

Benefits for disabled children and their families – A checklist



April 2024

Child Poverty Action Group works on behalf of more than one in four children in Scotland growing up in poverty. It doesn't have to be like this. We use our understanding of what causes poverty and the impact it has on children's lives to campaign for policies that will prevent and solve poverty – for good.

We provide training, advice and information to make sure hard-up families get the financial support they need. We also carry out high profile legal work to establish and protect families' rights.

Introduction

Being responsible for a child means you may be entitled to increases in some benefits and tax credits or become entitled to them for the first time. If your child has a disability or long-term health problem, you may get extra help. This will depend on your child's needs and in some cases on your family's income. This factsheet is a checklist of the benefits and tax credits you could get if you live in Scotland and includes details of some other types of financial help available.

To be 'responsible' for a child for benefit purposes, usually the child must live with you, but you do not have to be the child's parent. Where we refer to a 'parent' we include others who may be responsible for a child. Some benefits are means-tested which means that your income and savings are taken into account when calculating your entitlement.

The information in this factsheet is not a full statement of the law, and you should seek specialist advice where appropriate. If you do not live in Scotland some of these benefits may not be available to you.

Limits to benefit amounts and changes to means-tested benefits

There are rules in place which limit the total amount of benefit you can be paid and with the introduction of universal credit (UC) you can no longer claim some other benefits. These rules affect many of the benefits described in this factsheet.

Two child limit

Some benefits and tax credits pay additional amounts for each child you are responsible for. Since 6 April 2017 those additional amounts can be limited to two children. This is known as the 'two-child limit.' It only applies to children born on or after 6 April 2017. If you are responsible for, or become responsible for, three or more children who were born before that you will still be entitled to an additional amount for each child but may not get an amount for any additional child born after that date.

There are some exceptions for a third or subsequent child born on or after 6 April 2017 so you should seek specialist advice from one of the organisations below if you are affected.

Some benefits, such as child benefit, are unaffected.

Benefit cap

A 'benefit cap' may be applied to limit the amount of housing benefit (HB) or universal credit (UC) for some out of work families. If you are subject to the benefit cap and have a disabled child, you should claim child disability payment (CDP). An award of CDP gives exemption from the cap. If you or your partner get carer's allowance (CA), carer support payment (CSP) or some other benefits due to disability or ill health, you are also exempt from the cap. A child over 16 can apply for adult disability payment (ADP) which also gives exemption from the benefit cap. The Scottish government have provided funds to local authorities to mitigate the effect of the benefit cap. If you are affected you should claim a discretionary housing payment (DHP) from your local authority.

Universal credit

Universal credit (UC) has now replaced most means-tested working age benefits. These are income support (IS), income-based jobseeker's allowance (JSA), income-related employment and support allowance (ESA), child tax credit (CTC), working tax credit (WTC), and housing benefit (HB) (for most claimants). This means you cannot normally make new claims for these 'legacy' benefits and may have to claim UC instead. You can remain on 'legacy' benefits if you are already getting them, but you will be moved on to UC in future through the 'managed migration' process. The migration process will include transitional protection so that you should not lose out when moving on to UC. However, if you claim UC before being moved through this process you won't get this protection and could lose out if your UC is less than the 'legacy' benefits you had. Seek advice from one of the organisations below before claiming UC.

What help is available?

The following chart starts from the child's birth and describes what help is available at different stages as the child gets older. Help from a younger age continues to apply to older children unless otherwise stated.

Note: Some pregnant women can get a Best Start foods payment card and claim a Best Start pregnancy and baby payment before giving birth. More details are available in the CPAG factsheet:

[Financial help in the early years | CPAG](#)

