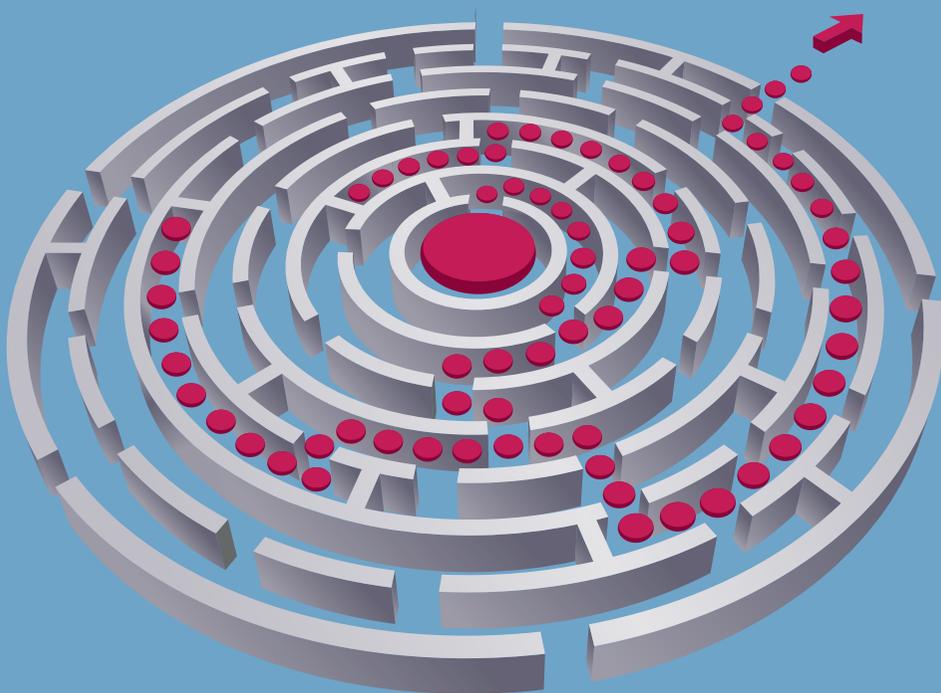


Brain injury

A guide to claiming benefits



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Introduction

The benefits system is very complicated and can be extremely difficult to access. The rules are changing all the time. At Digby Brown, as personal injury solicitors who specialise in dealing with cases where people have a brain injury, we recognise the additional difficulties this can bring. The last thing you need to worry about is finances and how you are going to manage.

This leaflet aims to give you key information on some of the benefits and other help you may be entitled to. It does not cover every benefit or help available. Also, because the information has been written in a way that is easier to understand, please be aware that this means not every circumstance has been covered. It is intended only as a guide to point you in the right direction.

The rates of benefit have not been inserted in this leaflet. This is because the amount you may be entitled to for most benefits varies widely depending on a number of circumstances such as your age, the length of time you have had a disability, the extent of your disability and any savings and income you may have. Please note that not all benefits are affected by these factors. For information on current benefit rates and criteria go to www.gov.uk/browse/benefits

If you are incapable of work

Statutory Sick Pay (SSP)

Statutory Sick Pay is paid to certain employees for up to 28 weeks of incapacity for work. If you are unemployed or self-employed when you became incapable of work, you will not be entitled to SSP.

SSP is paid by your employer. Your contract of employment may mean that your employer will also pay you occupational sick pay. However SSP is a legal minimum and if you qualify for it your employer is not allowed to pay you less than this.

SSP is not payable for the first three days of incapacity. In certain circumstances SSP is not payable at all. You cannot get SSP if your “normal weekly earnings” are less than the lower earnings limit for National Insurance contributions, which is £120 per week (April 2021 rate). However, it is not necessary for you to have paid National Insurance contributions to qualify for SSP. If you do not qualify, your employer should provide you with a statement (normally on Form SSP1), giving you the reasons for this.

Employment and Support Allowance (ESA)

ESA is a benefit for people who are unable to work because of illness or disability. Universal Credit has recently replaced ESA – *see page 8*.

In most cases, it is no longer possible to make a new claim to ESA unless you are claiming based on your national insurance contributions. This contribution based benefit is now called New Style ESA. In many cases, you can only receive New Style ESA for a maximum of 52 weeks.

If you are already claiming ESA and your circumstances remain the same, you won't need to do anything. DWP will contact you when it's time to move to Universal Credit. However, if there are certain changes in your life, what the DWP call a 'change in circumstances', you might be asked to make a new claim for Universal Credit.

It is best to seek advice if you are considering changing to UC before DWP ask you to.

To make an enquiry, phone
0800 169 0310.

If you are disabled

The following are benefits you may be entitled to if you are disabled, regardless of whether you continue to work.

