

ADULT DISABILITY PAYMENT

Introduction

The information in this factsheet is intended to be a guide to the rules for Adult Disability Payment and does not cover every circumstance. It is possible that some of the information is over simplified or may become inaccurate over time, for example because of changes in the law. The rates shown are applicable from April 2024 to March 2025 and Blesma has made every effort to ensure that the information is correct at the time of publication.

1) What is Adult Disability Payment?

Adult Disability Payment is a disability benefit for adults who live in Scotland, who are aged 16 up to pension age. It is for those who have difficulty with their daily living activities such as washing and bathing, preparing food, managing therapy and making budgeting decisions (the daily living component) or difficulty with their mobility (the mobility component). It is paid to recognise the increased costs an individual may face due to their illness or disability. Social Security Scotland administers the benefit.

Adult Disability Payment is only available if you live in Scotland. If you live in England, Northern Ireland or Wales, please see Blesma's Personal Independence Payment factsheet.

If you are awarded Adult Disability Payment before state pension age, it can continue to be paid beyond state pension age, as long as you continue to meet the criteria.

If you are state pension age and not receiving Adult Disability Payment you may be able to claim Attendance Allowance. Please see Blesma's Attendance Allowance factsheet.

Adult Disability Payment is:

- non means tested (any income and capital you have will not affect the claim)
- not taxable
- paid whether or not you are working
- paid at different levels depending on your difficulties

2) Who can claim?

You can claim Adult Disability Payment if:

- you live in Scotland
- you are aged 16 and up to State Pension age when you claim **and**
- you pass the Adult Disability Payment assessment **(see section *) and**
- you satisfy the required period condition (your difficulties must have been present for three months before your claim and expected to last a further nine months after you claim) **and**
- you have resided in the common travel area (UK, Channel Islands, Isle of Man, Republic of Ireland) for 26 weeks out of the last 52 **and**
- you are not subject to immigration control

If you already receive Personal Independence Payment or working age Disability Living Allowance, at some point you will be transferred to Adult Disability Payment. The transfer will take place if:

- you report a change of circumstances to the Department for Work and Pensions
- your existing award of Personal Independence Payment or Disability Living Allowance is coming up for renewal **or**
- you ask to move to Adult Disability Payment

If none of the above apply, you will be transferred to Adult Disability Payment on a date selected by Social Security Scotland.

If you already receive one of the following allowances, you will not be able to receive the daily living component of Adult Disability Payment if they are paid at an equivalent or higher amount:

- Constant Attendance Allowance paid with War Pension
- Constant Attendance Allowance paid with Industrial Injuries Disablement Benefit

If you are already paid the following allowance, you will not be able to receive the mobility component of Adult Disability Payment:

- War Pension Mobility Supplement

If you are already paid the following allowance, you will not be able to receive Adult Disability Payment daily living or mobility component:

- Armed Forces Independence Payment paid with Armed Forces Compensation Scheme

3) How much is Adult Disability Payment?

Adult Disability Payment can be paid for one of two rates for each component, dependent on the number of points scored in the assessment.

Daily living component		
Standard rate	£72.65 per week	Score 8 – 11 points
Enhanced rate	£108.55 per week	Score 12 or more points
Mobility component		
Standard rate	£28.70 per week	Score 8 – 11 points
Enhanced rate	£75.75 per week	Score 12 or more points

4) How long is Adult Disability Payment paid for?

Once a claim is decided, you will be sent a notice of the decision. Awards of Adult Disability Payment are ongoing, which means payment of the benefit will continue for as long as the qualifying conditions are met. However, Social Security Scotland may review your award at some point. Your decision notice will tell you when this will take place.

If you have been awarded the enhanced rates of both components and your condition is highly unlikely to change, you will be eligible for an indefinite award.

Short Term Assistance

If a decision is made to either terminate or reduce an award of Adult Disability Payment on review and you challenge the decision (see section *), you may be able to receive Short term Assistance, which is a temporary payment to cover the reduction in award.