From birth

What help?	Who qualifies?	Further information
Child benefit (CB)	An amount is paid for each child you are responsible for if they live with you, or you contribute financially towards their upkeep. From 6 April 2024, if you or your partner earn over £60,000 a year you can still get child benefit, but part or all of it is recovered from you through the tax system.	HM Revenue and Customs (HMRC) administers this. You can claim online or get a claim form at gov.uk/child-benefit/how-to-claim Or call the Child benefit helpline on 0300 200 3100
Guardian's allowance	An additional amount is paid to whoever receives CB if the child's parents are both dead; or the surviving parent is missing, in prison or detained in hospital.	HM Revenue and Customs (HMRC) administers this. You can get a claim form at gov.uk/guardians-allowance/how-to-claim Or call the Guardian's allowance helpline on 0300 322 9080
Scottish child payment (SCP)	An amount is paid for each child under 16 you are responsible for if you are getting a qualifying benefit: UC, income-related ESA, income-based JSA, IS, child or working tax credits, or pension credit. The two-child limit does not affect entitlement to SCP.	Social Security Scotland (SSS) administers this. More information is available at mygov.scot/scottish-child-payment or contact SSS on 0800 182 2222 . Note you can apply for SCP when applying for Best Start Grants and Best Start Foods (see below)
Best Start Grant (BSG) -Pregnancy and baby payment and Best Start Foods	This grant is paid if you are having a baby or become responsible for a baby under the age of one. You qualify if you or your partner are under 18 years old or are getting a 'qualifying benefit': UC, HB, income-related ESA, income-based JSA, IS, CTC, WTC or PC. You can also get a payment card for foods including milk, fruit and vegetables, pulses and eggs from pregnancy until a child is 3 years old. Normally, you must be under 18 or getting one of qualifying benefits above. Note: you may be able to get Best Start Foods for a child who is a British citizen if you cannot get a qualifying benefit because of your immigration status.	Social Security Scotland (SSS) administers these. You can apply online at mygov.scot/best-start-grant-best-start-foods or contact SSS on 0800 182 2222 .

<p>Child disability payment (CDP) care component</p>	<p>This is normally only payable once a child is 3 months old (see below), but the highest rate care component can be paid from birth if the child is terminally ill. If your child gets this you may be able to get carer’s allowance (CA) or carer support payment if available in your area. See below for more details</p>	<p>Social Security Scotland (SSS) administers this. You can apply online at mygov.scot/child-disability-payment or contact SSS on 0800 182 2222.</p>
<p>Universal credit (UC)</p>	<p>You can get this if you are in work or not. A child element is paid for each child (but see ‘two-child limit’ above). A higher rate is paid for the eldest child if they were born before 6 April 2017. A disabled child addition is included if a child gets CDP, even if the child element is not included for that child due to the two-child limit. A higher rate disabled child addition is paid if the child gets CDP highest rate care component or is severely sight impaired.</p> <p>UC may include help with costs of registered childcare if you are in work.</p> <p>Most claimants will have ‘work-related requirements’ if their earnings are low, but there are some exceptions including:</p> <ul style="list-style-type: none"> • mothers, for 15 weeks after giving birth; • the ‘main carer’ or lone parent of a child under 1; • someone caring for a child getting CDP middle or highest rate care component (only one adult can benefit from this rule for looking after each disabled child). 	<p>You normally claim UC online at gov.uk/universal-credit/how-to-claim</p> <p>You can contact the UC helpline on 0800 328 5644 if you cannot claim online or have an issue with your UC.</p> <p>See CPAG factsheet: Childcare costs: getting support CPAG</p> <p>See CPAG factsheet: Universal credit in Scotland CPAG</p>
<p>Child tax credit (CTC)</p>	<p>This can be paid if you are in work or not. It may include a family element and child elements. The family element is only paid if you are responsible for a child born before 6 April 2017. A child element is paid for each child (but see ‘two-child limit’ above).</p> <p>As with UC above, disabled child elements can be included, but if the child only qualifies due to a severe sight impairment the lower, not higher, element is paid with CTC. You should inform the tax credits office if you are not getting a disabled child element.</p>	<p>HMRC administer tax credits.</p> <p>UC has replaced CTC. New claims are no longer possible, but if you get working tax credit (WTC) and have a child, CTC can still be awarded.</p> <p>You can contact the tax credits helpline on 0345 300 3900</p> <p>Or report changes here: gov.uk/changes-affect-tax-credits</p>
<p>Working tax credit (WTC)</p>	<p>This can be paid if you are in work, or in some cases while on statutory leave such as maternity leave or sick</p>	<p>HMRC administers tax credits.</p>