Attendance Allowance (AA)

You may get Attendance Allowance if:

- you are over state pension age
- you have a physical and/or mental disability
- you need help caring for yourself, or you need someone to supervise you, for your own or someone else's safety

Normally, you must have needed this help for at least six months. However, if you are terminally ill, there are special rules to allow you to claim this straight away.

The amount you get depends on how much your disability affects you. It does not matter how much savings or income you have.

To claim Attendance Allowance, phone the Attendance Allowance Service Centre on **0800 731 0122**.

Disability Living Allowance (DLA) – for children under 16 years

DLA is a tax-free benefit which helps with the extra costs of looking after a child who has care needs or needs help getting around because of a disability or health condition. It is paid to a child's parent or a person who looks after the child as if they are a parent.

DLA is not affected by how much income or savings you have.

Many adults are still in receipt of DLA although it is no longer possible for an adult to make a new claim to DLA for the first time. This is because DLA for people of working age has been replaced by Personal Independence Payment.

To claim DLA for a child under 16, phone the DLA helpline on **0800 121 4600**.

Personal Independence Payment (PIP)

PIP is gradually replacing Disability Living Allowance for people aged 16 to 64.

PIP helps with the extra costs arising from a long term condition (ill-health or disability expected to last 12 months or longer)

There are two components to PIP:

Daily Living component and ***Mobility component***.

Each component has two rates; ***standard*** and ***enhanced***.

PIP is based on how a person's condition affects them, not the condition itself. It isn't affected by income or savings, it's not taxable and people can get it whether they're in or out of work.

To qualify for PIP, unless you are terminally ill, you must have needed help with your care or mobility needs for three months or more and be reasonably likely to need help for the next nine months (although you can submit a claim for PIP during the first three months of having a condition).

To make a claim for PIP you should phone **0800 917 2222**.

Industrial Injuries Disablement Benefit (IIDB)

You may be able to get Industrial Injuries Disablement Benefit if you are ill or disabled because of an accident at work, or because of a disease caused by certain types of work. In order to qualify for IIDB, generally you must reach a threshold of at least 14 per cent disablement.

You cannot claim Industrial Injuries Disablement Benefit if you were self-employed in the work that caused your accident or disease.

You cannot get IIDB until after 90 days from the date of the accident or the date of onset of the prescribed disease. How much you can get depends on your individual circumstances including your age and the severity of your disability. IIDB is not affected by how much savings or income you have. IIDB may affect your entitlement to means-tested benefits. If you are in receipt of means tested benefits, you should check if they will be affected before claiming IIDB.

To claim IIDB phone Jobcentre Plus on **0800 121 8379** or go to www.gov.uk

Medical exams and questionnaires

If you are claiming certain benefits because of incapacity for work or disability, you may be asked to complete a questionnaire or claim form about how your brain injury affects you. You may also be asked to attend a medical examination. It is vitally important that you make sure you provide details of all the ways in which you are affected by your brain injury. Not all problems relating to brain injury are immediately obvious which is why a brain injury is often referred to as a “hidden disability”.

The questions you will be asked on forms or by a medical examiner often relate to whether you can carry out a physical activity. There are numerous examples of how this could affect someone with a brain injury.

It may be that you are able to eat and drink without any physical difficulty, however you need to be reminded to eat, you may forget that you have had a meal, or you do not know when you are full. It is important to make sure you list all difficulties, not just the physical act of eating or drinking.

Another example is washing and dressing – you may be able to bathe independently and get yourself dressed, but it may be that you would not bathe unless prompted, or that you may choose clothes not suitable for the weather. Make sure that you make all of these points clear.

Reminders and prompts. It may be that you manage your condition well, perhaps by setting reminders on your mobile phone, or keeping a diary or notebook. If this is the case, make sure you put details of what would happen if you were to lose your phone etc, and give any examples of the consequences of this happening.

These are just a few examples. The main point to consider is that your initial response may be “yes, I can do that”. However, you need to qualify this by going on to say “however, these are the problems I have or difficulties I face”. This is a point that is often missed and causes a lot of anxiety when benefits are disallowed, due to a lack of understanding by decision makers and even medical examiners in how brain injury may affect people.

Other benefits

Universal Credit

Universal Credit is a new means-tested benefit that has been rolled out nationally. It replaces the following benefits:

- Income-based Jobseeker's Allowance
- Income-related Employment and Support Allowance
- Housing Benefit
- Income Support
- Working Tax Credit
- Child Tax Credit

Most people making a new benefit claim will have to claim Universal Credit instead of the above benefits.

If you currently receive these benefits, you will continue to receive payments as normal for the time being. Your local Jobcentre Plus or Tax Credits office will let you know when your benefit will be replaced by Universal Credit.

Universal Credit is paid monthly and help with your rent or mortgage (if applicable) is paid to you within your UC. The payment you get each month will depend on your changing circumstances.