This does not have to be paid back regardless of the outcome of your challenge

5) Terminal illness

If you are terminally ill, you will automatically qualify for the enhanced rate of the daily living component and, if you have not reached state pension age, the enhanced rate of the mobility component. You will automatically be considered to have passed the disability tests and will not need to meet the qualifying period.

You will be considered terminally ill if you have a progressive disease that can reasonably be expected to cause your death. Your medical professional will need to complete a 'Benefits Assessment Special Rules in Scotland' (BASRIS form) which confirms your condition.

6) What if I go into hospital?

If you spend more than 28 days in hospital then your Adult Disability payment will be suspended. It can restart when you go home as long as you continue to meet the claim criteria. If you have more periods in hospital these can be added together if they are separated by 28 days or less.

7) What if I go into a care home?

The daily living component is not normally payable while you are resident in a care home in which any of the costs of your accommodation, board, personal care or other services are met out of public or local funds. Payment will usually stop after you have been living in a care home for 28 days.

If you are fully funding the cost of your care home, you can continue to receive the daily living component.

The mobility component is not usually affected by a stay in a care home.

8) Motability

Claimants entitled to the enhanced rate of mobility, that has more than a year left before review, have the option to lease a car through the Motability scheme. If you have a car through Motability, periods in hospital can affect this. You will need to contact Motability on 0300 456 4566 if your Adult Disability Payment is suspended by a stay in hospital. To find out more about Motability visit www.motability.co.uk or contact 0300 456 4566.

9) How do I claim Adult Disability Payment?

You can either claim by telephone or online. In either case the application is in two parts, unless you are claiming due to terminal illness, in which case there is only one part to make the process faster.

Claiming by telephone

For part one of the claim, telephone 0800 182 222. You will need to provide some personal details such as full name, date of birth and residence conditions.

For part two of the claim, you will be sent a paper claim form. You will need to complete and return this form within eight weeks.

Claiming online

Part one and part two of the claim can be completed online at www.mygov.scot/adult-disability-payment/how-to-apply

To apply online you will need to register an account with a user name and password. This is so you can save your application and come back to it later. You start the application by completing part 1. You then have eight weeks to complete part 2.

Whether you claim by telephone or online the information requested is the same.

Part 1 will ask you for:

- your personal details such as date of birth and your main address

Part 2 will ask you for:

- details about your condition and how it affects your ability to look after yourself, understand information and communicate with other people
- what help and support you need and why
- your ability to move around outdoors and make journeys
- details of any medication, treatment or equipment you need

For both the telephone and online route if you are going to have difficulty completing part 2 of the application within the eight week deadline, you should tell Social Security Scotland. If you have good reason for not meeting the deadline, you might be given more time.

10) How is my claim assessed?

Decisions on Adult Disability Payment entitlement are made by Social Security Scotland decision makers (known as case managers). A decision can be made based on the information you put on the claim form and any supporting evidence you send in. Examples of this can include:

- social care assessments
- medical reports
- prescription lists
- test results
- letters from people who know you, such as support workers, carers and family members

Social Security Scotland are also able to contact relevant people for evidence, such as your GP or specialist, but this can delay a decision on your claim as the statutory sector can be slow to respond.

If there is not enough information to make a decision on your claim, Social Security Scotland may need to talk to you. They may ask you to take part in a consultation, if this is the only way they can get the extra information they need.

The consultation is with a health and social care practitioner from Social Security Scotland. They will write a report which they will send to your case manager. This will help them make a decision on your application. The consultation may be by phone, video call, at a local

venue, or in your own home. Social Security Scotland will record the consultation, although you can opt out if you wish.

The consultation will not be a diagnosis or medical examination of your condition. It will only cover the areas of your application that Social Security Scotland need more information about.

If you have a carer, support worker or friend, they may also attend the assessment, but they will not be able to answer questions on your behalf (unless you have difficulty with communication). They will be able to add to what you have to say or prompt you if you forget to mention something. If you wish to have someone present, call Social Security Scotland on 0800 182 2222 before your consultation date.

