CROHN'S & COLITIS UK

DISABILITY AND SICKNESS BENEFITS

Living with Crohn's or Colitis can come with hidden costs. Expensive diets, transport to medical appointments and prescription charges can all drain a bank balance. Some people may even be too unwell to work.

Worrying about money can be stressful, and thinking about how you'll manage your finances may make you feel anxious. But claiming benefits can give you the extra support you need. Claiming benefits may be confusing or can sometimes be hard to get. This information is here to help.

This information is for people affected by Crohn's or Colitis who want to know if they, or someone close to them, could claim benefits. It covers UK disability and sickness benefits that can be claimed by:

- Adults
- Children
- Carers

CONTENTS

Key facts about disability and sickness benefits

- There is information and support available to help you apply for benefits. You can find your local advice agency through **Advicelocal**.
- There are different benefits available depending on where you live in the UK.
- You may be able to claim benefits if Crohn's or Colitis has an impact on your daily life, getting around or your ability to work.
- Some benefits depend on your money, savings and investments. They also consider the money, savings and investments of anyone you live with as a couple. These are known as means tested.
- Other benefits do not consider your money, savings and investments. These are known as non-means tested.
- A **benefits calculator** can help you find out what you may be able to claim.

WHAT ARE BENEFITS?

Benefits are money that the government pays to certain people. This includes:

- People on low incomes
- People with specific needs, such as sickness, disability or caring responsibilities

SUPPORT AND HELP WHEN APPLYING FOR BENEFITS

Applying for benefits can be daunting. If you have never claimed benefits before, you may not know where to start. We're here to help.

It can take time to fill in the application forms, and you may have to wait a while for a decision. In the end, not everyone gets the outcome they were hoping for. Support is available through independent advice services, such as Citizens Advice. They can help you:

- Apply for benefits
- Challenge an outcome that you're unhappy about

Find your local Citizens Advice:

- **England**
- **Scotland**
- **Northern Ireland**
- **Wales**

Other independent advice services can help you apply for benefits. Find your nearest services through Advicelocal.

Worrying about money is stressful and may make you feel anxious. If your mental or emotional wellbeing is affected, please get help. This may be asking for support from family or friends, or asking your healthcare professional for help.

Our **mental health and wellbeing resource** can give you information on:

- Things you can try to help you look after your mental health
- Treatments and support, such as talking therapies and medicines
- Where to get help and support for your mental health

Each UK Government also offers specific support when applying for benefits. This could include applying for benefits through an interpreter or using sign language video relay services. For more on this, see:

- **GOV.UK** for applications to the Department for Work and Pensions (DWP)
- **nidirect** for applications to the Department for Communities in Northern Ireland
- **mygov.scot** for applications to Social Security Scotland

The later section on **benefits by nation** can tell you which government department you'll apply to for each benefit.

WHO CAN APPLY FOR BENEFITS?

Each benefit has its own specific requirements. You may be eligible to claim certain benefits if:

- You're an adult or child living with Crohn's or Colitis. How Crohn's or Colitis affects you is usually what is important.
- You care for an adult or child who lives with Crohn's or Colitis. Often, the person you care for must already be claiming disability benefits.

This resource covers disability and sickness benefits that can be claimed by **adults**, **children** and their **carers**.

Who is a carer?

You are a carer if:

- You look after someone who is disabled or has an illness or long-term condition. Or you look after an older person who needs extra help.
- The person you care for would find it much harder to manage without your support.
- You're not being formally paid for your help or support.

Caring for someone could include:

- Practical tasks, such as helping them to use the toilet or wash. Or helping or reminding them to take their medicines.
- Helping with their mental health or giving emotional support. This may be comforting them, keeping them company or checking on them during the day.

If you support someone with Crohn's or Colitis in this way, you may be classed as a carer. Being a carer can mean you're entitled to extra support, such as **benefits**. See Carers UK for **information and support for carers**.

CHECKING WHAT YOU CAN CLAIM

You can use an online benefits calculator to check if you're entitled to any benefits. They're free to use and anonymous. Make sure you have all the information you'll need before using a benefits calculator. The information you'll need can be found in this **Turn2us benefits calculator checklist**.

The UK Government website, GOV.UK, suggests using one of these three benefits calculators:

- **Turn2us**
- **Policy in Practice**
- **entitledto**

These calculators will be accurate if you're a British citizen. See GOV.UK for more details on using **benefits calculators**.

MEANS TESTED AND NON-MEANS TESTED BENEFITS

Means tested benefits depend on your money, savings or investments. This is sometimes called your capital. GOV.UK has a list of **what is included as capital**. They may also consider money, savings and investments of your partner. A partner is someone you live with as a couple. You do not need to be married or in a civil partnership.

Means tested benefits included in this resource are:

- Universal Credit
- Pension Credit

Non-means tested benefits do not depend on your money, savings or investments. Non-means tested benefits included in this resource are:

- Personal Independence Payment (PIP)
- Adult Disability Payment
- Attendance Allowance (AA)
- Pension Age Disability Payment
- Disability Living Allowance (DLA)
- Child Disability Payment
- Statutory Sick Pay (SSP)
- New-style Employment and Support Allowance (ESA)
- Carer's Allowance
- Carer Support Payment
- Young Carer Grants

FUTURE CHANGES TO DISABILITY AND SICKNESS BENEFITS

The government has announced major changes to the benefits system. The changes will affect:

- Personal Independence Payment (PIP)
- Employment and Support Allowance (ESA)
- The health element of Universal Credit

We will update our information about each of these benefits as changes are made.

