



COMING HOME GUIDE

Attendance Allowance in Scotland: Pension Age Disability Payment

A family guide
For Scotland

Version 1 • October 2026. Next review: April 2027

About this guide

This guide is correct at October 2026, version 1. We've written it in good faith as general guidance to help carers and families. It isn't legal, financial or medical advice. Rules and rates change, so before you act, please make sure you have the latest version of this guide and look at the official sources: GOV.UK, Social Security Scotland, nidirect and your local council. To the extent the law allows, we can't accept liability for any errors or omissions, or for decisions made on the strength of this guide. In a medical emergency call 999. For urgent advice, contact NHS 111.

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How to use this guide

Version 1. October 2026. Next review: April 2027. Information read on 4 October 2026. We review this guide every April, when the rates change, and straight away if the law or the official guidance changes in Scotland.

Who this guide is for: families and friends helping someone in Scotland who has reached State Pension age and needs help with personal care, or someone to keep an eye on them, by day or night. In Scotland, **Pension Age Disability Payment** has replaced Attendance Allowance. This guide explains who can get it, how much it is, how to apply, the faster route for people who are terminally ill, and what to do if you disagree. It's for Scotland only. If the person you help lives in England, Wales or Northern Ireland, see [our guide to Attendance Allowance](#).

How to use it: read only the part you need. Sections 1 to 3 explain what the payment is, who can get it and what counts as care needs. Sections 4 to 8 cover getting ready, applying, the decision, terminal illness and payments. Sections 9 to 11 cover what it can open up, disagreeing and moving. Every fact has a source and a date, and the full list is in "Sources" at the back.

Guidance, not advice. This guide can't take everything into account, and Social Security Scotland makes every decision. For advice on your situation, contact Age Scotland, Citizens Advice Scotland or Carers UK (section 13).

If you're worried about their health, contact their GP or NHS 111. In an emergency call 999.

01

What Pension Age Disability Payment is

Pension Age Disability Payment is extra money from Social Security Scotland for people who have reached State Pension age and have care needs because of a disability or long-term health condition. It has replaced Attendance Allowance in Scotland ([mygov.scot](https://mygov.scot/Pension-Age-Disability-Payment), Pension Age Disability Payment, updated 12 Jun 2026).

Rates for 2026/27 ([mygov.scot](https://mygov.scot/Pension-Age-Disability-Payment), Pension Age Disability Payment):

Rate	Weekly	Who it's for
Lower rate	£76.70	help or supervision during the day or the night
Higher rate	£114.60	help or supervision during the day and the night, or terminally ill

- **It isn't means tested.** Their income and savings don't count, and don't affect the award.
- **They don't need a carer** to get it. If someone does care for them, that person may be able to get Carer Support Payment (section 9).
- **It's their money**, to spend as they choose.

Rates usually change each April. For 2027/28, look up the latest rates on mygov.scot before you rely on these figures.

Already on Attendance Allowance? Nothing to do. Social Security Scotland finished moving everyone in Scotland across from Attendance Allowance at the end of 2025 ([Social Security Scotland, Disability and carer benefit transfers completed, 29 Dec 2025](#)). You can't get both at the same time (mygov.scot, Pension Age Disability Payment).

Already on Adult Disability Payment? They stay on Adult Disability Payment when they reach State Pension age, and don't move to Pension Age Disability Payment (mygov.scot, Pension Age Disability Payment).



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Who can get it

They can apply if they have both of these ([mygov.scot](#), [Who can apply](#), updated 20 Feb 2026):

- they've reached State Pension age
- they've had care needs, by day or night, for 6 months or more, because of a disability or health condition

They can still apply if:

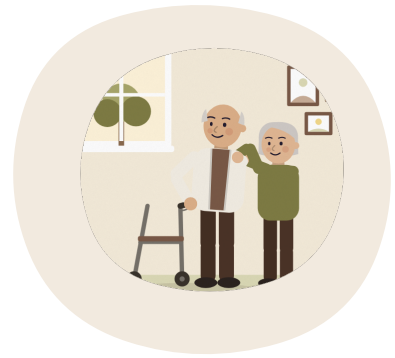
- they've had care needs for less than 6 months. If the award is made, it starts 6 months from when their care needs began.
- they're still waiting to find out what's wrong, or nobody has named their condition
- they're terminally ill. There's a faster route (section 7).