Limb loss will not automatically entitle you to Adult Disability Payment (unless you have bilateral lower limb loss, where you would qualify for the enhanced mobility component). It is not the disability or condition you have, but how it impacts on your daily life that will entitle you to the benefit. Individuals react and manage differently, so those with the same disability or condition will not necessarily have the same benefit entitlement.

The assessment tests your ability to manage in everyday life. It is a points related assessment of your physical and mental condition and your cognitive functions based on twelve different activities.

Within each activity there are a number of descriptors. These describe your level of ability to carry out the activity and how much help you need with it. They have a sliding scale of scores that reflect your increasing inability to manage an activity and the relevant descriptor and score will be identified. See appendix A for the list of Activities and Descriptors and Appendix B for a definition of the terms used.

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If you cannot reliably complete an activity then you should be considered as unable to complete it. For the purpose of the assessment reliably means undertaking an activity:

- **Safely** – i.e. In a manner unlikely to cause harm to you or another person
- **To an acceptable standard** – e.g. where someone washes themselves inadequately but does not realise they are not clean after they have finished
- **Repeatedly** – i.e. being able to complete the activity as often as is required
- **Within a reasonable time period** – i.e. it takes you no more than twice the time taken by someone with no health problems or disabilities

The assessment takes account of changes in your disability or condition to reflect the fact that you may have good or bad days. The social care practitioner must consider your abilities over a course of a year i.e. three months before and nine months after your claim. This is referred to as the 'required period condition'.

For each activity, a suitable descriptor will be selected that reflects your ability to undertake that task. This will be considered to apply if you meet the descriptor for more than 50% of the required period.

If your condition fluctuates it may be difficult to determine which descriptor best describes your ability. For this reason, it may be beneficial to maintain a diary that records how your disability or condition affects you. You can send in a copy of the diary with your form, and this can be referred to by the social care practitioner as part of the assessment.

If, when using the reliability test, you score more than once in a given activity you will be awarded the highest descriptor.

11) The Decision

If you have been required to take part in a consultation, the social care practitioner will complete a report which will be passed to the case manager. This will be added to the information in your claim form and any other supporting evidence and then a decision will be made on your claim.

If you have not had a consultation, the case manager will make a decision based on the evidence they already have.

Social Security Scotland will send you a letter outlining the decision, with an explanation of how it has been reached referring to the points system they have used to review your difficulties.

If you have been awarded Adult Disability Payment, the letter will detail which components you have been awarded, the amount of the award, the length of the award and the reasons for making that decision. Details of the date payments will start and their frequency will also be included with the letter. Adult Disability Payment is usually every four weeks in arrears.

If you have not been awarded Adult Disability Payment, the letter will include a full statement of reasons for the decision. The letter will also explain what to do if you disagree with the decision.

12) What if I am unhappy with the decision?

If your application is refused, or you are awarded a lower rate than you feel you should be entitled to, you can challenge the decision. It is important to note that there is a risk in doing so, as a challenge to an award may result in a reduction in the award, or potentially losing it completely.

13) How do I challenge a decision?

You can have three attempts to challenge a decision, but there is a strict process to follow. There is a time limit to for you to register each stage of the process and you will need to follow each stage in order.

Redetermination

This is the first stage of challenging the decision. You have 42 days (six weeks) from the date on the decision letter to register your request for a redetermination. A late request, up to one year from the date you are notified, can be accepted if Social Security Scotland decides there is a good reason for the request being late.

A form will be sent to you with the decision letter, but you can also make the request by phone on 0800 182 2222. Your application will be looked at again by a different case manager within Social Security Scotland. They may agree with the original decision or change it. If you wish, you can send in some extra supporting evidence such as a letter from yourself why you disagree with the decision or evidence from a medical professional.

Social Security Scotland has a duty to make a redetermination within 56 days (eight weeks) of receiving a valid redetermination request.