Changes to PIP

The government is reviewing PIP. This review is expected to finish by Autumn 2026.After this review, the government will say what changes they will be making to PIP. Changes will affect those in England and Wales. You can read more about the review on:

- **GOV.UK**
- **Scope**

Changes to ESA and Universal Credit

The government is planning to stop Work Capability Assessments in 2028. You can find out about **Work Capability Assessments** in the later section on Universal Credit. The amount you're paid for ESA or the health element of Universal Credit will:

- Be based on receiving the daily living part of Personal Independence Payment (PIP) if you're in England or Wales.
- Possibly be based on receiving the daily living part of Adult Disability Payment if you're in Scotland. This still needs to be confirmed by the UK and Scottish Governments.

As of June 2026, it is not clear whether changes to any of these benefits will apply in Northern Ireland.

CROHN'S & COLITIS UK

BENEFITS YOU CAN CLAIM IN EACH UK NATION

England and Wales

Benefit	Who this benefit is for	Where you apply to	Non-means tested or means tested
Personal Independence Payment (PIP)	People over 16 years and under State Pension age with a disability or long-term condition	Department for Work and Pensions	Non-means tested
Attendance Allowance (AA)	People over State Pension age with a disability or long-term condition	Department for Work and Pensions	Non-means tested
Statutory Sick Pay (SSP)	People who are employed and have been ill and unable to work for at least one full working day	Your employer	Non-means tested
Employment and Support Allowance (ESA)	People with a disability or health condition that affects how much they can work	Department for Work and Pensions	Non-means tested, but you must have paid enough National Insurance contributions over the last two to three years

England and Wales continued

Benefit	Who this benefit is for	Where you apply to	Non-means tested or means tested
Universal Credit	People on a low income, out of work or unable to work	Department for Work and Pensions	Means tested
Pension Credit	People who are over State Pension age and on a low income	Department for Work and Pensions	Means tested
Disability Living Allowance (DLA)	Children under 16 years with a disability or long-term condition	Department for Work and Pensions	Non-means tested
Carers Allowance	People who give at least 35 hours a week of unpaid care to someone who claims certain benefits	Department for Work and Pensions	Non-means tested, but you must earn less than a certain amount per week

Northern Ireland

Benefit	Who this benefit is for	Where you apply to	Non-means tested or means tested
Personal Independence Payment (PIP)	People over 16 years and under State Pension age with a disability or long-term condition	Department for Communities	Non-means tested
Attendance Allowance (AA)	People over State Pension age with a disability or long-term condition	Department for Communities	Non-means tested
Statutory Sick Pay (SSP)	People who are employed and have been ill and unable to work for at least one full working day	Your employer	Non-means tested
Employment and Support Allowance (ESA)	People with a disability or health condition that affects how much they can work	Department for Communities	Non-means tested, but you must have paid enough National Insurance contributions over the last two to three years

Northern Ireland continued

Benefit	Who this benefit is for	Where you apply to	Non-means tested or means tested
Universal Credit	People who are under State Pension age and on a low income, out of work or unable to work	Department for Communities	Means tested
Pension Credit	People who are over State Pension age and on a low income	Department for Communities	Means tested
Disability Living Allowance (DLA)	Children under 16 years with a disability or long-term condition	Department for Communities	Non-means tested
Carers Allowance	People who give at least 35 hours a week of unpaid care to someone who claims certain benefits	Department for Communities	Non-means tested, but you must earn less than a certain amount per week

Scotland

Benefit	Who this benefit is for	Where you apply to	Non-means tested or means tested
Adult Disability Payment	People over 16 years and under State Pension age with a disability or long-term condition	Social Security Scotland	Non-means tested
Pension Age Disability Benefit	People over State Pension age with a disability or long-term condition	Social Security Scotland	Non-means tested
Statutory Sick Pay (SSP)	People who are employed and have been ill and unable to work for at least one full working day	Your employer	Non-means tested
Employment and Support Allowance (ESA)	People with a disability or health condition that affects how much they can work	Department for Work and Pensions	Non-means tested, but you must have paid enough National Insurance contributions over the last two to three years
Universal Credit	People on a low income, out of work or unable to work	Department for Work and Pensions	Means tested

Scotland continued

Benefit	Who this benefit is for	Where you apply to	Non-means tested or means tested
Pension Credit	People who are over State Pension age and on a low income	Department for Work and Pensions	Means tested
Child Disability Payment	Children under 16 years with a disability or long-term condition	Social Security Scotland	Non-means tested
Carer Support Payment	People who give at least 35 hours a week of unpaid care to someone who claims certain benefits	Social Security Scotland	Non-means tested, but you must earn less than a certain amount per week
Young Carer Grant	People aged 16, 17, 18 or 19 who give over 16 hours a week of unpaid care to people who claim certain benefits	Social Security Scotland	Non-means tested

Disabled Students Allowance

Disabled Students Allowance is non-means tested and available in all UK nations. We have information on claiming this in our **money and finding financial support resource**, under working and studying.

PERSONAL INDEPENDENCE PAYMENT (PIP)

Personal Independence Payment (PIP) helps with extra costs if you have a disability or long-term condition that makes daily living difficult. You may be eligible for PIP if Crohn's or Colitis makes it hard for you to get around or cope with everyday tasks.

