
2. You require **Continual Supervision** throughout the day to avoid substantial danger to yourself or others. (**Continual Supervision**: means frequent or regular not non-stop, supervision must be needed to effect a real reduction in the risk of harm)

AT NIGHT

3. You require **prolonged** or **repeated** attention in connection with your bodily functions. **Prolonged**: means at least 20 minutes. **Repeated**: means needed 2 times or more)
4. You require another person to be awake for a **Prolonged Period** or at **Frequent Intervals** to **Watch Over** you to avoid substantial danger to yourself or others. (**Prolonged Period**: means 20 minutes but can include time for carer to get up, go back to bed. **Watching Over**: someone being awake and listening for you also getting up to check on you. **Frequent Intervals**: means at least 3 times a night)

PART-TIME DAY CARE

5. You require for a Significant Portion of the day attention from another person in connection with your bodily functions. (Significant Portion: can be a single period or a number of periods but should take an hour in total to give you all the help you need).

COOKING TEST

6. You cannot prepare a cooked main meal for yourself if you have all the ingredients (This test is not applicable to persons under 16)

Remember the tests are **not** based on the help you actually get but are based on the help you **Reasonably Require**. (**Reasonably Require**: attention and or supervision you require must be reasonably required not medically required to enable you to live as normal a life as possible, this includes social and recreational activities.)

HIGHER RATE CARE COMPONENT:

You will qualify if you satisfy:

Either or both daytime tests no.1 or no.2 **and** either or both night-time tests no.3 or no. 4

i.e. your care needs are spread throughout the day and night

MIDDLE RATE CARE COMPONENT:

You will qualify if you satisfy:

Either or both daytime tests no.1 or no.2 **OR** either or both night-time tests no.3 or no. 4

i.e. your care needs are spread throughout the day or night

LOWER RATE CARE COMPONENT:

You will qualify if you satisfy:

Either or both the part time day care test no.5 or cooking test no.6

CHILDREN: As well as satisfying any of the disability tests 1-5 you must show that the child's needs are substantially in excess of the normal requirements of a child that age.

2. DLA MOBILITY COMPONENT

HIGHER RATE MOBILITY COMPONENT

To qualify your physical condition as a whole must be such that:

1. You are unable to walk. **OR**
2. You are virtually unable to walk. **OR**
3. The exertion of walking would constitute a danger to your life or would be likely or lead to a serious deterioration in your health. **OR**
4. You have no legs or feet. **OR**
5. You are both deaf and blind. **OR**
You are entitled to the highest rate of care component and you are severely mentally impaired with disruptive and dangerous behavior problems.

1 and 2 If you use an artificial aid e.g. Walking stick or built up shoe and you are not unable or virtually unable to walk when using the aid you will fail the test.

3 You medically should not walk because of the effect on your life or health.

LOWER RATE MOBILITY COMPONENT

To qualify you must:

Be so severely disabled physically or mentally that you cannot go out of doors without supervision or guidance from another person most of the time.

This is aimed at people who can walk but cannot usually make use of this ability outside unless supervised.

CHILDREN: For the lower mobility component you must also show that the child requires substantially more supervision or assistance than a person of the same age in normal physical or mental health would require.

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All details are correct at time of publication. However, if you find any information is inaccurate or out-of-date, please call us.