



COMING HOME GUIDE

Carer's Allowance in Scotland: Carer Support 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: you, if you live in Scotland and look after someone for 35 hours a week or more. That includes people who work, people who study and people over State Pension age. In Scotland, **Carer Support Payment** has replaced Carer's Allowance. This guide explains who can get it, how much it is, how it fits with your other benefits, how to apply, and what to do if you disagree. It's for Scotland only. If you live in England, Wales or Northern Ireland, see [our guide to Carer's Allowance](#).

How to use it: read only the part you need. Sections 1 and 2 explain what Carer Support Payment is and who can get it. Sections 3 to 7 cover work, study, other benefits and the person you look after. Sections 8 to 12 cover applying, breaks, changes and disagreeing. 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. Before you apply, it's worth talking to an adviser about how it could affect you, your partner and the person you look after (sections 5 to 7). For advice on your situation, contact Citizens Advice Scotland, Carers UK or Age Scotland (section 14).

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

01

What Carer Support Payment is

Carer Support Payment is Scotland's payment for people who care unpaid for 35 hours a week or more. Social Security Scotland pays it in place of Carer's Allowance. Social Security Scotland finished moving people across from Carer's Allowance at the end of 2025, so if you used to get Carer's Allowance in Scotland, you should already be on Carer Support Payment ([Social Security Scotland, transfers completed, 29 Dec 2025](#)).

What carers in Scotland can get in 2026/27 ([mygov.scot, How carer benefits in Scotland work, updated 5 Apr 2026](#)):

Payment	Weekly	Every 4 weeks
Carer Support Payment	up to £86.45	up to £345.80
Scottish Carer Supplement, added automatically	£11.70	£46.80
Carer Additional Person Payment, for each extra person you care for	£10.40	£41.60

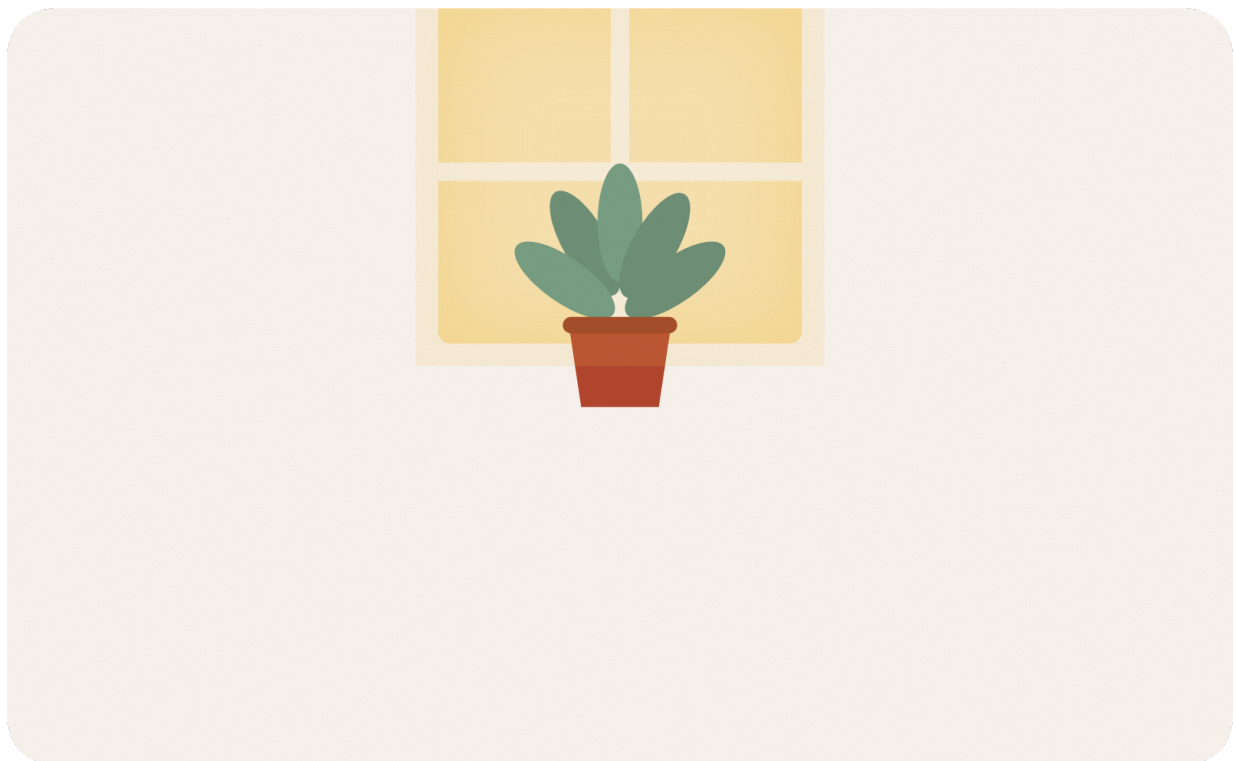
- **Scottish Carer Supplement** is added automatically if you get Carer Support Payment. It has replaced Carer's Allowance Supplement for most people (section 10).