PIP has two parts, the daily living component and the mobility component. You may qualify for one or both.

PIP is a **non-means-tested benefit**.

Where you can claim PIP

You can apply for PIP in:

- England
- Northern Ireland
- Wales

If you live in Scotland, you can apply for Adult Disability Payment.

Who can apply for PIP?

To apply for PIP, you must:

- Be aged 16 or over and under the **State Pension age**
- Have Crohn's, Colitis or another health condition that affects everyday tasks or getting around
- Have had these problems for at least three months
- Have problems that are expected to last for at least another nine months

How to apply for PIP

Our **claiming PIP guide** can help you apply for PIP. It has information on:

- How to make an application
- The point-scoring system that is used to assess your claim
- Preparing for an assessment
- Challenging a decision that you disagree with

More information about PIP

You can find more information about PIP on the government websites:

- **PIP for England and Wales**
- **PIP for Northern Ireland**

ADULT DISABILITY PAYMENT

Adult Disability Payment helps with extra costs if you have a disability or long-term condition that makes daily living difficult. You may be eligible for Adult Disability Payment if Crohn's or Colitis makes it hard for you to get around or cope with everyday tasks.

Adult Disability Payment has two parts, the daily living part and the mobility part. You may qualify for one or both.

Adult Disability Payment is a **non-means-tested benefit**.

Where you can claim Adult Disability Payment

You can apply for Adult Disability Payment in Scotland.

Who can apply for Adult Disability Payment?

To apply for Adult Disability Payment, you must:

- Be aged 16 or over and under the **State Pension age**
- Have a disability or long-term health condition that affects your everyday life

You can **check if you qualify for Adult Disability Payment** on the mygov.scot website.

How to apply for Adult Disability Payment

You can apply for Adult Disability Payment by:

- **Completing an application form online**, or
- By phone and on paper. The first part of the application will be completed over the phone. You can do this by calling Social Security Scotland free on 0800 182 2222. They will then send you the second part as a paper application form.

You'll be asked how your Crohn's or Colitis affects your ability to do everyday tasks. This includes moving around and managing toilet needs. You'll need to give information and supporting evidence about medicines and treatments. You'll also be asked to give contact details for your GP or IBD team. This is in case Social Security Scotland need to contact them for more information about your condition and needs.

You can find a full list of the **things you'll need to apply for Adult Disability Payment** on the mygov.scot website.

If Social Security Scotland need more information, they will contact you. They may also ask you to take part in a consultation. This is when a health and social care practitioner from Social Security Scotland talks to you about how your condition affects you. You can find out more about **taking part in a consultation** on the mygov.scot website.

How your application for Adult Disability Payment is assessed

Your application will be assessed using a points scoring system. You'll score points for each activity based on your level of need. Your score will decide whether you can get Adult Disability Payment. It will decide:

- Which parts of the benefit you'll get. Such as:
  - Daily living
  - Mobility
  - Both daily living and mobility
- Whether you'll get the standard or enhanced rate

Our **Claiming PIP** guide could help you apply for Adult Disability Payment. This is because the point-scoring system used to assess your claim is similar.

More information about Adult Disability Payment

Find information on **Adult Disability Payment** on the mygov.scot website**.**

ATTENDANCE ALLOWANCE

Attendance Allowance helps with extra costs if you need extra care or looking after because of a disability or health condition. It is for people who are over the **State Pension age**.

You do not have to have someone caring for you to get Attendance Allowance. It is based on the help you need, not on the help you currently get. Attendance Allowance could be used to get the support or equipment that would help you live more comfortably or independently.

Attendance Allowance is **non-means tested**.

Where you can claim Attendance Allowance

You can apply for Attendance Allowance in:

- England
- Northern Ireland
- Wales

If you live in Scotland, you can apply for Pension Age Disability Payment.

Who can apply for Attendance Allowance?

To apply for Attendance Allowance, you must:

- Have reached **State Pension age**
- Need help caring for yourself, or someone to watch over you because of a disability or health condition
- Have needed that help for at least six months

How to apply for Attendance Allowance

You'll need to fill in a form asking about:

- Your condition
- How it affects you
- Your care needs

If you live in England or Wales, you can apply for Attendance Allowance by:

- **Completing an application form online**, or
- By post. You can do this by downloading an application form and printing it off. Or you can call the Attendance Allowance helpline on 0800 731 0122 to request a form. There is more on **how to apply by post** on the GOV.UK website.

If you live in Northern Ireland, you can apply for Attendance Allowance by:

- **Completing an application form online**, or
- By post. You can do this by downloading an application form and printing it off. Or you can email **dcs.forms@dfcni.gov.uk** or call 0800 587 0912 to request a form. There is more on **how to apply by post** on the nidirect website.

The form asks how your Crohn's or Colitis affects your ability to look after yourself during the day and night. This includes tasks like washing, eating, and using the toilet. You should say if you need someone to make sure you're not in danger. This could include being at risk of falling.

- You'll get the lower rate of Attendance Allowance if you need support during the day or night.
- You'll get the higher rate of Attendance Allowance if you need support during the day and night.

You'll need to give information and supporting evidence about medicines and treatments. You'll also be asked to give contact details for your GP or IBD team.

