

Carer Support Payment (2025-26)

Even if you don't think of yourself as a carer, if you look after a partner, relative or friend who would find it difficult to manage without your help, you are considered to be a carer. You may be entitled to Carer Support Payment (CSP), which has replaced Carer's Allowance in Scotland.



You may be eligible for Carer Support Payment if you:-

- Are an unpaid carer who is 16 or over and usually lives in Scotland.
- Provide care 35 hours or more a week to someone who is ill or disabled.
- Care for someone who receives one of the following "qualifying benefits":-
 - Adult Disability Payment – daily living component.
 - Child Disability Payment – middle or highest care rate.
 - Pension Age Disability Payment.
 - Attendance Allowance.
 - One of the other benefits listed on the website linked below.
- Do not earn more than £151 a week, after tax and other deductions.
- Are not in full-time education or studying more than 21 hours a week.

You will move to CSP automatically if you already get Carer's Allowance.

How do you claim Carer Support Payment (CSP)?

- Find out more and claim online at www.mygov.scot/carers-support-payment or scan this QR code.
- Apply free by phone, Mon-Fri, 8am-5pm on 0800 182 2222.
- Download a claim form to post <https://tinyurl.com/Carer-Support-Form>



The helpline, website and form explain information you need to give, including your National Insurance Number, bank and employment details, and the date of birth, address and National Insurance Number (if they are over 16) or Child Reference Number (if they are under 16) of the person you care for.



Midlothian Financial Inclusion Network

c/o Midlothian Community Action, 4/6 White Hart Street, Dalkeith EH22 1AE
Scottish Registered Charity SC035964. Scottish Limited Company SC282964
Registered Office: 14a John Street, Penicuik, Midlothian, EH26 8AB

What is the current amount of Carer Support Payment?

From April 2025, the amount is **£83.30 per week**, usually paid every 4 weeks.

What if you receive State Pension or other Benefits?

If you receive State Pension, Maternity Allowance, Employment and Support Allowance and certain other benefits (please see via website linked overleaf), you may get a reduced level of Carer Support Payment. You will not receive Carer Support Payment if these benefits total more than £83.30 a week.

It is still worth applying as a successful claim means you have “underlying entitlement” to other benefits like Pension Credit or Housing Benefit.

What if the person you care for receives benefits?

If they get severe disability premium for Income Support, Income-based Jobseeker’s Allowance, Income-related Employment and Support Allowance or Pension Credit, premiums will stop if their carer gets Carer Support Payment.

They will also need to inform the council that their carer is getting Carer Support Payment if they receive Housing Benefit or Council Tax Reduction.

It’s important to discuss with them how claiming Carer Support Payment may affect their benefits before deciding to apply.

What if your or their circumstances change?

It is important to inform Social Security Scotland if there are certain changes in your circumstances or those of the person you care for. For example, if you take a break from caring or stop being a carer, or if the person you care for goes into hospital or a care home.

Informing them will ensure you’re not overpaid, have future payments stopped or reduced, or risk legal action for failing to report changes.

A full list of changes that must be reported to Social Security Scotland and information on how to tell them is available here: <https://tinyurl.com/Carer-Support-Changes>.