



Social Security Scotland
Tèarainteachd Shòisealta Alba

Applying for Adult Disability Payment

Extra money to help with the costs of living with a disability, terminal illness or long-term health condition.



mygov.scot/adultdisability

What is Adult Disability Payment?

Adult Disability Payment is extra money to help you if you have a long-term illness, terminal illness or disability that affects your everyday life.

You could get between £26.90 and £172.75 a week. The amount you get depends on how your condition affects you.

Who can apply?

You can apply for Adult Disability Payment if you:

- have a mental or physical disability
- are terminally ill
- have not yet reached State Pension age

It does not matter if you're working or not working, your income and savings are not considered.

How are the payment rates calculated?

Adult Disability Payment is made up of two parts:

- daily living
- mobility

You might qualify for one or both parts.

Daily Living component

This has 2 different payment rates:

- standard - a weekly rate of £68.10
- enhanced - a weekly rate of £101.75

Your daily living and mobility needs are not only about your physical ability. You may also have emotional, intellectual, mental, developmental or learning difficulties that mean you need help to do some things.

Mobility component

There are 2 payment rates for the mobility component:

- standard - weekly rate of £26.90
- enhanced - weekly rate of £71.00

What information will I need to apply?

There are 2 parts to the Adult Disability Payment application:

Part one will ask you for:

- your personal details such as date of birth and your main address

Part two will ask you for:

- details about your condition and how it affects your ability to look after yourself, understand information and communicate with other people
- what help and support you need and why
- your ability to move around outdoors and make journeys
- details of any medication, treatment or equipment you need

The questions will give you the chance to tell Social Security Scotland as much as you can about how your condition affects your daily life.

Social Security Scotland need this information to help them decide if you can get Adult Disability Payment.

If your application is successful, you will be paid from the date you submit part one.

You can still apply for Adult Disability Payment if you do not have a bank, building society or credit union account. You will need to tell Social Security Scotland how you want to be paid if your application is successful.

When will the payment be made?

Your first payment will be calculated from the date the first part of your online application was submitted. Or, from the date you phoned Social Security Scotland to start the application process, if you applied by phone and paper form.

Adult Disability Payment is paid every 4 weeks in arrears. It will be paid into the account you give as part of your application.

If you are terminally ill, Adult Disability Payment is paid weekly in advance.

What if you already get Personal Independence Payment (PIP) or Disability Living Allowance from the DWP?

You do not need to apply for Adult Disability Payment.

We will write to you when we are ready to transfer your award from Disability Living Allowance to Adult Disability Payment. This will happen automatically – you will not need to do anything and you will continue to get the same amount of money.

How do I find out more and apply?

You can find out more and apply online at mygov.scot/adultdisability. You can also apply in person, over the phone or ask for a paper application form by post by calling us free on **0800 182 2222**.

Do you need support from an advocate?

VoiceAbility independent advocacy service supports disabled people when applying for Social Security Scotland benefits. Contact VoiceAbility for free on **0300 303 1660** or by visiting www.voiceability.org.



There are many people worrying about the cost of living. You are not alone. To learn what help you might be entitled to, please visit gov.scot/costoflivingsupport. Or visit your local Citizens Advice Bureau.

How to contact us?



Call us free on: 0800 182 2222



Text Relay Service: 18001 +0300 244 4000
(for the hard of hearing)



British Sign Language users: contactscotland-bsl.org



Webchat: chat.socialsecurity.gov.scot



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