Age UK have **tips on what to include in your Attendance Allowance application**.

Some people need an assessment from a medical professional. This is to check if you're eligible for Attendance Allowance. You'll be sent a letter telling you when and where to go, or if you need a home visit.

Later, you'll get a letter explaining the outcome of your application.

More information about Attendance Allowance

You can find more information on the government websites:

- **Attendance Allowance for England and Wales**
- **Attendance Allowance for Northern Ireland**

Age UK may also be able to help. Age UK provide:

- **A guide on filling in the Attendance Allowance application form**
- A free **Advice Line** that you can call on 0800 678 1602
- Local Age UK advisers who can help you fill in your application. **Find your local Age UK**

PENSION AGE DISABILITY PAYMENT

Pension Age Disability Payment helps with extra costs if you need extra care or looking after because of a disability or health condition. It is for people who are over the **State Pension age**.

The extra care could be:

- Care you need but do not have
- Care you only need sometimes
- Care you get from a person
- Using an aid, tool or adaption to help with your care

Pension Age Disability Payment is **non-means tested**.

Where you can claim Pension Age Disability Payment

You can apply for Pension Age Disability Payment in Scotland.

Who can apply for Pension Age Disability Payment?

To apply for Pension Age Disability Payment, you must:

- Have reached **State Pension age**
- Need help caring for yourself, or someone to watch over you because of a disability or health condition
- Have needed that help for at least six months

How to apply for Pension Age Disability Payment

You can apply for Pension Age Disability Payment by:

- **Completing an application form online**.
- By phone and paper. The first part of the application will be completed over the phone. You can do this by calling Social Security Scotland free on 0800 182 2222. They will then send you the second part as a paper application form.

The form asks how your Crohn's or Colitis affects your ability to look after yourself during the day and night. This includes tasks like washing, eating, and using the toilet. You'll need to give information and supporting evidence about medicines and treatments. You'll also be asked to give contact details for your GP or IBD team. This is in case Social Security Scotland needs to contact them for more information about your condition and needs.

You can find a full list of the **things you'll need to apply for Pension Age Disability Payment** on the mygov.scot website.

You may find the Age UK tips on **what to include in your Attendance Allowance application** helpful when applying for Pension Age Disability Payment. The application form for Attendance Allowance is similar to the application form for Pension Age Disability Payment.

Social Security Scotland may contact you if they need more information. When a decision about your application has been made, you'll get a letter explaining the outcome.

More information about Pension Age Disability Payment

Find information on **Pension Age Disability Payment** on the mygov.scot website.

Age Scotland may also be able to help. Age Scotland provide:

- **A guide on Pension Age Disability Payment**
- A free **helpline** that you can call on 0800 1244 222

STATUTORY SICK PAY (SSP)

You can get Statutory Sick Pay (SSP) if you're too ill to work. Your employer will pay SSP for up to 28 weeks. Check your workplace policies. Some employers pay more than SSP if you're too ill to work.

Where you can claim SSP

You can apply for this benefit in:

- England
- Northern Ireland
- Scotland
- Wales

Who can apply for SSP?

You may be able to claim SSP if you:

- Are **an employee**. This includes **some agency workers**.
- Have started work for your employer.
- Have been ill for at least one full working day.

If you're self-employed, you cannot claim SSP. You may be able to claim other benefits, such as:

- Universal Credit
- New-style Employment and Support Allowance

You can use a **benefits calculator** to see what you may be able to claim.

How to apply for SSP

You'll claim SSP from your employer. It will be paid by your employer in the same way your wages are usually paid.

Your employer will have rules about claiming SSP. They should have guidance on:

- When you'll need to contact them if you're too ill to work
- What information you'll need to give them

More information about SSP

Speak to your employer or check your workplace policies to find out about SSP.

You can find more **information about SSP** on GOV.UK.

EMPLOYMENT AND SUPPORT ALLOWANCE (ESA)

Employment and Support Allowance (ESA) helps with living costs if a health condition, disability or illness affects how much you can work. It can support you to get back into work if you're able to. It's also known as 'new-style' ESA.

You can apply if you're:

- Employed
- Self-employed
- Unemployed.

ESA is **non-means tested**. But, you need to have paid enough National Insurance contributions to claim. This is usually over the last two complete tax years. It can be through employment or self-employment.

This information is about 'new-style' ESA only. There used to be a benefit called income-related ESA that has been replaced by Universal Credit.

You can no longer make claims for income-related ESA.

Where you can claim ESA

You can apply for ESA in:

- England
- Northern Ireland
- Scotland
- Wales

Who can apply for ESA?

To apply for ESA, you must:

- Be 16 years old or over.
- Be under **State Pension age**.
- Have paid enough National Insurance over the last two complete tax years. You can **check your National Insurance record** for this.
- Have a disability or health condition that affects how much you can work.
- Provide a fit note if you have not been able to work for more than seven days in a row. You must keep providing fit notes until you get a decision about your claim.

A young person is unlikely to have paid enough National Insurance for ESA until they are 18 or 19 years old. But, young people who are 16 years or over may be eligible for a credit only claim of ESA. If they are awarded ESA, they will get National Insurance credits instead of money. This could help with future Universal Credit claims. The charity Contact have more information on **claiming National Insurance credits through ESA.**

There are rules about claiming ESA while getting other benefits:

- You can get ESA on its own or at the same time as Universal Credit. Your Universal Credit payment will be lowered by the amount of ESA you get.
- If you're claiming Statutory Sick Pay (SSP), you cannot get ESA until your SSP comes to an end.
- You cannot claim Job Seeker's Allowance and ESA at the same time.