Care homes. They can apply if they pay all their own care costs. They can't usually get it if the council pays for their care home place. In that case they can still apply, but it's only paid if they leave the care home ([mygov.scot](#), [Who can apply](#)).

Living outside Scotland. Some people living in the European Economic Area, Switzerland or Gibraltar with a genuine and sufficient link to Scotland can apply ([mygov.scot](#), [Who can apply](#)).

03

What counts as care needs



Care needs are help and support they need by day or night. That can be help they need but don't have yet, help they only need sometimes, and help from a person or from an aid, tool or adaptation (mygov.scot, Pension Age Disability Payment).

The application asks about help with things like (mygov.scot, [What you need to apply, updated 10 Mar 2026](#)):

- getting in and out of bed
- washing and bathing
- going to the toilet and managing incontinence
- moving around indoors
- dressing and undressing
- communicating with others
- eating and drinking
- staying safe, during the day, at home and outside
- taking medicines and managing their health
- help during the night

Describe a typical week, including the bad days. Say what happens when they try to do something alone, how long it takes, and whether they need someone nearby to stay safe.

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Before you start

- ☐ Look up their State Pension age on GOV.UK, if you're not sure
- ☐ Find their National Insurance number and bank, building society or credit union details
- ☐ Note when their care needs started
- ☐ Keep a diary for a week or two of the help they need, by day and night
- ☐ Gather one piece of information from a professional that confirms their needs, such as a prescription list, a care plan or a letter. It doesn't need to name a condition ([mygov.scot](#), What you need to apply)
- ☐ Note the contact details of their GP, social worker or paid carer
- ☐ Ask a family member, friend or professional who knows them well to fill in a **statement of support**, if they're willing. It's optional, but it can help ([mygov.scot](#), What you need to apply)
- ☐ Note any time they've spent outside the UK and Ireland in the last year

If they don't have information from a professional, they should still apply. Social Security Scotland can make an award without it, and can gather information for them if they ask ([mygov.scot](#), What you need to apply).

Applying for someone else. If they can make their own decisions, they can give you permission to help as a **third party representative**. You can then help with the form, phone Social Security Scotland and get copies of letters. If they can't make their own decisions, you can apply to be their **appointee**, or act under a power of attorney ([mygov.scot](#), [Get help to apply, updated 22 Jun 2026](#)). See [our guide to power of attorney](#).

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How to apply



There are usually two parts ([mygov.scot, How to apply, updated 13 Jul 2026](#)):

- **Online**, through mygov.scot myaccount. Send part 1 (personal details) within 14 days, then part 2 (their needs) within 56 days, which is 8 weeks. You can save as you go, and ask for more time if you need it.
- **By phone and paper**. Call Social Security Scotland on 0800 182 2222 (Monday to Friday, 8am to 5pm). An adviser starts part 1 with you, then posts a part 2 form with a prepaid envelope. Send it back within 8 weeks, or ask for more time.
- **British Sign Language users** can use Contact Scotland BSL.

If they send an Attendance Allowance or Adult Disability Payment form by mistake, Social Security Scotland can use it as an application ([mygov.scot, How to apply](#)).

Payments can start from the day part 1 was sent online, or the day they phoned to start the application ([mygov.scot, Payments, updated 6 Oct 2025](#)). So it's worth starting part 1 straight away, even if part 2 takes longer.

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After you apply

- **Supporting information:** send it by upload or post, not email, within 28 days of sending part 2 ([mygov.scot, After you apply, updated 19 Feb 2026](#)).
- **Tell Social Security Scotland about changes** while you wait, such as a change in their needs, a move, or going into hospital or a care home, or coming home again ([mygov.scot, After you apply](#)).
- **The decision** comes in a letter called a notice of determination. It tells you the result, and the reasons if the application wasn't successful ([mygov.scot, Decision about your application, updated 10 Mar 2026](#)).
- **How long it takes:** from launch to the end of April 2026, half of decisions were made within 7 working days, and within 2 working days for terminal illness ([Social Security Scotland, Pension Age Disability Payment statistics to 30 April 2026, published 16 Jun 2026](#)).