To claim Universal Credit, you must:

- be under State Pension age
- have a low income
- have savings below £16,000
- not be studying or training full-time
- accept a 'Claimant Commitment'.

To claim Universal Credit go to www.gov.uk/universal-credit

If you need help filling out the online form or have any questions, call the Universal Credit helpline on **0800 328 5644** (or textphone **0800 328 1344**).

Scottish Social Security

Social Security Scotland is an executive agency of the Scottish Government. It is responsible for managing the benefits devolved to Scotland.

The benefits that Social Security Scotland deliver are:

- [Best Start Grant Pregnancy and Baby Payment](#) – one off payment of up to £600 from 24 weeks in pregnancy up until a baby turns 6 months for families who get certain benefits.

- **Best Start Grant Early Learning Payment** – one off payment of £250 when a child is between two and three years and six months for families who get certain benefits.
- **Best Start Grant School Age Payment** – one off payment of £250 when a child would normally start primary one for families who get certain benefits.
- **Best Start Foods** – a pre-paid card from pregnancy up to when a child turns three for families on certain benefits to help buy healthy food.
- **Carer’s Allowance Supplement** – an automatic payment made twice a year to people who get Carer’s Allowance through the DWP on certain dates each year.
- **Funeral Support Payment** – money towards the costs of a funeral at a difficult time like this for people on certain benefits who are responsible for paying for a funeral.
- **Job Start Payment** – £250 for 16 to 24 year olds who have been on certain benefits for six months or more to help with the costs of starting a job.
- **Young Carer Grant** – an annual payment of more than £300 for people 16, 17 or 18 who care for people who get a disability benefit from the DWP for an average of 16 hours a week or more.
- **Child Winter Heating Assistance** - a new £200 payment to help families of a child on the highest rate care component of Disability Living Allowance for Children to heat their homes.

Further information is available by telephoning **0800 182 2222** or www.socialsecurity.gov.scot

Carer's Allowance

You may be able to get Carer's Allowance if:

- you are aged 16 or over
- you spend at least 35 hours a week caring for a person who gets either Attendance Allowance, Disability Living Allowance care component at the middle or highest rate, any rate of PIP daily living component or certain rates of Constant Attendance Allowance
- you earn less than £128 per week (April 2021 rate) after certain deductions are made
- you are not in full-time education

Carer's Allowance is not affected by your savings.

To claim Carer's Allowance go to www.gov.uk or phone the helpline on **0800 731 0297**.

Carer's Allowance Supplement (CAS)

Carer's Allowance Supplement is an extra payment for people in Scotland who receive Carer's Allowance. CAS is paid twice per year. The payment is made by Social Security Scotland and you can find more information at www.mygov.scot/carers-allowance-supplement

Pension Credit

There are two different types of Pension credit.

Guarantee Credit - To ensure that pensioners have a guaranteed level of income, by topping up your level of income to the guaranteed amount. You can claim Guarantee Credit from your state pension age.

Savings Credit - For people who have made modest provisions for retirement, such as savings, or pensions above the basic state pension.

You will not be eligible for savings credit if you reached State Pension Age (SPA) after 6/4/16. Only those

who reached SPA before 6/4/16 may be eligible. If you are a couple and one of you reached SPA before 6/4/16, you may be eligible to claim.

To claim Pension Credit phone the Pension Service on **0800 99 1234** or go to www.gov.uk

Please note:

From 15 May 2019 both members of a couple must be of state pension age to claim Pension Credit.

Social Fund

The Social Fund helps people on certain benefits or on a low income to pay for one off expenses with a budgeting loan. There are restrictions on what the loan can be used for and you must be likely to be able to repay the loan.

Social Fund can also help with payments in specific circumstances such as funeral Payments, maternity grants or with a short-term advance if you need money to live on while waiting on a benefit application to be processed.

Contact your local Jobcentre Plus office or go to www.gov.uk

Scottish Welfare Fund

A crisis grant may be available if you need help with the costs that have arisen as a result of disaster, emergency or to keep you and your family safe from harm.

Community Care Grants may be available to you to help you live on your own in the community.

Contact your local council for information on the Scottish Welfare Fund.

Help with housing costs

Council Tax Reduction

You may get Council Tax Reduction if you pay Council Tax and your income and capital (savings and investments) are below a certain level. You could qualify if you are out of work, or in work and earning a wage.

If you have savings of over £16,000, you can't normally get Council Tax Reduction, unless you're aged 60 or over and getting the guarantee credit of Pension Credit.

Council Tax Exemption

If you have a severe mental impairment, you may not need to pay any Council Tax, regardless of your income. This includes water and sewerage charges, so even if you are currently in receipt of full Council Tax Reduction, it may still be worth considering whether you qualify for exemption for severe mental impairment. You should discuss with your GP, or other medical professional involved in your care, whether you meet the criteria for exemption.