GOV.UK has more information about **claiming other benefits with ESA**.

How to apply for ESA

If you live in England, Scotland or Wales

You can **apply for ESA online**, or by phone on 0800 055 6688. You must then have an appointment, which is usually over the phone. This is to explain how your condition affects your ability to work.

If you're eligible for ESA, you may need a Work Capability Assessment. See the section on **Work Capability Assessments** under Universal Credit for more about this.

If you live in Northern Ireland

You can **apply for ESA online**, by phone on 0800 587 1377 or **by post**.

If you're eligible for ESA, you may need a Work Capability Assessment. See the section on **Work Capability Assessments** under Universal Credit for more about this.

More information on ESA

You may be able to do some types of work while claiming ESA. To find out more, see the Turn2us **information on permitted work**.

You can find more information about ESA on the government websites:

- **ESA for England, Scotland or Wales**
- **ESA for Northern Ireland**

UNIVERSAL CREDIT

Universal Credit is a payment to help with your living costs if you're:

- On a low income. You can be in part-time or full-time work, or self-employed.
- Out of work.
- Not able to work because of a health condition.

Where you can claim Universal Credit

You can apply for Universal Credit in:

- England
- Scotland
- Northern Ireland
- Wales

Who can apply for Universal Credit?

To apply for Universal Credit, you must:

- Live in the UK.
- Be aged 18 or over. There are some exceptions if you're aged 16 to 17. This includes if you have a health condition or disability.
- Be under **State Pension age**.
- Have £16,000 or less in money, savings and investments.

Universal Credit is a **means tested benefit**. If you have a partner, their income will also be considered. A partner is someone you live with as a couple. You do not have to be married or in a civil partnership.

The health element of Universal Credit

If Crohn's or Colitis affects how much you can work, you may get an extra payment of Universal Credit. This is called the health element of Universal Credit. You'll need to:

- Provide a **fit note** if your work is affected for more than 7 days. You must keep providing fit notes until you get a decision about your claim.
- Have a **Work Capability Assessment** if your work is affected for more than 28 days.

If you're not eligible for Universal Credit, you may be able to claim **Employment and Support Allowance**. This will depend on your National Insurance record.

How to apply for Universal Credit

If you live in England, Scotland or Wales

You can **apply for Universal Credit online**. You'll be asked for information about your health condition and how it affects your ability to work. You can find a **list of what you'll need to claim Universal Credit** on GOV.UK.

If you live in Northern Ireland

You can **apply for Universal Credit online**. You'll be asked for information about your health condition and how it affects your ability to work. You can find a **list of what you'll need to claim Universal Credit** on nidirect.

Work Capability Assessment

A Work Capability Assessment is used to find out if your health condition or disability affects how much you can work. It is used when claiming:

- The health element of Universal Credit
- Employment and Support Allowance (ESA)

First, you'll be sent a capability for work form to fill in. Then you'll have a medical assessment. This could be in person, by phone or video call.

If you're claiming both Universal Credit and new-style ESA, you'll only have one Work Capability Assessment.

Turn2us has more information about Work Capability Assessments. This is for people in England, Scotland and Wales. It includes information on:

- **How to complete the form**
- **The activities and tasks the DWP will assess you on**

Scope has information for people in England and Wales on:

- **How to answer Work Capability Assessment questions**
- **What happens at a medical assessment**

If you live in Northern Ireland, see the nidirect information on **Work Capability Assessments**.

After a Work Capability Assessment, you'll be sent a decision. This could be:

- Capable for work. This means you can work. You should look for work you can do, considering your health condition.
- Limited capability for work (LCW). This means you may not be able to work now. Or you can, if you feel able to. But you'll need to get ready to work in the future. How much you earn will affect how much Universal Credit you get. You're allowed to earn a certain amount before your Universal Credit is lowered. This is called a work allowance.
- Limited capability for work and work-related activity (LCWRA). This means you do not need to look for work or get ready to work in the future. But you can still work if you feel able to. How much you earn will affect how much Universal Credit you get. You're allowed to earn a certain amount before your Universal Credit is lowered. This is called a work allowance.

You'll get a different amount of Universal Credit depending on which group you're in. You can find out how much you'll get on:

- **GOV.UK** if you're in England, Scotland or Wales
- nidirect if you're in Northern Ireland

If your application is successful, you'll need to make an agreement. This is called a claimant commitment. You'll usually have to agree to:

- Prepare for and look for work, unless you have LCW or LCWRA.
- Try to increase your income. If you're already working, this could mean finding a better paid job, or working more hours.

More information about Universal Credit

You can find more information about Universal Credit on the government websites:

- **Universal Credit for England, Scotland and Wales**
- **Universal Credit for Northern Ireland**

You could also use the **Help to Claim** service offered by Citizens Advice in England, Scotland and Wales.

PENSION CREDIT

Pension Credit is a payment on top of, or instead of, any State Pension you get. It can help with living costs if you have a low income.