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If they're terminally ill

There's a faster route, called the **Special Rules for Terminal Illness** ([mygov.scot, Special Rules for Terminal Illness: how to apply, updated 24 Mar 2025](#)):

- There's only **one part** to the application, and it can all be done by phone on 0800 182 2222.
- A doctor or nurse involved in their care fills in a **BASRiS form**, usually sending it straight to Social Security Scotland. A DS1500 or SR1 form from DWP, or a phone call or letter from the doctor or nurse, can be used instead.
- There's no fixed life expectancy rule. It's for the doctor or nurse to judge.
- They get the **higher rate**, paid **weekly in advance** ([mygov.scot, Pension Age Disability Payment; mygov.scot, Payments](#)).
- Social Security Scotland aims to decide in around 7 working days ([mygov.scot, Decision about your application](#)).

Sometimes a doctor decides not to tell someone about their illness, because it would cause them serious harm. The BASRiS form records this, and Social Security Scotland won't tell the person ([mygov.scot, Special Rules for Terminal Illness: how to apply](#)). See [our guide to end of life care, section 5](#).

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Payments

Pension Age Disability Payment is usually paid every 4 weeks, for the 4 weeks before, into the account given on the application. If they're terminally ill, it's paid weekly in advance ([mygov.scot](#), Payments).

To change account details, call Social Security Scotland free on 0800 182 2222 ([mygov.scot](#), Payments).

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What it can open up

- **Carer Support Payment** for someone who cares for them 35 hours a week or more (mygov.scot, Pension Age Disability Payment). Before anyone applies, read section 6 of [our guide to Carer Support Payment](#), because it can affect their own benefits.
- **Pension Credit**, or more Pension Credit, if they're on a low income. Pension Credit is a "related benefit" for Pension Age Disability Payment, and it isn't added automatically. Apply for it separately ([mygov.scot](#), [Extra support](#), [updated 5 Aug 2026](#)). See [our guide to money and help, section 2](#).
- **Other help** with living costs, travel and Council Tax. Age Scotland can help you work out what they can get (mygov.scot, Extra support).

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If you disagree with a decision



There are two stages ([mygov.scot, How to challenge a decision, updated 17 Jan 2025](#)):

1. **Ask for a re-determination.** For Pension Age Disability Payment, there are **42 days** (6 weeks) from the decision letter. A different team at Social Security Scotland makes a completely new decision. It could go up, down or stay the same. Social Security Scotland will say how long it has to decide. A late request can be accepted, up to one year after the decision, if there's a good reason, such as being in hospital.
2. **Appeal to the First-tier Tribunal for Scotland.** There are **31 days** from the re-determination letter, or from a letter saying Social Security Scotland couldn't decide in time. The Tribunal is independent. You can't appeal without asking for a re-determination first.

You can ask by phone on 0800 182 2222, online, or on a paper form. Social Security Scotland can help with the form. Citizens Advice Scotland and independent advocacy can help too ([mygov.scot, Request a re-determination or appeal, updated 17 Jan 2025](#)).

Complaints about the service. If you're unhappy with how Social Security Scotland dealt with you, rather than with the decision, use its complaints process. If that doesn't sort it out, go to the **Scottish Public Services Ombudsman (SPSO)**, usually within 12 months. Call free on 0800 377 7330 ([mygov.scot, If you're not happy with the response to your complaint, updated 10 Aug 2026](#)). The Public Service Ombudsman (called the Parliamentary and Health Service Ombudsman until 1 October 2026) doesn't deal with Social Security Scotland.

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Moving between Scotland and the rest of the UK



- **Moving to Scotland** from England, Wales or Northern Ireland: apply for Pension Age Disability Payment as soon as they move. Attendance Allowance ends 13 weeks after a move to Scotland ([GOV.UK, Attendance Allowance](#)). Social Security Scotland has a Moving to Scotland guide ([mygov.scot](#), Who can apply).
- **Moving out of Scotland:** apply for Attendance Allowance as soon as they move. See [our guide to Attendance Allowance](#).

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How Coming Home can help



Coming Home: Family Care is an iPhone app for families looking after someone. It's coming soon. It helps you organise. It isn't financial, legal or medical advice, and Social Security Scotland makes the decision.

The family care diary helps you note the help they need, by day and night, ready for part 2 of the application or a re-determination.