	<p>leave. If you are a lone parent responsible for a child, you must work 16 hours or more a week to be entitled.</p> <p>If you are a couple and responsible for a child, you normally must work a total of 24 hours or more a week between you with one of you working at least 16 hours a week. There are some exceptions so seek advice and tell HMRC if you change your hours.</p> <p>WTC can include help with childcare costs. If you are part of a couple, to qualify for the childcare cost element both of you must normally be working at least 16 hours a week. There are some exceptions. See the CPAG factsheet</p>	<p>UC has replaced WTC. New claims are no longer possible, but if you get CTC and start working, WTC may be awarded.</p> <p>You can contact the tax credits helpline on 0345 300 3900</p> <p>Or report changes here: gov.uk/changes-affect-tax-credits</p> <p>See CPAG factsheet : Childcare costs: getting support CPAG</p>
Income support (IS)	<p>If you are already getting IS, you can continue to get it if you are a lone parent with a child under 5 or are caring for a severely disabled person.</p>	<p>The DWP administers IS.</p> <p>UC has replaced IS. New claims are no longer possible.</p> <p>If you have an existing award you can contact 0800 169 0310</p>
Pension Credit (PC)	<p>PC can be paid if you (and your partner if you have one) are pension age and have a low income. You may get an additional amount if you are responsible for a child, so long as you do not get CTC.</p> <p>Extra amounts are also payable for disabled children based on similar rules to UC above. If you don't get PC but become responsible for a child, you may now be entitled to it.</p> <p>Note: if you are part of a couple and only one of you is over pension age you will normally need to claim UC instead. See above.</p>	<p>PC is administered by the Pensions Service. You can claim online at gov.uk/pension-credit/how-to-claim or by phone on 0800 99 1234</p> <p>If you have a claim and are reporting a change you can contact the Pension Service helpline on 0800 731 0469</p>
Housing benefit (HB)	<p>This may be paid if you are liable for rent, if in work or not. If you are in receipt of HB and have a child, you may get more HB. You receive a child allowance for each child (but see 'two-child limit' above). If you get an element in your CTC award for a child you should also have a child allowance in your HB, even if this is a third or subsequent child.</p> <p>You get a disabled child premium if your child is severely sight impaired or gets CDP. If your child gets the highest rate care component of CDP, an enhanced disability premium is also included.</p>	<p>UC has replaced HB for most working age people.</p> <p>New claims are no longer possible unless you (and your partner if you have one) are pension age or live in temporary or 'specified' accommodation.</p> <p>Your local authority administers HB for your area.</p>

		Contact your local authority to claim or report a change in circumstances
Discretionary housing payment (DHP)	You may get a DHP if you are entitled to UC housing costs or HB but those are less than your rent. In Scotland you should always get a DHP to make up for a shortfall caused by the fact you have a spare bedroom – the ‘bedroom tax’ or if you are affected by the benefit cap (see above).	Your local authority administers DHP for your area
Council tax reduction (CTR)	<p>You may get a reduction to your council tax bill. If you claim CTR and are responsible for a child, your reduction can be more because an allowance is included for each child. It is not affected by the two-child limit. CTR is not being replaced by universal credit.</p> <p>You get a disabled child premium if your child is severely sight impaired or gets CDP. If your child gets the highest rate care component of CDP, an enhanced disability premium is also included.</p>	<p>Your local authority administers CTR for your area.</p> <p>Contact your local authority to claim or report a change in circumstances.</p> <p>More details are available here Council tax reduction CPAG or in this CPAG factsheet: Calculating the new Scottish council tax reduction CPAG</p>
Child winter heating payment	If your child gets CDP highest rate care component in the third week of September, you can get this lump sum payment. Note: young people up to the age of 19 can also qualify for this if they get enhanced rate daily living component of ADP.	<p>This is administered by SSS.</p> <p>It is usually paid automatically from November if you qualify for it.</p> <p>Contact SSS on 0800 182 2222 if you do not get it when you think you should.</p>
Scottish Welfare Fund (SWF)	<p>Grants from the Scottish Welfare Fund are available if you are in or out of work. You need to be on a low income to qualify and meet other conditions.</p> <p><i>Community care grants</i> are for specific needs (including the additional pressures faced by families with a disabled child) and <i>crisis grants</i> can be paid in an emergency or disaster.</p>	<p>Your local authority administers the SWF for your area.</p> <p>Contact your local authority to make a claim.</p> <p>For more are available here Scottish welfare fund CPAG</p>
Help with health costs	You can get exemption from fixed charges for some services and items, such as glasses and dental treatment, if you get IS, income-based JSA, income-related ESA, guarantee credit of PC, or if your income is low enough, UC or tax credits. You can also get free	See nhsbsa.nhs.uk for more information