You may qualify for more pension credit if you, or someone you care for, claims benefits related to Crohn's or Colitis. These benefits include:

- Attendance Allowance
- Pension Age Disability Payment
- Personal Independence Payment
- Adult Disability Payment
- Disability Living Allowance
- Child Disability Payment
- Scottish Adult Disability Living Allowance
- Carer's Allowance
- Carer Support Payment

Pension Credit is a **means tested benefit**.

Where you can claim Pension Credit

- England
- Northern Ireland
- Scotland
- Wales

Who can apply for Pension Credit?

You may be able to claim Pension Credit if:

- You have reached **State Pension age**. If you're living with a partner as a couple, you both must have reached State Pension age.
- You have **income or savings below a certain point**.
- You live in the UK.

You may still be able to claim Pension Credit if you have income from working, or other pensions. But your income must not be too high for you to qualify. If you have a partner, their income will also be considered. A partner is someone you live with as a couple. You do not have to be married or in a civil partnership.

Use the Pension Credit calculator to check if you're eligible.

How to apply for Pension Credit

If you live in England, Scotland or Wales

You can apply **online**, by **phone** on 0800 99 1234, or by **post**. You can find a **list of what you'll need to apply on the GOV.UK website.**

If you live in Northern Ireland

You can apply **online**, by **phone** on 0808 100 6165, or by **post**. You can find a **list of what you'll need to apply on the nidirect website.**

More information about Pension Credit

You can find more information on the government websites:

- **Pension Credit for England, Scotland and Wales**
- **Pension Credit for Northern Ireland**

Age UK may also be able to help. Age UK provide:

- **Information on claiming Pension Credit.**
- A free **Advice Line** that you can call on 0800 678 1602.
- Local Age UK advisers who can help you fill in your application. **Find your local Age UK**.

DISABILITY LIVING ALLOWANCE (DLA) FOR CHILDREN

DLA for children helps with the extra living costs of looking after a child with a long-term disability or health condition. This includes if they have trouble getting around, or they need extra help during the day or night.

DLA is made up of two parts: the care part and the mobility part.

DLA is a **non-means tested benefit**.

Where you can claim DLA

You can apply for DLA in:

- England
- Northern Ireland
- Wales

If you live in Scotland, you can apply for Child Disability Payment.

Who can apply for DLA?

To apply for DLA for children, your child must:

- Be under 16 years old
- Have had a long-term disability or health condition for at least three months
- Expect to have their disability or health condition for at least another six months
- Need more care or looking after than other children of the same age, or have difficulty walking

How to apply for DLA

Our **guide to claiming DLA for children** can help you apply for DLA. It has information on:

- How to make an application
- Preparing for a home visit
- Challenging a decision you disagree with

More information about DLA

You can find more information about DLA on the government websites:

- **DLA for England and Wales**
- **DLA for Northern Ireland**

CHILD DISABILITY PAYMENT

Child Disability Payment helps with the extra living costs of looking after a child with a long-term disability or health condition. This includes if they have trouble getting around, or they need extra help during the day or night.

Child Disability Payment is made up of two parts, the care part and the mobility part.

Child Disability Payment is a **non-means tested benefit**.

Where you can claim Child Disability Payment

You can apply for Child Disability Payment in Scotland.

Who can apply for Child Disability Payment?

To apply for Child Disability Payment, your child must:

- Be under 16 years old. If awarded, Social Security Scotland can pay Child Disability Payment until a child is 18.
- Have a long-term disability or health condition that means they need extra help or support, or they have difficulty walking.

How to apply for Child Disability Payment

You can apply for Child Disability Payment by:

- **Completing an application form online**, or
- By phone and paper. The first part of the application will be completed over the phone. You can do this by calling Social Security Scotland free on 0800 182 2222. They will then send you the second part as a paper application form.

You'll be asked what help, support or care your child needs during the day or at night. This includes moving around and managing toilet needs. You'll need to give information and supporting evidence about your child's medicines and treatments. You'll also be asked to give contact details for your child's GP or IBD team. This is in case Social Security Scotland needs more information about your child's condition and needs.

You can find a full list of **the things you'll need to apply for Child Disability Payment** on the mygov.scot website.

If Social Security Scotland needs more information, they will contact you.

Our claiming DLA guide may be helpful when applying for Child Disability Payment. Some questions on the application form are similar. You may be able to get some tips on how to answer questions about the help and support your child needs.

More information about Child Disability Payment

Find information on **Child Disability Payment** on the mygov.scot website**.**

CARER'S ALLOWANCE

Carer's Allowance is a payment to help you if you care for somebody with a disability or long-term health condition, such as Crohn's or Colitis.

Carer's Allowance is a **non-means tested benefit**. If you live with someone as a couple, their earnings are not considered. But you, as the claimant, must still earn less than a certain amount to claim.

Where you can claim Carer's Allowance

You can apply for this benefit in:

- England
- Northern Ireland
- Wales

If you live in Scotland, you can apply for Carer Support Payment.Who can apply for Carer's Allowance?

You may be eligible for Carer's Allowance if you provide unpaid care for someone. The person you care for does not have to be a family member.

To apply for Carer's Allowance, you must:

- Be over 16 years old.
- Provide unpaid care for at least 35 hours a week.
- The person you care for must get **certain benefits related to their disability or health condition.**
- Earn less than a **certain amount** per week. But your savings and your partner's income are not taken into account.

