

Help raise awareness of the financial help available for unpaid carers

Unpaid carers make a vital contribution to society but their caring role can be challenging and impact on their own daily lives. They may have to juggle caring with work, study or other family commitments.

Research has also shown that many people don't recognise themselves as carers and are therefore missing out on help available.

Payments available

Social Security Scotland has three payments for unpaid carers.

Carer Support Payment, a weekly payment of £83.30, has replaced Carer's Allowance in Scotland.

The payment is available to people providing care for 35 hours or more a week to someone who receives disability benefits. They need to earn less than £196 per week after tax, national insurance and expenses.

Carer Support Payment is also available to some carers in education. This includes full-time students aged 20 or over and students under 20 who are in advanced or higher education.

Some carers aged 16-19 in non-advanced education may be eligible. This includes those studying for National Certificates, Highers and Advanced Highers, who meet certain criteria, for example, not having any parental support.

Young Carer Grant is available for carers aged 16, 17, 18 or 19 years who provide support for an average of 16 hours a week to someone receiving disability benefits. It is a yearly payment of £390.25 and the money can be spent on whatever the young person wants.

Carer's Allowance Supplement is an extra payment for eligible unpaid carers who were getting Carer Support Payment on a particular date. The payment is unique to Scotland and gets paid automatically without the need to apply.

If you know an unpaid carer, please help spread the word about the range of financial help they may be entitled to. Find out more and how to apply at mygov.scot/benefits or by calling 0800 182 2222.

For information about other support available for unpaid carers, visit mygov.scot/help-if-youre-a-carer or call the Money Talk Team free on 0800 028 1456