Disabled Person's Reduction

The disabled person's reduction is available if a disabled person uses a

wheelchair in your home, if certain adaptations have been made to the home or if extra rooms are needed for the disabled person's wellbeing. There are other examples of how you may be entitled.

Further information on getting help with Council Tax is available at www.gov.uk

If you think you may be entitled, contact your local council. The contact details for your local council will be on your Council Tax bill.

Mortgage costs

You may get help towards your mortgage interest if you are in receipt of a means tested benefit. From April 2018 the help you receive will be in the form of a loan. The amount you are paid is calculated in a special way and is usually paid direct to the lender. Your mortgage interest costs may not be met during an initial 'waiting period' which for most benefits is usually 39 weeks.

To claim help with your mortgage, contact the office paying your benefit.

What other help is available?

If you are disabled, there is some further assistance aside from benefits which you may be eligible for:

Road Tax Exemption

You may be entitled to a free tax disc, for example, if you're a disabled person who gets the higher rate of DLA mobility component or the mobility component of PIP

You can claim the exemption when you apply for vehicle tax.

Blue Badge

The Blue Badge scheme helps people with a disability to park near to where they need to go. You may qualify automatically, for example, if you are in receipt of DLA Higher Rate mobility component or the mobility component of PIP or if you are registered blind. You may also be eligible following an assessment.

To apply for a Blue Badge, contact your local authority. Some local authorities make a charge for the Blue Badge.

Travel Card

Eligible disabled people qualify for free Scotland-wide bus travel.

To check if you qualify, go to www.transport.gov.scot/concessionary-travel/60plus-or-disabled or contact your local travel centre.

Health Costs

Most NHS treatment is free but there can be charges for some things such as dental treatment, and glasses. You may be entitled to help with health costs if, for example, you are on certain benefits or are on a low income. You may also be entitled to help from the Hospital Travel Costs Scheme.

For information pick up a leaflet at your local GP, dentist, optician or pharmacy or go to www.nhs.uk/nhs-services/help-with-health-costs/nhs-low-income-scheme-lis



Welcome to Head injury information Directory

The Head injury information Directory is an online resource for anyone affected by or working in the field of acquired brain injury (ABI) and head injury.

We aim to bring together information on the many organisations who are involved in brain injury across Scotland.

Our directory contains useful information about the services and resources available in your area. Ranging from:

- Clinical Services
- Rehabilitation Services
- Support Services for those with an ABI as well as those who care for and support them

You will also find a guide to benefits which is tailored to brain injury as well as a section on legal advice.

The Head Injury Information Directory - www.hiid.org.uk

The Head Injury Information Directory is an online resource for anyone affected by or working in the field of brain injury. The website's purpose is to bring together information on the many organisations who are involved in brain injury in Scotland.

The site contains useful information about services in your area, benefits guide and legal advice. The services in your area section covers clinical, rehabilitation and support services.

If you would like your organisation to be included in this Directory please contact: enquiries@hiid.org.uk

 [headinjuryinfo](https://twitter.com/headinjuryinfo)

About Digby Brown Solicitors

Digby Brown Solicitors is widely recognised as Scotland's most experienced firm dedicated to helping people affected by personal injury, specifically in the areas of serious brain and spinal injury.

Every year, we help thousands of people across Scotland who have suffered injury or loss and it matters to Digby Brown that each client can access rightful compensation that properly reflects their loss and suffering. In addition, for those affected by serious injury we offer help in accessing and navigating the maze of confusion which is the benefits system in the UK. This work is carried out by our in-house Welfare Rights team and is free to access.

Digby Brown strives to ensure that clients are at the centre of everything we do and our people are committed to providing the very best service – from the point of enquiry right through to the completion of their case.

Our excellence has long been recognised – we are the only Scottish firm in our specialist area to be consistently top ranked for Personal Injury by both the Chambers & Partners and Legal 500 independent guides to the UK legal profession over the last 15 years. We have won many awards including being named Law Firm of the Year in 2015, 2016, 2018 and 2019. We believe in giving back working with charities across Scotland for many decades – this contribution has again been widely recognised with Corporate Social Responsibility and Community Contribution Awards which we have won every year since 2014.

In 2020 our Serious Injury Team was named as Catastrophic Injury Team of the Year, which we are incredibly proud because this wasn't just Scotland, this was across the whole of the UK.

All of our solicitors in our offices in Glasgow, Edinburgh, Dundee, Inverness, Aberdeen, Kirkcaldy and Ayr are specialists in their field.

Contact us on **0333 200 5925**, email us at **enquiries@digbybrown.co.uk** or visit **www.digbybrown.co.uk** for more information.



Because if it matters to you, it matters to Digby Brown.

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