	<p>dental treatment if pregnant or have given birth in the past 12 months.</p> <p>You might also get help with travel costs if you are taking a child to hospital and get one of these benefits</p>	
Tax-free childcare	<p>Payments you make into a childcare account are topped up by the Government up to a limit. This is higher for disabled children.</p>	<p>Note: You cannot use this scheme and get tax credits or UC so you could be worse off unless you have quite a high income.</p> <p>Seek advice from one of the organisations below.</p>
Blue Badge parking concession	<p>If your child under 3 years old has a condition which means you need bulky equipment or need to be near a car for medical treatment, you may get a blue badge. If the child has walking difficulties, they may continue to qualify on that basis beyond age 3 (see below).</p>	<p>Details at mygov.scot/apply-blue-badge</p>
Help with travel costs	<p>Children under 5 years old can travel free on buses. However, if your child gets CDP highest or middle rate care component you can also have free bus travel when travelling with them. See below if your child is 5 or over.</p>	<p>More details available here Eligibility and Conditions for the 60+ or Disabled Traveller (transport.gov.scot)</p>
Council tax disability reduction scheme	<p>Your bill may be reduced if any resident (including a child) is:</p> <ul style="list-style-type: none"> • ‘substantially and permanently disabled’; <i>and</i> • a room has been allocated for their use as a direct result of their disability and use of that room is essential for their well-being (e.g., to store or operate essential medical equipment). <p>Note: other criteria involving homes suitable for wheelchair use will not apply at this stage but may as the child gets older.</p>	<p>Your local authority administers council tax discounts for your area.</p> <p>Contact your local authority to make a claim.</p>
Direct payments	<p>Money to purchase care services your child needs instead of using social work services.</p>	<p>Contact your local authority Social Work team for details.</p>
The Family Fund	<p>This charity provides grants to buy specific items to help care for a child under 18 with severe disabilities. Applications are subject to a means-test.</p>	<p>More details at familyfund.org.uk</p>
Home Energy Efficiency Programmes	<p>Help with the cost of energy saving measures for homeowners or private tenants.</p> <p>If you are pregnant or have a child under 16 you may qualify if you get IS, income-based JSA, income-related ESA, HB, CTR, guarantee credit of PC, carer’s allowance</p>	<p>More details at mygov.scot/energy-saving-grants</p>

	(CA), carer support payment (CSP) or if on a low income, CTC, WTC or UC.	
Baby box	All pregnant women in Scotland, regardless of income, can get a box of essential baby items. The box is also suitable for babies to sleep in.	Your midwife will help you register if you would like one.
TV licence reduction	<p>If your child is confirmed as severely sight impaired or blind by a consultant ophthalmologist, you may get a 50 per cent reduction on your TV licence if it is transferred to the child's name.</p> <p>Note: you may also qualify for extra amounts in your benefits if your child is blind or severely sight impaired (details given above for each benefit).</p>	<p>More details at Blind (severely sight impaired) - TV Licensing</p>

From 3 months

What help?	Who qualifies?	Further information
Child disability payment (CDP) care component	<p>If your child needs extra personal care, supervision or watching over because of a disability or health problem, you can claim CDP for them. The help or supervision needed must be substantially more than that needed by a child that age without a disability, or similar to those of a younger child in 'normal' health but not normally by a child of their age.</p> <p>The child must have had these extra needs for three months and be expected to need them for at least a further six months. It can be paid at the lower, middle or highest rate depending on how much help is needed.</p> <p>If a child gets the CDP you are entitled to extra amounts in means-tested benefits such as UC, HB, CTR, PC or CTC (see above for details). You will be exempt from the benefit cap. These additional amounts and exemption from the benefit cap are effective from the start date of the CDP award.</p> <p>You may also get a council tax discount if a child gets CDP highest rate care component and someone living with them (other than the child's parents) cares for the child for at least 35 hours a week.</p>	<p>Social Security Scotland (SSS) administers this. You can apply online at mygov.scot/child-disability-payment or contact SSS on 0800 182 2222.</p> <p>Note: You can claim at the time of the child's birth, but payment will only start then if the child is terminally ill.</p> <p>You should tell your local authority, the tax credit office and UC as soon as you are notified about the CDP award. If you are not getting any means-tested benefits you may now be entitled to UC, PC or CTR and should seek advice.</p>
Carer's allowance (CA), carer	If you care for a child for 35 hours or more per week who gets middle or highest rate CDP care component, you may get extra benefit. Only one carer can claim for	CA is administered by the DWP.