- **Carer Additional Person Payment** is for each extra person you care for at least 20 hours a week, who also gets a qualifying benefit ([mygov.scot, Who can apply for carer benefits, updated 5 Apr 2026](#)).
- Scottish Carer Supplement and Carer Additional Person Payment don't affect any benefits you or the person you look after get ([mygov.scot, Who may be affected if you apply, updated 5 Apr 2026](#)).

When it's paid: every 4 weeks, at the end of the 4 weeks. In some situations it can be paid weekly ([mygov.scot, How carer benefits in Scotland work](#)).

Tax: Carer Support Payment counts as taxable income ([mygov.scot, How carer benefits in Scotland work](#)).

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



02

Who can get it

You can get Carer Support Payment if all of these apply (mygov.scot, Who can apply for carer benefits):

- you're 16 or over
- you usually live in Scotland, or you've lived in England, Wales, Ireland, the Channel Islands or the Isle of Man for at least 26 of the last 52 weeks
- you care for someone for 35 hours or more a week
- the care is unpaid, and not voluntary work for a charity
- the person you care for gets a qualifying benefit

The qualifying benefits are (legislation.gov.uk, [Carer's Assistance \(Carer Support Payment\) \(Scotland\) Regulations 2023, regulation 2](#)):

- Pension Age Disability Payment, or Attendance Allowance
- the daily living part of Adult Disability Payment or Personal Independence Payment
- the care part of Child Disability Payment, Disability Living Allowance or Scottish Adult Disability Living Allowance, at the middle or highest rate
- Armed Forces Independence Payment
- Constant Attendance Allowance at certain rates, with Industrial Injuries Disablement Benefit or a War Disablement Pension

One carer for each person. Only one person can get Carer Support Payment for the same person. You can't get it if someone else gets Carer Support Payment, Carer's Allowance or the carer element of Universal Credit for them (legislation.gov.uk, [Carer's Assistance \(Carer Support Payment\) \(Scotland\) Regulations 2023](#), regulation 5).

Aged 16 to 19? If you care for an average of 16 hours a week, you may be able to get **Young Carer Grant**, a yearly payment of £405.10. Apply for it before Carer Support Payment, because you can't get it once you get Carer Support Payment (mygov.scot, [Young Carer Grant](#), updated 10 Aug 2026).



03

Earnings: the £204 limit



You can work and get Carer Support Payment, as long as your **take-home pay** is no more than **£204 a week**. That's about £884 a month, or £10,608 a year ([mygov.scot, If you work, updated 5 Apr 2026](#)).

Take-home pay is what's left after Social Security Scotland takes off things like ([mygov.scot, If you work](#)):

- Income Tax and National Insurance
- half of what you pay into a pension
- some of what you pay for care for the person you look after, or childcare, while you're at work

If your pay goes up and down, it's fine if your take-home pay is sometimes more than £204. Social Security Scotland can work out an average, for example over a repeating pattern of shifts or over 13 weeks ([mygov.scot, If you work](#)).

Tell Social Security Scotland straight away about any change to your job, hours, pay or expenses.

04

Studying



Scotland's rules for students are more flexible than in the rest of the UK ([mygov.scot, If you study](https://mygov.scot/if-you-study), updated 5 Apr 2026):

- **Studying part time** (under 21 hours a week): you can get Carer Support Payment.
- **Aged 20 or over:** you can get it while studying full time or part time.
- **Aged 16 to 19:** you can get it while studying full time at university, or on a college course such as an HNC or HND. You usually can't get it while studying 21 hours or more a week on a school-level course, such as Highers, unless there are exceptional circumstances.

05

State Pension and other benefits

Some benefits that pay you an income overlap with Carer Support Payment. They include State Pension, New Style Jobseeker's Allowance, New Style Employment and Support Allowance and Incapacity Benefit. You can't be paid both in full ([mygov.scot, State Pension and other benefits that reduce your Carer Support Payment, updated 5 Apr 2026](#)):

- If the other benefit is less than £86.45 a week, Carer Support Payment tops it up to that amount.
- If the other benefit is £86.45 a week or more, your Carer Support Payment award is **£0**.