The care you give can be at any time of the day or night. It could include:

- Physically helping the person.
- Keeping watch over them, so they or others are kept safe.
- Doing practical tasks for them. Such as cooking, cleaning or taking them to appointments.
- Preparing for practical tasks, even when you're not with them. Such as food shopping or arranging appointments for them.

If you're a carer but are not eligible for Carer's Allowance, you may be able to claim Carer's Credit. Carer's Credit helps with gaps in your National Insurance record. Check GOV.UK to **see if you're eligible for Carer's Credit.**

How to apply for Carer's Allowance

If you're in England or Wales

You can **apply online** or **by post**. See a list of **what you'll need to apply** on GOV.UK. This includes information about yourself and the person you care for.

If you're in Northern Ireland

You can **apply online**, or **by post**. See a list of **what you'll need to apply** on GOV.UK. This includes information about yourself and the person you care for.

More information about Carer's Allowance

Claiming Carer's Allowance could affect your other benefits, or those of the person you care for. Carers UK have **information on Carer's Allowance,** including how it can affect other benefits.

You can find more information about Carer's Allowance on the government websites:

- **Carer's Allowance for England and Wales**
- **Carer's Allowance for Northern Ireland**

CARER SUPPORT PAYMENT

Carer Support Payment is to help you if you care for someone with a disability or long-term health condition.

Carer Support Payment is a **non-means tested benefit**. Although you, as the claimant, must still earn less than a certain amount to claim.

Where you can claim Carer Support Payment

You can apply for this benefit in Scotland.

Who can apply for Carer Support Payment?

You may be eligible for Carer Support Payment if you provide unpaid care for someone. The person you care for does not have to be a family member.

To apply for Carer Support Payment, you must:

- Be over 16 years old
- Provide unpaid care for at least 35 hours a week
- The person you care for must get **certain benefits related to their disability or health condition.**
- Earn less than a **certain amount** per week. But your savings and your partner's income are not taken into account.

The care you give can be at any time of the day or night. It could include:

- Physically helping the person.
- Keeping watch over them so they or others are kept safe.
- Doing practical tasks for them. Such as cooking, cleaning or taking them to appointments.
- Preparing for practical tasks, even when you're not with them. Such as food shopping or arranging appointments for them.

If you're a carer but are not eligible for Carer Support Payment, you may be able to claim Carer's Credit. Carer's Credit helps with gaps in your National Insurance record. Check GOV.UK to see if you're eligible for Carer's Credit.

How to apply for Carer Support Payment

You can **apply online**, by **post**, or by phone on 0800 182 2222. You can also **apply in person** with an adviser.

Scottish Carer Supplement

This is an extra payment. You'll get this automatically if you qualify for Carer Support Payment.

Carer Additional Person Payment

This is an extra payment if you also give unpaid care to other people. You must care for each additional person for at least 20 hours a week. See **information on claiming Carer Additional Person Payment** on mygov.scot.

More information about Carer Support Payment

Find information on **Carer Support Payment on mygov.scot**.

There is also more information about applying for Carer Support Payment from **Carers UK.**

UNIVERSAL CREDIT CARER'S ELEMENT

If you care for someone with a disability or long-term condition, you may qualify for the Universal Credit Carer's Element. This is an extra payment on top of your usual Universal Credit.

You may be able to claim if you provide unpaid care for at least 35 hours per week. The person you care for must be getting certain disability benefits.

See the earlier section for how to claim **Universal Credit**.

Turn2us have more **information on the Universal Credit carer's element**.

YOUNG CARER GRANT

Young Carer Grants can help if you're a young person who cares for someone with a disability or long-term health condition.

Where you can claim Young Carer Grants

You can apply for this benefit in Scotland.

Who can apply for a Young Carer Grant?

You may be eligible for Young Carer Grant if you provide unpaid care for family members, friends or neighbours.

To apply for a Young Carer Grant, you must:

- Be aged 16 to 19 years old.
- Live in Scotland.
- Give unpaid care to up to three people. The care you give must total at least 16 hours a week.
- The person or people you care for **must get certain benefits**.
- Have been caring for someone for at least three months.

How to apply for Young Carer Grants

You can **apply online,** by **post** or by phone on 0800 182 2222. See this **list of what you'll need to apply for a Young Carer Grant.**

More information about Young Carer Grants

You can find more information about **Young Carer Grants on mygov.scot**.

CHALLENGING A BENEFIT DECISION

You may find out that you have not been awarded a benefit, or you have been awarded less than you were expecting. It can be difficult to hear that you did not get the benefit decision you were hoping for.

You may feel disheartened by this, but you can challenge a benefit decision that you do not agree with. This means someone will look at your whole benefit claim again. Going through the appeal process may feel like a lot. But there is support available.

Independent advice agencies can help you with the paperwork and preparing your case.

For more information on how to challenge a decision, see the government information:

- **GOV.UK** for those claiming benefits in England and Wales
- nidirect for those claiming benefits in Northern Ireland
- mygov.scot for those claiming benefits in Scotland

If you live in England or Wales, Advice Now **have information on challenging a benefits decision**.

It's important you look after your mental wellbeing during this time, and get support. See the earlier section on **getting support and help when applying for benefits**.