<p>premium or element</p> <p>and</p> <p>Carer support payment (CSP),</p>	<p>any one child. The carer does not have to live with or be 'responsible' for the child.</p> <p>CA is a non-means tested benefit that is paid to a carer. However, people in some kinds of education or earning over £151 a week after deductions are not entitled.</p> <p>A carer may be able to remain on income support if they are already getting it (see above).</p> <p>If entitled to CA, a carer premium can be included in the carer's other benefits such as HB, CTR, IS, income-based JSA, income-related ESA or guarantee credit of PC. This increases benefit or may mean you qualify for the first time. (Note: new claims for some of these benefits can no longer be made).</p> <p>If you get UC, a carer element is included so long as you are eligible for CA, or would be but your earnings are too high, even if you don't actually claim it (but see next section about carer's allowance supplement).</p> <p>CA counts as income in means-tested benefits but in most cases you should still be better off claiming it due to the carer premium/element.</p> <p>If you are a couple, you can qualify for WTC if one of you is entitled to CA and the other works 16 hours a week or more.</p> <p>NOTE: A new benefit called carer support payment (CSP) was introduced in November 2023. This is a benefit for people living in Scotland and will replace CA. The rules are very similar, but some students will be able to claim this even if they could not claim CA before. There is an initial pilot of this benefit in Perth and Kinross, Dundee city and the Western Isles. This benefit will be rolled out across Scotland in 2024. The process to transfer claimants from CA to CSP began on 26 February 2024. If you get CA and live in Scotland you don't need to claim CSP. You will be transferred automatically.</p>	<p>You can claim online at gov.uk/carers-allowance/how-to-claim</p> <p>You can also contact the Carer's allowance helpline – on 0800 731 0297 to ask for a form or to enquire about your existing claim.</p> <p>You should tell your local authority, the tax credit office and UC if you care for a disabled person or if you get CA or CSP. If you are not getting any means-tested benefits you may now be entitled to UC, PC or CTR and should seek advice.</p> <p>Carer support payment (CSP) is administered by SSS. When available in your area you can apply online at mygov.scot/carers-support-payment or contact SSS on 0800 182 2222.</p>
<p>Carer's allowance supplement</p>	<p>In Scotland, a CA supplement is paid as a lump sum twice a year if you are getting paid CA or CSP. Payments are normally automatic in June and December if you get CA or CSP on a set date in April and October. It is not paid if you only get the carer element in UC or only have an 'underlying' entitlement to CA.</p>	<p>This is administered by SSS.</p> <p>It is usually paid automatically if you qualify.</p> <p>Contact SSS on 0800 182 2222 if you do not get it when you think you should.</p>

From age 2

What help?	Who qualifies?	Further information
Best Start Grant (BSG) –Early learning payment	<p>You may get this grant if you are responsible for a child aged at least 2. This will automatically be awarded if you are getting SCP for the child. You qualify if you or your partner are under 18 years old or are getting a ‘qualifying benefit’: UC, HB, income-related ESA, income-based JSA, IS, CTC, WTC or PC.</p> <p>If you are not getting SCP you must claim before the child is three and a half years old. You should also consider claiming SCP. (see above)</p>	<p>Social Security Scotland (SSS) administers this. You can apply online at mygov.scot/best-start-grant-best-start-foods or contact or contact SSS on 0800 182 2222.</p>
Early learning and childcare	<p>In some circumstances you can get free early learning and childcare when your child is 2 years old. This is funded by the Scottish government</p>	<p>For more details see mygov.scot/childcare-costs-help/funded-early-learning-and-childcare</p>