A £0 award still counts. It's sometimes called "underlying entitlement". It can help you get more from other benefits, such as an extra amount in Pension Credit. But with a £0 award, you can't get Scottish Carer Supplement or Carer Additional Person Payment ([mygov.scot, State Pension and other benefits that reduce your Carer Support Payment](#)).

06

How it affects the person you look after



Talk to them before you apply. If the person you look after gets a **severe disability premium** in Income Support, income-based Jobseeker's Allowance or income-related Employment and Support Allowance, or the **severe disability addition** in Pension Credit, it ends if you get Carer Support Payment (mygov.scot, Who may be affected if you apply).

If they get Housing Benefit or Council Tax Reduction, they'll need to tell their council about your award (mygov.scot, Who may be affected if you apply).

This can mean they have less money, sometimes more than you gain. A welfare rights adviser can help you both work out whether applying makes sense. See section 14.

07

Universal Credit and your other benefits

Carer Support Payment counts as income for Universal Credit, Income Support, income-based Jobseeker's Allowance, income-related Employment and Support Allowance and Pension Credit. DWP pays less of these if you get it ([mygov.scot, Universal Credit and other income-related benefits, updated 5 Apr 2026](#)).

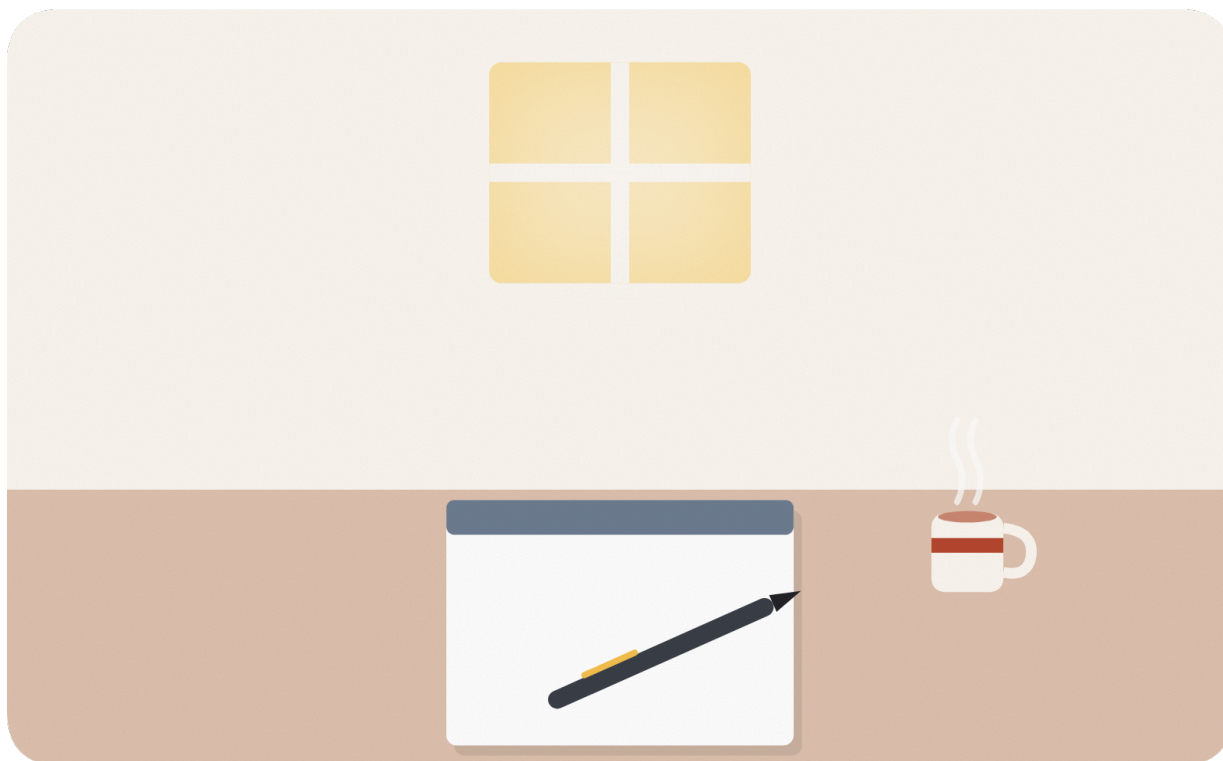
Overpayments. Your first payment is always backdated to your start date as a lump sum. It can take DWP time to adjust your other benefits, so you'll likely be overpaid in the meantime and have to pay it back ([mygov.scot, Universal Credit and other income-related benefits](#)):

- **Universal Credit:** DWP usually takes the overpayment back from your future Universal Credit. This applies to your partner's Universal Credit too, if you claim together.
- **Other income-related benefits:** when you apply, you can choose to have your first payment cut so you're not overpaid.