EXTRA SUPPORT IF YOU CLAIM BENEFITS

You may find that even with the extra money from benefits, you're still struggling financially. You may be able to get other help and support if:

- You claim certain benefits
- You're on a low income

- Your local council can tell you what local support is available to you. **Find your local council**.
- Turn2us also have **information about financial support for different situations**.
- You may also find it helpful to read our information on **money and finding financial support.**

OTHER ORGANISATIONS

Independent advice organisations who can help you apply for benefits, challenge benefit decisions and find other financial support

Advicelocal

Find a local advice service: **advicelocal.uk**

Find a national advice organisation or charity: **advicelocal.uk/national-organisations**

Citizens Advice

- England: **citizensadvice.org.uk**
- Northern Ireland: **citizensadvice.org.uk/about-us/northern-ireland/**
- Scotland: **cas.org.uk**
- Wales: **citizensadvice.org.uk/wales**

Government websites

- UK Government: **GOV.UK**
- Northern Ireland: **nidirect.gov.uk**
- Scotland: **mygov.scot**
- Wales: **GOV.WALES**
- Find your local council: **gov.uk/find-local-council**

Benefit calculators to help you find out what you're entitled to claim

- Turn2us: **benefits-calculator.turn2us.org.uk**
- Policy in Practice: **betteroffcalculator.co.uk/login**
- Entitledto: **entitledto.co.uk/benefits-calculator**

Charities who provide benefits information and support for specific needs

Age UK

UK's largest charity working with older people

Advice line: 0800 678 1602

ageuk.org.uk

Carers UK

A charity which makes life better for carers.

Helpline: 0808 808 7777

carersuk.org

Disability Rights UK

Disabled People's Organisation (DPO) led by, run by, and working for disabled people.

disabilityrightsuk.org

Scope

A charity which exists to create a fair and equal society for disabled people.

Helpline: 0808 800 3333

scope.org.uk

Turn2us

Helping people in financial need gain access to welfare benefits, charitable grants and support services.

turn2us.org.uk

Contact

A charity supporting families with disabled children.

contact.org.uk

HELP AND SUPPORT FROM CROHN'S & COLITIS UK

We're here for you. Our information covers a wide range of topics. From treatment options to symptoms, relationship concerns to employment issues, our information can help you manage your condition. We'll help you find answers, access support and take control.

All information is available on our **website.**

Helpline service

Our helpline team provides up-to-date, evidence-based information. You can find out more on our **helpline web page.** Our team can support you to live well with Crohn's or Colitis.

Our Helpline team can provide support by:

- Providing information about Crohn's and Colitis
- Listening and talking through your situation
- Helping you to find support from others in the Crohn's and Colitis community
- Providing details of other specialist organisations

You can call the Helpline on **0300 222 5700**. Or visit our **LiveChat service**. You can read our information on **when the Helpline** is open for more details..

You can email **helpline@crohnsandcolitis.org.uk** at any time. The Helpline will aim to respond to your email within three working days.

Our helpline also offers a language interpretation service, which allows us to speak to callers in their preferred language.

Virtual Social Events

We offer people affected by Crohn's or Colitis the chance to join a virtual social event with others across the UK. The events will be a chance to chat, share experiences and potentially learn from others. Each event may have a specific topic but the overall discussion will be driven by what those attending wish to talk about.

Family, friends and colleagues are more than welcome to attend.

Visit our **Virtual Social Events** page to find out what is available.

Crohn's & Colitis UK Forum

This closed-group Facebook community is for anyone affected by Crohn's or Colitis. You can share your experiences and receive support from others. Find out more about the **Crohn's & Colitis UK Forum.**

Help with toilet access when out

There are many benefits to becoming a member of Crohn's & Colitis UK. One of these is a free RADAR key to unlock accessible toilets. Another is a Can't Wait Card. This card shows that you have a medical condition. It will help when you are out and need urgent access to the toilet. See **our membership webpage** for more information. Or you can call the Membership Team on **01727 734465**.

ABOUT CROHN'S & COLITIS UK

We're Crohn's & Colitis UK and we're changing what it means to live with these lifelong gut conditions. 1 in 123 people in the UK have Crohn's Disease or Ulcerative Colitis. These are unpredictable conditions that could flare up at any time.

No one should face that alone. That's where we can help.

We provide trusted information and support cutting-edge research. We also lead bold campaigns to get more people talking about Crohn's and Colitis. We help people understand these conditions, give them the attention they deserve and bring people together to create change.

This year, 25,000 people will be told they have Crohn's or Colitis. Once diagnosed, the obstacles continue. Today, there is no cure. People simply don't understand these conditions. So, we have listened. It's time for change & we're leading the way.

Our information is available thanks to the generosity of our supporters and members. Find out how you can join the fight against Crohn's and Colitis by calling **01727 734465.** Or you can visit [our website](#).

About our information

We follow strict processes to make sure our information is based on up-to-date evidence and is easy to understand. We produce it with patients, medical advisers and other professionals. It is not intended to replace advice from your own healthcare professional.

You can find out more on [our website](#).

We hope that you've found this information helpful. Please email us at evidence@crohnsandcolitis.org.uk if:

- You have any comments or suggestions for improvements
- You would like more information about the evidence we use
- You would like details of any conflicts of interest

You can also write to us at **Crohn's & Colitis UK, 1 Bishops Square, Hatfield, Herts, AL10 9NE.** Or you can contact us through the **Helpline** on **0300 222 5700**.

We do not endorse any products mentioned in our information.

Disability and sickness benefits, edition 2

Last review: June 2026

Next review: June 2029