From age 3

What help?	Who qualifies?	Further information
CDP higher rate mobility component	<p>You may get this when your child is 3 or over. It can be paid in addition to the care component. You can apply from three months before the child’s third birthday. The child can qualify if they:</p> <ul style="list-style-type: none"> • are unable or virtually unable to walk; or • are both deaf and blind; or • have ‘severe visual impairment’; or • have no legs or feet; or • are terminally ill; or • are ‘severely mentally impaired,’ has ‘severe behavioural problems’ and gets CDP highest rate care component; or • where the effort involved in walking would be dangerous. <p>If a child qualifies for the CDP you are entitled to an extra amount in means-tested benefits such as UC, HB, CTR, PC or CTC (see above) and you will be exempt from the benefit cap. These additional amounts and</p>	<p>Social Security Scotland (SSS) administers this. Contact and claim details above.</p> <p>You should tell your local authority, the tax credit office and UC as soon as you are notified about the CDP award. If you are not getting any means-tested benefits you may now be entitled to UC or PC and should seek advice.</p> <p>If you have at least 12 months of an award of CDP higher rate mobility component, you can get help towards the cost of buying or hiring a car. Contact motability.co.uk</p> <p>You can also get road tax exemption for a vehicle</p>

	exemption from the benefit cap are effective from the start date of the CDP award.	substantially used for the purposes of the disabled child.
Blue badge parking concession	<p>Children aged 3 or over qualify for a blue badge if they:</p> <ul style="list-style-type: none"> • receive CDP higher rate mobility component; or • are registered blind; or • have no awareness of danger from traffic and are likely to compromise their safety, or the safety of others; or • are unable or virtually unable to walk due to a disability that is likely to last for at least a year when the badge is awarded 	The badge allows you more parking flexibility if the child is in the car. For details see mygov.scot/apply-blue-badge
Early learning and childcare	You can get free early learning and childcare for around 30 hours per week during term time if your child is 3 or 4 years old. This is funded by the Scottish government	For more details see mygov.scot/childcare-costs-help/funded-early-learning-and-childcare

When your child is pre-school age or old enough to start school

What help?	Who qualifies?	Further information
Best Start Grant (BSG) –School age payment	<p>You may get this grant if you are responsible for a child that is old enough to start school. For the year 2024/25 this applies to a child born between 1 March 2019 and 29 February 2020. The grant will automatically be awarded if you are getting SCP for the child.</p> <p>If you are not getting SCP you will need to apply for the BSG during an ‘application window.’ You should also consider claiming SCP. (see above)</p> <p>The ‘application window’ for the year 2024/25 is from 1 June 2024 until 28 February 2025.</p> <p>You should still apply during the application window even if you have decided your child should not go to school until the following year. Qualifying conditions are the same as for BSG early learning payment (see above)</p>	Social Security Scotland (SSS) administers this. You can apply online at mygov.scot/best-start-grant-best-start-foods or contact or contact SSS on 0800 182 2222 .
Help from the local authority	Your local authority may help with transport costs to and from your child’s place of education and can give annual grants towards school clothing if your income is	Your local authority administers these for your area.

	low enough. Different local authorities use different qualifying rules.	Contact your local authority to make a claim.
Free school meals	All children in primary 1-5 are entitled to free school meals. Your child may also get free school meals whilst at pre-school nursery.	Contact your local authority for details

From age 5		
What help?	Who qualifies?	Further information
CDP lower rate mobility component	<p>This component of CDP can be paid when your child is 5 or over if they can walk but need additional supervision and guidance outdoors and does not get higher rate mobility component. You can apply from three months before their fifth birthday.</p> <p>If a child qualifies for the CDP you are entitled to an extra amount in means-tested benefits such as UC, HB, CTR, PC or CTC (see above) and you will be exempt from the benefit cap. These additional amounts and exemption from the benefit cap are effective from the start date of the CDP award</p>	<p>Social Security Scotland (SSS) administers this. Contact and claim details above.</p> <p>You should tell your local authority, the tax credit office and UC as soon as you are notified about the CDP award. If you are not getting any means-tested benefits you may now be entitled to UC or PC and should seek advice.</p>
Help with travel costs	<p>All children under 22 years old can travel free on most buses in Scotland. If aged 5 or over the child must have a National Entitlement Card. If your child gets CDP highest or middle rate care component you can also have free bus travel as their companion.</p> <p>A child may get a disabled person railcard if they get CDP and you may get a third off your fare if travelling with the child.</p>	<p>For more details see Eligibility and Conditions for the 60+ or Disabled Traveller (transport.gov.scot)</p> <p>For more details see disabledpersons-railcard.co.uk or contact Railcard customer services on 0345 605 0525</p>
Income support (IS)	<p>If you have been getting IS as a lone parent it will stop when your youngest child is 5 years old unless you fit into one of the other groups of people who can get it. For example, if you get CA or CSP, or you have applied for CDP for your child, or are a foster carer, you may continue to get IS until you are migrated to UC.</p>	<p>IS has been replaced by UC. New claims are no longer possible.</p> <p>Seek advice from one of the organisations listed below if you are told your IS will stop when your child is 5.</p>

