

Disability Living Allowance

Disability Living Allowance (DLA) is a benefit which helps with the additional costs of ill health or disability.

You cannot make a new claim for DLA because it is being replaced by Personal Independence Payment (PIP)

You can find more information on this in our '**Personal Independence Payment**' factsheet, which you can download for free from www.rethink.org/factsheets or call 0121 522 7007 and ask for a copy to be sent to you.

If you are already getting DLA, you will continue to receive your benefit until the Department for Work and Pensions (DWP) contacts you about reassessment for PIP. The DWP will eventually reassess everyone aged between 16 and 64. This is a gradual process. Reassessment of people on DLA began in October 2013 and is likely to continue until 2018.

This factsheet provides information for people who are still receiving DLA.



KEY POINTS

- Disability Living Allowance (DLA) is being replaced by Personal Independence Payment (PIP) you can no longer make a new claim for DLA
- DLA is a benefit you can get if you need help with care and/or getting around.
- If your condition improves or you need more help or you go into hospital, you have to tell the Department for Work and Pensions straight away.
- If your circumstances change you may have to apply for PIP

This factsheet covers:

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2. [Who can claim DLA?](#)
3. [Reviewing and Renewing your claim](#)
4. [Changes of circumstances](#)

1. Introduction to DLA

Disability Living Allowance (DLA) is a benefit for people who need help with their personal care, need supervision and/or need help with getting around. It has two "components", a care component and a mobility component. Many people with mental health problems receive DLA.

DLA is paid on top of Income Support, Employment and Support Allowance and other benefits. DLA does not reduce your other benefits. In some cases getting DLA can actually increase the amount you get in other benefits. You can receive DLA if you are in or out of work.

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2. Who can claim DLA?

You can no longer make a new claim for DLA. DLA is being replaced by a new benefit called Personal Independence Payment (PIP).

You can find more information on this in our '**Personal Independence Payment**' factsheet, which you can download for free from www.rethink.org/factsheets or call 0121 522 7007 and ask for a copy to be sent to you.

Before June 2013, you could claim DLA after you needed help for three months and were likely to continue to need help for a further six months.

To get the **Low Rate Care** component you had to show the Department for Work and Pensions (DWP) that-

- You need help with things like eating, washing, dressing and using the toilet OR
- You cannot prepare a cooked meal for yourself if you have the ingredients¹

To get the **Middle Rate Care** component you had to show that **during the day** you need-

- Frequent help with things like eating, washing, dressing and using the toilet; OR
- someone to watch you to ensure you do not hurt yourself or someone else;

OR show that **at night** you need-

- Prolonged or repeated help with things like eating, washing, dressing and using the toilet OR

- Someone to be awake for a prolonged period or at frequent intervals in order to ensure you do not hurt yourself or someone else .²

To get the **High Rate Care** component, you had to show that you have the above care for both the day **AND** the night time.³

To get the **Low Rate Mobility** component you had to show that you are unable to go outside and walk an unfamiliar route without guidance or supervision from another person.⁴

To get the **High Rate Mobility** component you must barely be able to walk due to a physical disability or-

- Be getting High Rate Care component of DLA **AND**
- Be severely mentally impaired from arrested development of the brain **AND**
- Have severe behavioural problems needing constant supervision to avoid danger to yourself, others or property.⁵

You could show the DWP that you had these needs by answering the questions on the application form and providing supporting evidence from the people and healthcare professionals who know you best.

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3. Reviewing and renewing your claim

If your claim is due to be renewed after February 2014, you will have to apply for Personal Independence Payment (PIP). This is because DLA is being phased out.

You can find more information on this in our '**Personal Independence Payment**' factsheet, which you can download for free from www.rethink.org/factsheets or call 0121 522 7007 and ask for a copy to be sent to you.

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4. Changes of circumstances

You must tell the Department for Work and Pensions (DWP) if your circumstances or condition change. If your condition gets worse and you do not tell the DWP you could be missing out on benefit you are entitled to.

If your condition gets better and you do not tell the DWP, you might be paid more than you are entitled to. This is called an overpayment. The DWP will ask for this money back, which could be hard for you to repay.

You must tell the DWP if you are staying in hospital because you can only get DLA for 28 days while you are there. If you don't tell the DWP, you could be overpaid. Our factsheet '**Going into Hospital- Money Matters**' has more information on your benefits if you go into hospital.

Since October 2013, if you report a change in your condition or circumstances that will affect your DLA claim, you will be reassessed for Personal Independence Payment (PIP).

You can find more information on this in our '**Personal Independence Payment**' factsheet, which you can download for free from www.rethink.org/factsheets or call 0121 522 7007 and ask for a copy to be sent to you.

You can inform the DWP of any changes on the Disability Living Allowance helpline number- 0345 712 3456

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Disability Benefits Centre offers advice on DLA Personal Independence Payment and Attendance Allowance. This is also the helpline if you have questions about DLA.

Disability Benefits Centre
Warbreck House
Warbreck Hill
Blackpool
Lancashire
FY2 0YE

DLA helpline

Tel- 0345 712 3456 (Monday to Friday 8am to 6pm)

Citizens Advice

All Citizens Advice Bureaux (CAB) can give advice face to face or by telephone. To find your nearest CAB you should use the 'find your local bureau' search bar on their website.

www.citizensadvice.org.uk

Citizens Advice are also setting up a national phone service. It is now fully operational in Wales. In England the service is being rolled out area by area.

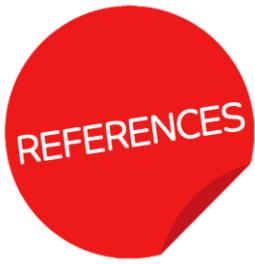
- for Wales call **08444 77 20 20**
- for England call **08444 111 444**

Turn2us

A charitable service which helps people access money that is available to them – through welfare benefits, grants and other help.

Telephone: 0808 802 2000

Website: <http://www.turn2us.org.uk/>



¹ Reg 72 (1a) *Social Security Contributions and Benefits Act 1992* London TSO 1992

² Reg 72 (1b) & (1c) as above

³ Reg 72 (4a) as above

⁴ Reg 73 (1d) as above

⁵ Reg 73 as above

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This factsheet is available
in large print.

Rethink Mental Illness Advice Service

Phone 0300 5000 927
Monday to Friday, 9:30am to 4pm
(excluding bank holidays)

Email advice@rethink.org

Did this help?

We'd love to know if this information helped you.

Drop us a line at: feedback@rethink.org

or write to us at Rethink Mental Illness:

RAIS
PO Box 17106
Birmingham B9 9LL

or call us on 0300 5000 927.

We're open 9:30am to 4pm
Monday to Friday (excluding bank holidays)



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Email info@rethink.org



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www.rethink.org

Need more help?

Go to www.rethink.org for information on symptoms, treatments, money and benefits and your rights.

Don't have access to the web?

Call us on 0121 522 7007. We are open Monday to Friday, 9am to 5pm, and we will send you the information you need in the post.

Need to talk to an adviser?

If you need practical advice, call us on 0300 5000 927 between 9:30am to 4pm, Monday to Friday. Our specialist advisers can help you with queries like how to apply for benefits, get access to care or make a complaint.

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