The care circle brings the family, friends and neighbours who help into one place, with shared notes, tasks and a calendar, so whoever writes the statement of support can see the whole picture.

The Attendance Allowance Pack is written for the DWP claim, so we don't offer it for Pension Age Disability Payment yet.

To hear when Coming Home is ready, join the waitlist:

www.cominghomecare.app/?ref=guide-pension-age-disability

Built by people who know home care.

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Who to call



- **Social Security Scotland:** 0800 182 2222, Monday to Friday, 8am to 5pm (mygov.scot, How to apply).
- **Age Scotland Helpline:** 0800 12 44 222, for benefits advice for older people (mygov.scot, Extra support; [Age Scotland, Helpline](#)).
- **Citizens Advice Scotland**, for benefits advice: www.citizensadvice.org.uk/scotland/benefits/
- **Carers UK Helpline:** 0808 808 7777, for carers in all four nations ([Carers UK, Helpline and other support](#)).
- **SPSO:** 0800 377 7330, for complaints about the service that aren't sorted out.

If you're worried about their health, contact their GP or NHS 111. In an emergency call 999.

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Sources

All read on 4 October 2026 unless another date is given. Dates in brackets are the page's own published, updated or reviewed date. Rates are for 2026/27.

mygov.scot: Pension Age Disability Payment

- mygov.scot, Pension Age Disability Payment (updated 12 Jun 2026):
www.mygov.scot/pension-age-disability-payment
- mygov.scot, Who can apply (updated 20 Feb 2026):
www.mygov.scot/pension-age-disability-payment/applicants
- mygov.scot, What you need to apply (updated 10 Mar 2026):
www.mygov.scot/pension-age-disability-payment/what-you-need
- mygov.scot, Get help to apply (updated 22 Jun 2026):
www.mygov.scot/pension-age-disability-payment/help-to-apply
- mygov.scot, How to apply (updated 13 Jul 2026):
www.mygov.scot/pension-age-disability-payment/how-to-apply
- mygov.scot, After you apply (updated 19 Feb 2026):
www.mygov.scot/pension-age-disability-payment/applied
- mygov.scot, Decision about your application (updated 10 Mar 2026):
www.mygov.scot/pension-age-disability-payment/decision
- mygov.scot, Payments (updated 6 Oct 2025):
www.mygov.scot/pension-age-disability-payment/payments
- mygov.scot, Extra support (updated 5 Aug 2026):
www.mygov.scot/pension-age-disability-payment/extra-support
- mygov.scot, Special Rules for Terminal Illness: how to apply (updated 24 Mar 2025): www.mygov.scot/terminal-illness/how-to-apply

mygov.scot: challenges and complaints

- mygov.scot, How to challenge a decision (updated 17 Jan 2025): www.mygov.scot/disagree-decision/how-to-challenge-decision
- mygov.scot, Request a re-determination or appeal (updated 17 Jan 2025): www.mygov.scot/disagree-decision/request-redetermination-or-appeal
- mygov.scot, If you're not happy with the response to your complaint (updated 10 Aug 2026): www.mygov.scot/complain-social-security-scotland/unhappy-with-response

Social Security Scotland and GOV.UK

- Social Security Scotland, Disability and carer benefit transfers completed (29 Dec 2025): www.socialsecurity.gov.scot/news/2025/12/disability-and-carer-benefit-transfers-completed
- Social Security Scotland, Pension Age Disability Payment statistics to 30 April 2026 (16 Jun 2026): www.socialsecurity.gov.scot/publications/2026/06/pension-age-disability-payment-statistics-to-30-april-2026
- GOV.UK, Attendance Allowance: www.gov.uk/attendance-allowance

Helplines

- Age Scotland, Helpline: www.agescotland.org.uk/how-we-help/helpline
- Citizens Advice Scotland, Benefits: www.citizensadvice.org.uk/scotland/benefits/
- Carers UK, Helpline and other support: www.carersuk.org/help-and-advice/helpline-and-other-support/

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Changelog

Version	Date	What changed	Why
1	October 2026	First published	Information read on 4 October 2026

The next review is due in April 2027, when the rates change, or straight away if the law or guidance changes. The latest version is always at www.cominghomecare.app/guides/attendance-allowance-scotland



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