



Do you have long term ill health
or a disability?

Are you becoming frail, unsteady
or forgetful as you get older?

If so, you may be entitled to additional income.

**For further details contact South Norfolk Council's
Welfare Rights & Debt Adviser on 01508 533617**

www.south-norfolk.gov.uk

South Norfolk
COUNCIL 

Attendance Allowance

Attendance Allowance is a benefit for people over the age of 65 who are physically or mentally frail. It is not means tested or taxable.

Disability Living Allowance

Disability Living Allowance is a benefit for people under the age of 65 who have long term ill health or a disability which causes difficulties with walking or caring for themselves. It is not means tested or taxable.

You may be entitled to Attendance Allowance or Disability Living Allowance if you problems with things such as:

- getting in and out of bed
- washing, bathing or showering
- getting dressed and undressed
- using the toilet
- using the stairs
- taking medication
- eating or drinking

or if you need someone to watch out for you because you are:

- unsteady on your feet
- may trip, stumble or fall
- get confused
- cannot see or hear well
- have fits, seizures or blackouts

For more information on Attendance Allowance or Disability Living Allowance or for assistance with completing the application forms, please contact the Welfare Rights & Debt Adviser on 01508 533617.

Carers Allowance

If someone cares for you for 35 hours a week or more, they may be able to claim a Carer's Allowance.

For more information phone 01508 533617.