Attendance Allowance

Are you of state pension age and have a disability or illness which impacts on your daily life?

You could be entitled to claim Attendance Allowance!

Lots of people are, but don't know enough about it to claim. It isn't means-tested, so it doesn't matter what else you receive or if you have savings. It won't affect your state pension and you can claim even if you're still working.

In fact, getting Attendance Allowance might actually help you get other benefits such as Pension Credit, Housing Benefit, or Council Tax Reduction, dependent on your circumstances. You also don't have to have someone caring for you to claim.

Depending on how much help you need, you could receive £61.85 or £92.40 a week. You can spend this money however you like - perhaps on a cleaner, taxis to help you get around or on bills. Whatever you decide will make life a bit easier.

For more information call our #ShineOnShetland support line on 0800 0308780 or visit www.ageuk.org.uk and search for 'attendance allowance'.

We shine brighter together

#ShineOnShetland **www.shetland.gov.uk/costofliving 0800 030 8780**

Shine On Shetland

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Examples of how Attendance Allowance can be spent:

Betty is 79 and has arthritis in her knee and hip and also has a heart condition. She says: "I use some of my Attendance Allowance to visit my friend, Nancy, who lives a few miles away. I used to get 2 buses and it took an hour and exhausted me but my Attendance Allowance means I can get a taxi there in 10 minutes. I also get a taxi to go to appointments, like the doctor or a consultant, or even the hairdresser. I still have enough money to pay for a cleaner once a week. It's made a huge difference to my life."

David is 82 and has dementia. He says: "I struggle to make ends meet on my pension so I use my Attendance Allowance to help with bills. It means I don't have to worry about having the heating on if I'm cold. The money also means I can see more of my grandchildren. They mean the world to me and it would be difficult to see them without the extra money as I can't get public transport on my own."

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