

Help with finding paid work

If you want to do paid work as well as caring, or find work when you stop being a carer, Jobcentre Plus can help you. Jobcentre Plus can help you train for a new job or to improve your skills, even if you're not claiming benefits.

- find out more at www.gov.uk/moving-from-benefits-to-work

Car (Blue) Badge Scheme

A car badge is available for those who get some mobility benefit or who cannot walk or find it hard to walk. Badge holders can park at:

- parking meters - for free and for as long as they need to
- limited waiting places - for as long as they need to
- some yellow lines - for up to 3 hours.
- some reserved parking bays

If the person you care for has a blue badge you can use it when they are a passenger in your car.

- find out more at **029 2087 3232**

Contact us

Free Post: Benefits Section, Freepost CF429,
PO Box 6000, Cardiff, CF11 0WZ

Telephone: 029 2087 2087

Fax: 029 2087 7034

E-mail: benefits@cardiff.gov.uk

Visit: www.cardiff.gov.uk/benefits

Help is available in other languages at Marland House at Central Square.
This leaflet gives general guidance only and should not be treated as a complete and authoritative statement of the law.



IMPORTANT PEOPLE

Benefit and Advice Factsheet A Guide for Carers



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Benefit and Advice Factsheet

A Guide for Carers

If you regularly help a relative, neighbour or friend with household tasks you are a carer. Household tasks include help with shopping, personal care, or medical care like reminding them to take their medication. This guide tells you about some of the help available for you.

Carer's Allowance

If you care for someone who is ill or severely disabled and you are not in full-time work or study, you may get Carer's Allowance. You must care for them for at least 35 hours a week, and the person you care for must receive Disability Living Allowance, Personal Independent Payment, Attendance Allowance or Constant Attendance Allowance. If you claim Housing Benefit the amount you get may be increased if you are paid Carers Allowance so let the Council's Benefits Office know.

- find out more at **www.gov.uk/carers-allowance**
- or phone **0845 608 4321**

Protecting your pension

The amount of State Pension you get is based on the National Insurance contributions you have paid and any that have been credited to you. If you care for someone you may be entitled to National Insurance credits for carers. These credits are usually given automatically if you get Income Support or Carer's Allowance.

If you can't get Carer's Allowance but care for at least one person for 20 hours or more a week, you may apply for a weekly Carer's Credit towards your pension.

- find out more at **www.gov.uk/carers-credit**
- or phone **0845 608 4321**

Housing Benefit

If the person you care for claims Housing Benefit, they may be able to claim for an extra bedroom if you regularly stay overnight.

- find out more at **benefits@cardiff.gov.uk**
- or phone **029 2087 2087**

Council Tax Discount

Council Tax is based on two adults living in a property. If there is only one occupier, Council Tax is reduced by 25%. If there are two adult occupiers and one of them is a carer this discount could still apply. This is called a carer discount.

In very limited circumstances a 50% discount can apply. This is where there are two carers in the property and the person being cared for is disregarded for Council Tax purposes.

To qualify for this discount you must:

- live with the person you care for
- provide care for someone other than your partner or your child under the age of 18
- provide care for at least 35 hours per week
- care for a person who receives either the higher rate of care of Disability Living Allowance or Personal Independence Payment, or Attendance Allowance or Constant Attendance Allowance

If you think you are entitled to carers discount please contact the Council Tax office.

- find out more at **www.cardiff.gov.uk/ctax**
- or phone **029 2087 2087**