Social Security Scotland
Tèarainteachd Shòisealta Alba

Carer Support Payment

What is Carer Support Payment?

Carer Support Payment is money for people who look after someone who is disabled or who has a long-term health condition.

Who can apply?

To be eligible, a carer must

- be 16 or over
- provide 35 hours or more of unpaid care a week to someone of any age who is getting certain disability benefits
- earn £204 per week or less on average after some deductions

How much is Carer Support Payment and when will it be paid?

Carer Support Payment is £86.45 per week or £345.80 every 4 weeks. Carers who get paid Carer Support Payment will also get Scottish Carer Supplement automatically. This is paid at the same time as Carer Support Payment at a rate of £11.70 per week or £46.80 every 4 weeks.

Can I get Carer Support Payment if I'm working?

Carers who have paid work alongside their caring role can be eligible if their 'take home pay' from work is £204 per week or less.

'Take home pay' is pay after income tax, National Insurance, and some expenses, including some care costs and pension contributions are taken off. If a carer's 'take home pay' is sometimes more than £204 and sometimes less, Social Security Scotland can work out how much their average take home pay is.

Can someone get Carer Support Payment if they receive other benefits?

People can get Carer Support Payment at the same time as other benefits. If they get 'means-tested' benefits such as Universal Credit, Carer Support Payment may affect the amount they get. They'll usually be better off overall because they can get extra amounts in these benefits for being a carer.

If a carer gets 'income replacement' benefits such as State Pension or 'new-style' Employment and Support Allowance, this may affect the amount of Carer Support Payment they can get.

If their benefit is worth the same as or more than Carer Support Payment, they may have 'underlying entitlement'. This means they will not receive any money in Carer Support Payment, but might be able to get additional benefits or top ups to existing benefits, including Pension Credit.

Does getting Carer Support Payment impact the benefits of the cared for person?

The disability benefits of the person being cared for (including Child Disability Payment. Adult Disability Payment, Pension Age Disability Payment, Scottish Adult Disability Living Allowance, Attendance Allowance and Disability Living Allowance) should not be affected because their carer gets Carer Support Payment.

If the person being cared for gets a Severe Disability Premium – an extra amount included in some means-tested benefits – this may stop if the carer gets Carer Support Payment. This is because a Severe Disability Premium helps to cover the cost of care. The rules for Severe Disability Premium can be complex, and changes to Severe Disability Premium may impact other benefits, so we recommend seeking further advice.

Can students get Carer Support Payment?

Carer Support Payment is available to more carers in education than Carer's Allowance, the benefit it replaced. Carers aged 16 or over can get Carer Support Payment if they are studying part-time. People aged 20 or over who are studying full-time are also eligible. Carers aged 16 to 19 studying full-time may be eligible, depending on the type of course they are studying and their circumstances.

Carers will not normally be able to get Carer Support Payment if they are studying Nationals or Highers at secondary school or college. They may be eligible if they are able to get other benefits, such as Universal Credit, while in full-time education.

How long does Carer Support Payment continue if the person who is being cared for dies?

Carer Support Payment can continue to be paid for 12 weeks if the person died after 15 March 2026. If the person died before 15 March 2026, Carer Support Payment will continue for 8 weeks.

Additional financial support

Carers who look after more than one person may be eligible for Carer Additonal Person Payment. Carers should let us know in their Carer Support Payment application if they look after more than one person. If a carer already gets paid Carer Support Payment for one person, they can add more people to their award by submitting a change of circumstances.

How should people apply?

People can find out more and apply online at **mygov.scot/carersupport**. People 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.**

Support to apply is available from our specially trained client advisers in every local authority in Scotland. Carers can call us to book an appointment at a location and time that suits them either in their local community or at home, via video call or by telephone.

How can people 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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