



**San Miguel Centre**  
Calle Lope de Vega 45,  
San Miguel de Salinas  
03193, Alicante –

**Telephone: 966 723 733 (24 Hr Emergency Line)**

**Document Reference: WEL/002**  
**Revised: January 2021**

## **INFORMATION SHEET No 28** **EXPORTABLE BENEFITS FROM THE UK** **ATTENDANCE ALLOWANCE**

**There is no change to Exportable Benefits such as Attendance Allowance** if you have a Spanish Residency before 31st December 2020. People already claiming Attendance Allowance and Carer's Allowance from the UK will see no change in their benefits. However UK nationals taking out Spanish residency after 31st December will no longer be able to claim Attendance Allowance or Carer's allowance.

**New claims** can still be made providing you can prove you were a Spanish Resident before 31st Dec 2020. You will have to send a copy of your residency card.

### **What is Attendance Allowance?**

Attendance Allowance is a benefit for older people who may need extra help to stay independent at home, due to an illness or disability.

Attendance Allowance is usually paid every 4 weeks.

### **How could Attendance Allowance help me?**

You can use it in any way you like to meet your needs and stay independent in your own home. The money doesn't have to be spent on a carer.

- Claiming Attendance Allowance won't reduce any other income you receive.
- It's tax-free.
- Attendance Allowance isn't means-tested so it doesn't matter how much income and savings you have.

### **You can claim Attendance Allowance if you meet all the following criteria:**

- Attained the UK state pensionable age. (if you're under 65, you may be eligible for Personal Independence Payment – PIPs) Please see HELP Vega Baja Information Sheet no. 26
- Could benefit from help with personal care, such as getting washed or dressed, or supervision to keep you safe during the day or night
- Have any type of disability or illness, including sight or hearing impairments, or mental health issues such as dementia
- Have needed help for at least 6 months. (If you're terminally ill you can make a claim straight away.)



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## Exportable Benefits from the UK – Attendance Allowance

### **How to claim:**

Contact the exportability team at the address below to let them know what benefits you want to claim and where you live. They will send you through the application form or you can download the application form from the Gov.uk website. <https://www.gov.uk/attendance-allowance/how-to-claim> .

Please note that the application form when printed also contains many pages of notes but it is not usually possible to print the application without the notes.

Once you have the form, if you have difficulty completing it in any way, please call our San Miguel Office on 966 723 733 and our Welfare Officer will talk you through it or you can come along to the office and go through the application together by appointment. In certain circumstances (ie members of HELP Vega Baja who are unable to travel to the office, our Welfare Officer may be able to provide a home visit to help you with the application form). This service is free of charge.

### **Tips to help with the Attendance Allowance claim form:**

Think about all the things you can't do, or have trouble with.

- Don't leave things out, even if you feel you can manage well enough.
- Describe any accidents or falls you've had.
- Explain the effects of all your disabilities and health conditions, and how they interact with each other.
- List things that you struggle to do unaided, even if you've developed ways to cope.
- If an activity takes you much longer than it would somebody without a disability, or if it's difficult to do safely, include this too.
- Say if you need reminding or encouraging to do things, as this also counts as help.
- Focus on how frequently you need help. For example, if you need help looking after your appearance, this could add up to six or seven times a day, if you include help to check your clothes are clean after a meal, help to find a coat and matching shoes, and so on.
- Give plenty of information in your own words about your personal circumstances. Don't worry if you need to repeat yourself.
- Bear in mind that Attendance Allowance doesn't usually take into account problems with housework, cooking, shopping and gardening.



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### **The Exportability Team look at claims for:**

the care component of Disability Living Allowance (DLA)  
Attendance Allowance (AA)  
Carer's Allowance (CA)  
Personal Independence Payment (PIPS)

Exportable Benefits from the UK – Attendance Allowance

### **Address and Contact Details of the Exportability Team:**

#### **Exportability Co-ordinator**

Room B201  
Pension, Disability and Carers Service  
Warbreck House  
Warbreck Hill Road  
Blackpool  
FY2 0YE  
United Kingdom

Telephone number from Spain: 00 44 345 605 6055

For more information on this benefit and how to apply, please contact our San Miguel Centre on 966 723 733 Monday to Friday 10am to 1.30 pm

More detailed information is also available at [http://www.ageuk.org.uk/Documents/EN-GB/Factsheets/FS87\\_Personal\\_independence\\_payment\\_fcs.pdf?dtrk=true](http://www.ageuk.org.uk/Documents/EN-GB/Factsheets/FS87_Personal_independence_payment_fcs.pdf?dtrk=true) and the Gov.UK website <https://www.gov.uk/claim-benefits-abroad/disability-benefits>

Acknowledgement to AgeUK and Gov.UK for information contained within this fact sheet.