



Social Security Scotland  
Tèarainteachd Shòisealta Alba

# A guide to Young Carer Grant



Dignity,  
fairness,  
respect.

**mygov.scot**

## What is Young Carer Grant?

It's a new yearly payment of £300 for young carers aged 16 to 18 who live in Scotland. It's a cash benefit to spend as you choose and you can apply if you are at school, in further education, employed or unemployed.

## Can I get it?

You may be eligible for Young Carer Grant if you meet all of the criteria below:

- you live in Scotland
- you are aged 16 to 18
- you have been providing care for an average of 16 hours a week, for the last three months. The support may be physical, mental or emotional.
- the person or people being cared for are getting a qualifying benefit\*
- you are not caring for any of the people in the application as a volunteer
- you are not being paid to provide care for any of the people in the application
- you have not already applied for, or received Carer's Allowance from the Department for Work and Pensions, or Northern Ireland's Carer's Allowance.

\*Personal Independence Payment (PIP) - daily living component, Disability Living Allowance (DLA) - the middle or highest care rate, Disability Living Allowance (DLA) – for children, Attendance Allowance, Constant Attendance Allowance at or above the normal maximum rate with an Industrial Injuries Disablement Benefit, Constant Attendance Allowance at the basic (full day) rate with a War Disablement Pension, Armed Forces Independence Payment.

## How much is it and what can I spend it on?

It's a payment of £300. It's up to you what you choose to spend the money on.

## I share the care with someone else, can we both apply?

If more than one carer applies for the same cared for person, only the first eligible application will get the grant. If you provide shared care with someone else aged 16 to 18, you should both agree who should apply for the grant.

## **Other benefits/support for young carers**

There are other benefits available to young carers, including extra non-cash benefits on your Young Scot card. You can get extra discounts at certain stores and venues and other exclusive benefits, including cinema tickets and one-off special events. You don't have to be getting the Young Carer Grant to get these benefits.

You can also speak to your council about a Young Carer Statement – this helps the council understand how they can support you.

## **Does it matter how much time I spend caring to be able to get the grant?**

You must care, on average, for at least 16 hours most weeks. Don't worry if you've had a break or a few weeks where you didn't provide your normal amount of care – you can still get the grant if you spend at least 16 hours caring most weeks.

## **How long will it take to get the money?**

A decision on your application will be made once your complete application, including all supportive evidence has been received. We will then let you know the decision and your payment will follow shortly afterwards.

## **What ID and evidence will be required?**

Before applying, ensure you have the details of the account you wish the money to be paid into. If you know your National Insurance (NI) number and the NI of the person you care for, your application will be processed quicker.

After you have made your application you will receive a letter informing you of what ID you need to send to us to prove who you are and where you live.

## **Do I need to pay this money back?**

No, it's not a loan, it's your money and it doesn't have to be repaid.

## **Who is paid the money?**

The money will be paid directly to your chosen account.

### **When can I apply?**

You can apply yearly from age 16 up until your 19th birthday. You will have to reapply each year if you are still eligible.

### **Will this affect any other benefits for me or the person I care for?**

No, Young Carer Grant will be disregarded for UK benefit and tax credit assessments – meaning it won't affect any benefits you, or the person/people you care for, are on.

### **How do I apply?**

You can apply using our freephone helpline on 0800 182 2222, by post or online at [mygov.scot/young-carer-grant](https://mygov.scot/young-carer-grant).

**This leaflet can be provided in alternative languages or formats by calling 0800 182 2222.**

### **Who is Social Security Scotland?**

Social Security Scotland was set up by the Scottish Government to deliver a number of benefits.

These benefits will be introduced in stages by the Scottish Government. Once fully operational, we will be delivering benefits for people on low incomes, disabled people, carers, young people entering the workplace and to help people heat their homes.

Our head office is in Dundee, with a second base in Glasgow. We also have a growing team of people based across the country who are establishing a pre application face to face support service for our clients.

You can find out more about Social Security Scotland online at [socialsecurity.gov.scot](https://socialsecurity.gov.scot).



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