What it can open up. Carer Support Payment can also help you get ([mygov.scot, Support for carers, updated 5 Apr 2026](#)):

- the carer element of Universal Credit, which can mean more money overall
- an extra amount in Pension Credit, if you care for another adult
- a reduction in your Council Tax
- National Insurance credits, Tax-Free Childcare and the Christmas Bonus, without applying

If you care for 20 hours or more a week but don't get Carer Support Payment, you can apply for Carer's Credit at GOV.UK to protect your State Pension (mygov.scot, Support for carers).



08

How to apply

Ways to apply ([mygov.scot](#), [How to apply for carer benefits](#), updated 5 Apr 2026):

- **Online**, through [mygov.scot](#) myaccount. You can save your form and come back to it.
- **By phone**, on 0800 182 2222 (Monday to Friday, 8am to 5pm). You can ask for an interpreter in over 100 languages.
- **By post**, on a paper form. Large print is available.
- **In person**, with a Social Security Scotland adviser.
- **British Sign Language users** can use Contact Scotland BSL.

Have ready ([mygov.scot](#), [How to apply for carer benefits](#)):

- ☐ your bank or building society details
- ☐ your National Insurance number (optional, but it can speed things up)
- ☐ the date of birth and address of the person you look after, and their National Insurance number if they're 16 or over
- ☐ details of your earnings and expenses, if you work
- ☐ details of your course, if you study

After you apply. Social Security Scotland may ask for documents, such as proof of earnings or where you live. Wait at least 6 weeks before asking for an update. Social Security Scotland will send you a letter with the decision ([mygov.scot](#), [After you apply](#), updated 5 Apr 2026).

Backdating. You can ask for your award to start up to 13 weeks before you apply, if you met the rules then. If you apply within 13 weeks of a decision awarding the person's disability benefit, it can go back further (legislation.gov.uk, [Carer's Assistance \(Carer Support Payment\) \(Scotland\) Regulations 2023](#), regulations 18 and 19).



09

Breaks in caring, and changes



Short breaks. You can keep getting Carer Support Payment during a short break from caring, as long as you don't go over these limits in any 26 weeks (legislation.gov.uk, [Carer's Assistance \(Carer Support Payment\) \(Scotland\) Regulations 2023](#), regulation 40, as amended from 15 Mar 2026):

- up to **4 weeks** of breaks for any reason, such as a holiday
- up to **12 weeks** in total if you or the person you look after has been in hospital

If your payment ends because of your earnings, a break in care or certain other changes, Social Security Scotland can restart it without a new application if things change back within 26 weeks (legislation.gov.uk, [Carer's Assistance \(Carer Support Payment\) \(Scotland\) Regulations 2023](#), regulation 23).

Tell Social Security Scotland about changes, such as your earnings, your hours of caring, a stay in hospital or care home, or a move. You can tell them online, by phone or on a form (mygov.scot, [Tell Social Security Scotland about a change](#), updated 5 Apr 2026).

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Carer's Allowance Supplement

Carer's Allowance Supplement was an extra payment twice a year. Scottish Carer Supplement has replaced it for most people. It now goes only to a small number of people, for example some people living abroad. The December 2026 payment is £304.65, for eligible people getting Carer Support Payment or Carer's Allowance on 12 October 2026 who don't get Scottish Carer Supplement (mygov.scot, [Carer's Allowance Supplement](#), updated 28 May 2026).

11

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 Carer Support Payment, you have **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 tell you how long it has to decide. A late request can be accepted, up to one year after the decision, if you have a good reason, such as being in hospital.
2. **Appeal to the First-tier Tribunal for Scotland.** You have **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 you fill in 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 Social Security Scotland's complaints process. If that doesn't sort it out, you can go to the **Scottish Public Services Ombudsman (SPSO)**, usually within 12 months of becoming aware of the problem. 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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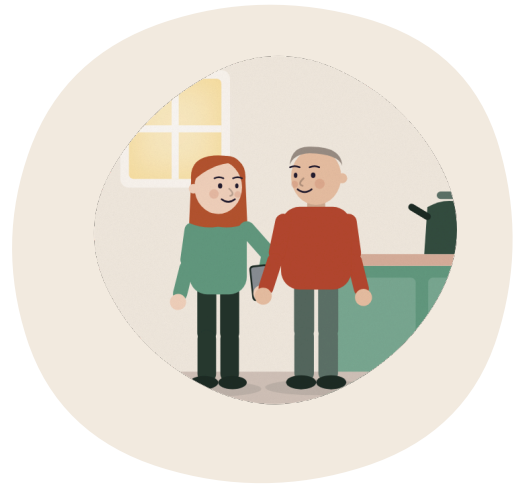
Moving between Scotland and the rest of the UK



