
Attendance Allowance

Please find information and guidance on how to complete the Attendance Allowance (AA) form below. If you have a friend or relative who can support you, they may be able to help you to complete the form with this information if you are unable to complete the form yourself.

Check if you are eligible:

You should apply for AA if you have a disability or illness and need help or supervision throughout the day or at times during the night (even if you don't currently get that help):

- with your personal care – e.g. getting dressed, eating or drinking, getting in and out of bed, bathing or showering and going to the toilet
- to stay safe
- if you have difficulties with personal tasks e.g. if they take you a long time, you experience pain or you need physical help, like a chair to lean on
- you need help or supervision throughout the day or night and have:
- a mental health condition or learning difficulties
- a sensory condition - for example if you're deaf or blind

AA Form:

- The AA form requires information regarding your disability and how it affects you.
- The form is accompanied by useful guidance notes and in most cases could be completed without additional assistance from an adviser.
- You need to provide medical evidence with the form to support your claim; this could be, for example, a Care Plan, Risk Assessment, Occupational Therapy Assessment, GP letter or Specialist letter. Including this information with the form would greatly improve your prospects of a successful claim.

What you'll need

Make sure you read the notes that come with your Attendance Allowance form before you start filling it in. There's a handy checklist of things you'll need to have with you when you fill the form in, for example:

- your National Insurance number
- your GP's details
- a list of any medication you take

The DWP will use your form to decide whether to give you Attendance Allowance to see:

- what difficulties you have, or how much help you need
- how often you have difficulties or need help
- what sort of help you need

You don't have to be getting any help at the moment - the important thing is that you need it. For example, you might need to hold on to furniture to move around your home.

Questions 26 to 44 ask about your care needs with personal tasks. It is important that you use the blank boxes to explain if you:

- Have difficulty or need someone to help you with personal tasks at least 3 times during the day – e.g. washing, getting out of bed or getting dressed
- Have difficulty or need someone to supervise you throughout the day to make sure you stay safe – e.g. to stop you falling or to look after you if you have seizures or blackouts
- Have difficulty or need someone to help you with personal tasks repeatedly (2 or more times) during the night or just once if it's for 20 minutes or more – e.g. if you need help getting out of bed, going to the toilet or changing the sheets if you have an accident
- Need someone to watch over you or supervise you during the night to make sure you're safe - they need to help you at least 3 times, or just once if it's for 20 mins or more, e.g. in case you have a fit while you're asleep, or to stop you falling over if you have to get up

If you disagree with the decision, we suggest that you come back to us, so we can advise you further.

To find further information on our website, go to citizensadvice.org.uk and search for:

- **For information about if you are entitled to Attendance Allowance**”- Search for “check if entitled to Attendance Allowance”.
 - **For information about how to complete the form**- Search for “Attendance Allowance form”.
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Useful contact numbers:

Attendance Allowance helpline: 0800 731 0122

Age Uk: Their advice line is a free, confidential national phone service for older people, their families, friend, carers and professionals. Our team will give you information that is reliable and up to date and help you to access the advice you need.

Phone: 0800 055 6112 (including free interpreted calls through Wordskii)

Online Chat and emails: <https://www.ageuk.org.uk/contact-us/information-and-advice/>