



San Miguel Centre

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Which benefits are available for UK nationals living in Spain?

UK statutory support if you live in Spain.

If you are living in Spain, even if you have registered as a Spanish resident, you can find details of UK benefits you may be entitled to and how to apply at the following website links from the British government. Most often, benefits people in Spain receive from the UK are state pensions and allowances for an illness, disability, or a carer (but not UK jobseekers benefit or income support/universal credit).

<https://www.gov.uk/guidance/living-in-spain>

<https://www.gov.uk/uk-benefits-abroad>

<https://www.gov.uk/claim-benefits-abroad>

British State Pension

If you have lived and worked in the UK or a spouse has, you may be entitled to a [British state pension](#) (link to UK government site).

Combining years worked in the UK with years worked in Spain to improve your pension: If you have paid in contributions to the Spanish social security system (usually through working in Spain) as well as the UK when you lived there, you can still (even if you move to Spain after 1st January 2021) apply to have the years combined to **possibly improve the level of Spanish state pension you can get**. If you live in Spain you do this through the [Spanish social security offices](#) once you are ready to retire. (If you are now living back in the UK you apply through the UK authorities). The UK and Spanish authorities then talk to each other to work out what your pension should be.

UK benefits for a disability or carer support

If you (or a parent or spouse) moved to live in Spain **before 31st December 2020** you could still be entitled to one of the following UK allowances (among others) if you have a particular illness or disability, even if you are resident in Spain:

- [Attendance Allowance](#)
- Disability Living Allowance care component.
- [Personal Independence Payment](#) living component

(If you are under state pension age you may be entitled to Bereavement benefit from the UK if you live in Spain; contact the UK's [International Pension Centre for advice](#))

Please note that applying for benefits from either the UK or Spain is not an immediate process. It is recommended to apply as soon as possible, even if you are unsure about your long-term residency plans in Spain, as any other emergency help you receive could only be limited for a short period of time.

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