- **Moving to Scotland** from England, Wales or Northern Ireland: make a new application to Social Security Scotland. Your current award letter can support it (mygov.scot, How to apply for carer benefits). Carer's Allowance ends 13 weeks after a move to Scotland ([GOV.UK](#), [Carer's Allowance: how it works](#)).
- **Moving out of Scotland:** apply for Carer's Allowance, or Carer's Allowance through the Department for Communities in Northern Ireland, as soon as you move. See [our guide to Carer's 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 care circle brings the family, friends and neighbours who help into one place, with shared notes, tasks and a calendar. It can show who does what, which helps if you share the caring and need to be clear who applies.

The family care diary helps you note what you did and when, which can help you keep track of your hours, breaks and changes to report.

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

www.cominghomecare.app/?ref=guide-carer-support-payment

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 for carer benefits).
- **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](#)). Carers Scotland is part of Carers UK.
- **Age Scotland Helpline:** 0800 12 44 222 ([Age Scotland, Helpline](#)).
- **Your local carers' centre**, for advice and support. See [our guide to looking after yourself, section 4](#).
- **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: carer benefits

- mygov.scot, How carer benefits in Scotland work (updated 5 Apr 2026):
www.mygov.scot/carers-support-payment
- mygov.scot, Who can apply for carer benefits (updated 5 Apr 2026):
www.mygov.scot/carers-support-payment/who-can-apply
- mygov.scot, If you work (updated 5 Apr 2026):
www.mygov.scot/carers-support-payment/if-you-work
- mygov.scot, If you study (updated 5 Apr 2026):
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- mygov.scot, State Pension and other benefits that reduce your Carer Support Payment (updated 5 Apr 2026):
www.mygov.scot/carers-support-payment/overlapping-benefits
- mygov.scot, Who may be affected if you apply (updated 5 Apr 2026):
www.mygov.scot/carers-support-payment/before-you-apply-for-carers-support-payment
- mygov.scot, Universal Credit and other income-related benefits (updated 5 Apr 2026):
www.mygov.scot/carers-support-payment/effect-on-other-benefits
- mygov.scot, Support for carers (updated 5 Apr 2026):
www.mygov.scot/carers-support-payment/support-for-carers

- mygov.scot, How to apply for carer benefits (updated 5 Apr 2026):
www.mygov.scot/carers-support-payment/how-to-apply
- mygov.scot, After you apply (updated 5 Apr 2026):
www.mygov.scot/carers-support-payment/after-you-apply
- mygov.scot, Tell Social Security Scotland about a change (updated 5 Apr 2026): www.mygov.scot/carers-support-payment-changes/telling-social-security-scotland-about-a-change
- mygov.scot, Carer's Allowance Supplement (updated 28 May 2026):
www.mygov.scot/carers-allowance-supplement
- mygov.scot, Young Carer Grant (updated 10 Aug 2026):
www.mygov.scot/young-carer-grant

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

The law

- legislation.gov.uk, Carer's Assistance (Carer Support Payment) (Scotland) Regulations 2023, regulation 2 (qualifying disability benefits):
www.legislation.gov.uk/ssi/2023/302/regulation/2
- legislation.gov.uk, Carer's Assistance (Carer Support Payment) (Scotland) Regulations 2023, regulation 5:
www.legislation.gov.uk/ssi/2023/302/regulation/5
- legislation.gov.uk, Carer's Assistance (Carer Support Payment) (Scotland) Regulations 2023, regulations 18 and 19:
www.legislation.gov.uk/ssi/2023/302/regulation/18
- legislation.gov.uk, Carer's Assistance (Carer Support Payment) (Scotland) Regulations 2023, regulation 23:
www.legislation.gov.uk/ssi/2023/302/regulation/23

- [legislation.gov.uk](https://www.legislation.gov.uk/ssi/2023/302/regulation/40), Carer's Assistance (Carer Support Payment) (Scotland) Regulations 2023, regulation 40 (as amended from 15 Mar 2026):
www.legislation.gov.uk/ssi/2023/302/regulation/40

Other official sources

- Social Security Scotland, transfers completed (29 Dec 2025):
www.socialsecurity.gov.scot/news/2025/12/disability-and-carer-benefit-transfers-completed
- GOV.UK, Carer's Allowance: how it works:
www.gov.uk/carers-allowance/how-it-works

Helplines

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

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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/carers-allowance-scotland



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This edition

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