

## Benefits and Allowances

### **NAS Benefits Support**

For further information about benefits, do visit these NAS's Benefits webpages. The NAS also has a webpage that offers information about benefits for older people, including the State Pension, Attendance Allowance, etc.

NAS Benefits: [Benefits](#)

### **Citizens Advice**

The Citizens Advice Bureau can help you to establish which benefit you may be eligible for and with the application process.

<https://www.citizensadvice.org.uk/benefits/>

Benefits which maybe relevant include:

- **Employment and Support Allowance (ESA)**

Employment and Support Allowance assists people with an illness or disability to make the transition from receiving benefits to working.

Please see <https://www.gov.uk/employment-support-allowance> for more information about ESA.

- **Access to Work (ATW)**

Access to Work (ATW) can help you get or stay in work if you have a physical, mental health, or developmental condition or a disability.

Further advice regarding ATW can be found at: [Access to Work: get support if you have a disability or health condition: What Access to Work is - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/access-to-work-get-support-if-you-have-a-disability-or-health-condition)

- **Personal Independent Payment (PIP)**

Personal Independence Payment (PIP) can help with extra living costs if you have both: a long-term physical or mental health condition or disability **AND** difficulty doing certain everyday tasks or getting around because of your condition

Further advice regarding the claims process can be found at:

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-andcarers/pip/help-with-your-claim/how-to-claim/>

### **Attendance Allowance**

The Attendance Allowance is for individuals who have a disability or illness that makes it hard to look after themselves and are of their State Pension age

More details about obtaining Attendance Allowance can be found here:

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-andcarers/attendance-allowance/before-you-claim-attendanceallowance/check-if-entitled-to-attendance-allowance/>

### **Travelling benefits**

There are a variety of benefits that can be accessed for individuals who need help with travelling. These include the blue badge scheme, help with funding a car through the Motability scheme and help with transport costs.

More information can be found here:

<https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-andcarers/help-for-disabled-travellers1/>