From age 9 or 10 (when child enters Primary 6)

What help?	Who qualifies	Further information
Free school meals	Your child can be entitled to free school meals at primary and secondary school if you get IS, income-based JSA, income-related ESA, or if your income is low enough UC or tax credits, or you get asylum support.	Contact your local authority to apply.

The rest of this factsheet briefly explains the position for young people aged 16 to 19 with a disability, who still live with a parent. There are sometimes situations where families need to choose whether a young person should claim benefit themselves or their parent should continue to claim for them. You should get advice about which situation leaves the family better off.

From age 16 to 19		
What help?	Who qualifies?	Further information
<p>Adult disability payment (ADP),</p> <p>Child disability payment (CDP)</p>	<p>Young people aged 16 or over living in Scotland can claim. ADP if they have a disability or long term health problem.</p> <p>CDP can continue to be paid to a young person up to the age of 18 (or 19 in some limited cases) if they are already getting it before reaching 16. They can choose to stay on CDP or claim ADP between 16 and 18. The rules for CDP are very different from ADP, so seek advice from one of the organisations listed below about which is best in your circumstances.</p> <p>When a young person turns 16, CDP will be paid directly to the young person unless their parent or carer becomes their appointee. SSS will contact the parent about this before the child's 16th birthday.</p>	<p>Social Security Scotland (SSS) administers ADP and CDP. You can apply for ADP online at mygov.scot/adult-disability-payment</p> <p>You can apply for CDP online at mygov.scot/child-disability-payment</p> <p>or contact SSS on 0800 182 2222.</p>
<p>Young carer grant (YCG)</p>	<p>This is a lump sum benefit that can be paid once a year to young people in Scotland aged 16-19 who care for someone who gets a qualifying disability benefit such as CDP/DLA middle or highest rate care component, ADP/PIP daily living component or attendance allowance. You must be caring for that person for at least 10 of the previous 13 weeks and for a total of at least 208 hours. It is not paid if you are already getting (or have claimed) CA or CSP.</p>	<p>Social Security Scotland (SSS) administers YCG.</p> <p>You can apply at mygov.scot/young-carer-grant</p> <p>or contact SSS on 0800 182 2222.</p>
<p>Child benefit,</p> <p>child tax credit,</p> <p>and</p> <p>amounts for children in UC, HB and CTR</p>	<p>These benefits can continue to be paid to a parent until 1 September following a child's 16th birthday.</p> <p>If a young person is in full-time non-advanced education or approved training, these can continue to be paid to the parent until the young person's 20th birthday (or until 1 September after they turn 19 for UC and CTR), if on a course which started, or they were accepted or enrolled on, before turning 19. Some of these benefits can continue to be paid for a period after the young person leaves the course.</p>	<p>If you get these benefits for a child or young person, payments will stop if they claim UC in their own right. The rules are different for each of these benefits.</p> <p>Seek advice from one of the organisations listed below.</p> <p>See CPAG factsheet: Benefits for young people in further education or training CPAG</p>

<p>Universal Credit</p>	<p>If a young person is unable to work due to ill-health or disability, they <u>may</u> be able to claim UC from 1 September following their 16th birthday. They will usually need a medical certificate to start a claim and will then be assessed by the DWP. They can claim UC and still get disability benefits.</p> <p>To claim UC while in full-time education, usually the young person must have limited capability for work (LCW) before the course starts and a disability benefit.</p> <p>It is often a good idea to get a work capability assessment (WCA) done even if not claiming UC now. You do this by claiming new style ESA (even if it is not paid) It could help with a future UC claim.</p>	<p>Extra benefit that you get for a young person, including child benefit and CTC, will stop if they claim UC.</p> <p>Seek advice from one of the organisations listed below about which option leaves the family better off.</p> <p>For more details see the CPAG factsheet: Benefits for disabled students CPAG</p>
<p>Education maintenance allowance</p>	<p>Entitlement depends on the family's income. It can be paid to 16-19 year olds who stay on in non-advanced education. It can be paid for up to four years for students with additional support needs. It is conditional upon regular course attendance.</p>	<p>For further details, see www.mygov.scot/ema</p>

