

# Disability Living Allowance - DLA



## What it is?

Disability Living Allowance (DLA) is a tax-free you can get if you need help getting around and/or looking after yourself because you are ill, disabled or terminally ill. You can also claim Disability Living Allowance for an ill or disabled child.

## Who can claim Disability Living Allowance?

You are eligible to claim Disability Living Allowance if

- You are over 16 and need help caring for yourself or getting around and have needed help for three months because of a severe physical or mental illness or disability, and you are likely to need it for at least another six months
- You are under 65 when you claim
- You are claiming for child who has care needs substantially greater than a child without disabilities of the same age.

## How much can I claim?

Depending on which component you are claiming for – care or mobility, and also the level of how your disability affects you will determine how much Disability Living Allowance you can claim.

## How do I apply?

You can fill in the form either on paper or by using a computer. Once you have finished the form, you need to sign it and send it back to your local benefits office.

## What happens next?

It takes on average 39 working days to complete the application process. You can check the process of your application by ringing

Telephone: 08457 123 456

Textphone: 0845 722 44 33

Email: [DBU-Customer-Service@dwp.gsi.gov.uk](mailto:DBU-Customer-Service@dwp.gsi.gov.uk)

## **Disability Living Allowance - DLA**

**Contact us at Lisieux Trust's Disability Information &  
Resource Centre for further assistance on telephone: 0121  
382 6660, text messaging: 07933 473 483**