



**Do you look after someone who couldn't manage without your help?**

## **Finances - Information on benefits**

The welfare benefits system is complicated, so it's a good idea to get a benefits check to make sure you and the person you are looking after are claiming all the benefits you are entitled to.

The following services provide information and advice about benefits:

- East Sussex Welfare Benefits helpline - 0333 344 0681 or email: [benefitseastsussex@harcuk.com](mailto:benefitseastsussex@harcuk.com) Website: [www://new.eastsussex.gov.uk/social-care/benefits/help](http://www://new.eastsussex.gov.uk/social-care/benefits/help)
- Lewes Citizens Advice Bureau (for people living within the area previously covered by High Weald, Lewes and Havens CCG) - 03444 111 444, email [info@harcuk.com](mailto:info@harcuk.com)
- Carers UK Helpline – 0808 808 7777, email [advice@carersuk.org](mailto:advice@carersuk.org). Website: [www.carersuk.org/help-and-advice/financial-support/help-with-benefits](http://www.carersuk.org/help-and-advice/financial-support/help-with-benefits).

### **Carer's Allowance**

As a carer you may be entitled to Carer's Allowance if you fulfil certain criteria, such as caring for someone for at least 35 hours per week, not earning over £120 per week, and the person you are caring for is receiving a qualifying disability benefit, such as Attendance Allowance, DLA or PIP. Find out more information at: [www.carersuk.org/help-and-advice/financial-support/help-with-benefits/attendance-allowance](http://www.carersuk.org/help-and-advice/financial-support/help-with-benefits/attendance-allowance).

If you receive a state pension, you won't receive Carer's Allowance but may receive 'underlying entitlements' to other benefits, such as Pension Credit.

It is really important to seek professional benefit advice before claiming Carers Allowance, particularly if the person you care for is in receipt of means-tested benefits. This is because claiming Carers Allowance may affect existing benefit allowances and what can be claimed by you and the person you care for.

## **Help with Council Tax**

You may be able to get help with your Council Tax bill. Certain people, including some carers and people with a 'severe mental impairment', are not included when the council works out how many people live in a property. You should contact your local district or borough council to discuss if you are entitled to a reduction. Find out more:

[www.carersuk.org/help-and-advice/financial-support/help-with-household-finances/council-tax-rate-relief](http://www.carersuk.org/help-and-advice/financial-support/help-with-household-finances/council-tax-rate-relief).

## **Disability benefits for the person you care for**

Depending on their level of need, the person you care for may be entitled to Personal Independence Payment (PIP) if between 16–64 years, or Attendance Allowance if they are 65 or over. Find out more:

[www.carersuk.org/help-and-advice/financial-support/help-with-benefits/attendance-allowance](http://www.carersuk.org/help-and-advice/financial-support/help-with-benefits/attendance-allowance).

## **Carer's Personal Budget**

This is a one-off payment you may receive, as a carer of an adult, following a Carer's Assessment, to meet your eligible needs where they cannot be met in other ways.

You cannot specifically apply for a Carers Personal Budget, but you may be offered one following a Carer's Assessment.

[www.eastsussex.gov.uk/socialcare/carers/personal-budget](http://www.eastsussex.gov.uk/socialcare/carers/personal-budget).

## **Care for the Carers**

Care for the Carers is an independent charity and the Carers Centre for East Sussex. We have been supporting and representing unpaid carers in East Sussex since 1989.

### **What do we do?**

Our team of staff and volunteers can provide free practical and emotional advice and support – face-to-face, by telephone, or online. We can put you in touch with other carers, and help you navigate the range of services available locally. We also run support groups and events for carers in East Sussex and training for health and social care professionals and volunteers working with carers.

Care for the Carers represents carers and raises awareness of caring, working with a variety of local communities, organisations and service providers to build a carer friendly East Sussex.

All our work is developed with carers, and in response to their expressed needs reflecting local and national strategy, legislation, research and best

practice. We work with carers so that they are empowered and can have a say in the policies and services that affect them.

During the Coronavirus pandemic, we are here to support all carers and offering our services by phone or online.

### **How to contact us**

Call our Carers Hub on 01323 738390, Monday to Friday, 10am to 5pm to speak with one of our team of dedicated support workers.

Email us: <mailto:info@cftc.org.uk>

Text us: 07860 077300

Request a call back using the contact details above.

More information and carer resources at: [www.cftc.org.uk](http://www.cftc.org.uk).

**No one left to care alone**

Phone: 01323 738390 Email: [info@cftc.org.uk](mailto:info@cftc.org.uk) Text: 07860 077300 Visit: [www.cftc.org.uk](http://www.cftc.org.uk)



Registered with  
FUNDRAISING  
REGULATOR



**bacp** | Accredited  
Service



**NHS**  
East Sussex  
Clinical Commissioning Group

A Network Partner of  
**CARERS  
TRUST**

Charity Number: 1074906. Registered Company No: 3677361. Registered address: Care for the Carers.  
Highlight House, 8 St. Leonards Road, Eastbourne, East Sussex. BN21 3UH