<p>From age 18</p>		
<p>What help?</p>	<p>Who qualifies?</p>	<p>Further information</p>
<p>Council tax discounts</p>	<p>When your child is 18, they may count as an adult in your council tax bill if still living with you. However, you may be able to get discounts on your bill:</p> <p>Severe mental impairment discount - if a young person has 'severe and permanent impairment of intelligence and social functioning' (confirmed by a medical practitioner) and is entitled to ESA, UC, CDP/DLA middle or highest rate care component, PIP/ADP daily living component or WTC with a disability element. It may reduce the bill depending on the number of adults living in the home.</p> <p>Council tax carer discount - parents providing care for at least 35 hours a week to someone 18 or over whom they live with and who receives CDP/DLA highest rate care or PIP/ADP enhanced rate daily living component. More than one person can qualify. It may reduce the bill depending on the number of adults living in the home.</p> <p>Note: young people between 18 and 20 years old and still in education, or recently left school or college, are disregarded for council tax purposes and this could also lead to a discount on the bill.</p>	<p>Your local authority administers council tax discounts for your area.</p> <p>Contact your local authority to make a claim.</p> <p>Note: if no discounts apply to the young person a non-dependent deduction could be applied to any CTR the parent may get. See CPAG factsheet: Calculating the new Scottish council tax reduction CPAG</p>

Help and advice about claiming and checking if you are entitled

A local Citizens Advice Bureau (CAB), welfare rights adviser or advice agency can advise about benefits, tax credits and other financial help available and may help with new claims.

You can find an advice agency near you at advice.local.gov.uk. Many housing associations also have staff who can provide advice so check if there is one in your area who can help.

[Contact](https://www.contact.org.uk) is a charity for families with disabled children. For help over the telephone you can contact their Helpline on 0808 808 3555 (Monday to Friday, 9.30am - 5.00pm) or submit an enquiry online here contact.org.uk/submit-a-helpline-query [Carers UK](https://www.carersuk.org) provide an information and support helpline for carers on 0808 808 7777 (Monday to Friday, 9am - 6pm) or email advice@carersuk.org

Child Poverty Action Group in Scotland (CPAG)

CPAG in Scotland's advice line is for frontline advisers and support workers in Scotland.

If you are an adviser or support worker you can call on 0141 552 0552 (Monday – Thursday 10am – 4pm; Friday 10am – 12 noon) or Email: advice@cpagscotland.org.uk

If you need help with your own tax credit or benefit claim you should contact your local Citizens Advice Bureau or other welfare rights service. See above.

Further Information

- View the full range of CPAG in Scotland factsheets online at: [More information about benefits in Scotland](https://www.cpag.org.uk/scotland/factsheets)
- CPAG publishes the *Welfare Benefits and Tax Credits Handbook* and the *Children's Handbook Scotland*, comprehensive guides to benefits and tax credit for claimants and advisers. Find out more at: www.cpag.org.uk/bookshop
- CPAG run a wide range of training courses on benefits and tax credits for workers of different levels of experience. Find out more at: www.cpag.org.uk/scotland/training
- CPAG also provide a range of elearning courses online at <https://elearning.cpag.org.uk/>
- Follow us on Twitter [@CPAGScotland](https://twitter.com/CPAGScotland)

Early Warning System

The Early Warning System (EWS) was developed by CPAG in Scotland to collect and analyse case studies about how changes to the benefit system are affecting the wellbeing of children, their families and the communities and services that support them. The case studies are helping us develop an in-depth understanding of the impact of changes to the benefit system and to identify how policies and services in Scotland can continue to contribute to the delivery of better outcomes for children.

Find out more about EWS at: www.cpag.org.uk/scotland/early-warning-system

'Warning! The information in this factsheet is correct at the date produced. However, benefit law and guidance changes often and so will need updating after some time.

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