If you are requesting a reconsideration following a reduction or ending to your award after a review, you are able to receive Short Term Assistance to cover the difference in payment. You can apply for Short Term Assistance at the same time as registering your redetermination.

Appeal to First Tier Tribunal

If your redetermination is unsuccessful then you have another opportunity to challenge the decision by appealing to the First Tier Tribunal. This must be registered within 31 days of the date of the redetermination decision letter.

A form will be sent to you with the redetermination letter, but you can also make the request by phone. Call Social Security Scotland on 0800 182 2222 to complete the appeal form over the phone, or to request a paper form.

The Scottish Courts and Tribunals Service is responsible for appeals on decisions for Social Security Scotland decisions. They are independent from Social Security Scotland. You are able to send in a submission as to why you think the decision is wrong. Your case may be heard on paper or in person. If you are successful, the award is backdated to the date of your claim.

Appeal to the Upper Tribunal

If your appeal is unsuccessful, you have another opportunity to challenge the decision through The Scottish Courts and Tribunal Service within 30 days of the first tier tribunal service notification of the decision. The appeal to the Upper Tribunal needs to be based on a point of law. As a result, these appeals can be complex, and it would be advisable to seek specialist advice.

Appendix A

Activities and descriptors

Introduction

The following is the list of Personal Independence Payment activities and descriptors. Some of these words have a legally defined meaning for the Personal Independence Payment assessment. For a meaning of terms please see appendix B.

Daily living activities and descriptors		
Activity 1: Preparing food		
Descriptor		Score
a	Can prepare and cook a simple meal unaided	0
b	Needs to use an aid or appliance to be able to either prepare or cook a simple meal	2
c	Cannot cook a simple meal using a conventional cooker but is able to do so using a microwave	2
d	Needs prompting to be able to either prepare or cook a simple main meal	2
e	Needs supervision or assistance to either prepare or cook a simple meal	4
f	Cannot prepare and cook food	8
Activity 2: Taking nutrition		
Descriptor		Score
a	Can take nutrition unaided	0
b	Needs: i. to use an aid or appliance to be able to take nutrition; or ii. supervision to be able to take nutrition; or iii. assistance to be able to cut up food	2
c	Needs a therapeutic source to be able to take nutrition	2
d	Needs prompting to be able to take nutrition	4
e	Needs assistance to be able to manage a therapeutic source to take nutrition	6
f	Cannot convey food and drink to their mouth and needs another person to do so	10

Activity 3: Managing therapy or monitoring a health condition		
Descriptor		Score
a	Either: <ul style="list-style-type: none"> i. does not receive medication or therapy or need to monitor a health condition; or ii. can manage medication or therapy or monitor a health condition unaided 	0
b	Needs either: <ul style="list-style-type: none"> i. to use an aid or appliance to be able to manage medication; or ii. supervision, prompting or assistance to be able to manage medication or iii. supervision, prompting or assistance to be able to monitor a health condition 	1
c	Needs supervision, prompting or assistance to be able to manage therapy that takes no more than 3.5 hours a week	2
d	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 3.5 but no more than 7 hours a week	4
e	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 7 but no more than 14 hours a week	6
f	Needs supervision, prompting or assistance to be able to manage therapy that takes more than 14 hours a week	8
Activity 4: Washing and bathing		
Descriptor		Score
a	Can wash and bathe unaided	0
b	Needs to use an aid or appliance to be able to wash or bathe	2
c	Needs supervision or prompting to be able to wash or bathe	2
d	Needs assistance to be able to wash either their hair, or body below the waist	2
e	Needs assistance to be able to get in or out of a bath or shower.	3
f	Needs assistance to be able to wash their body between the shoulders and waist	4
g	Cannot wash and bathe at all and needs another person to wash their entire body	8

Activity 5: Managing toilet needs or incontinence		
Descriptor		Score
a	Can manage toilet needs or incontinence unaided	0
b	Needs to use an aid or appliance to be able to manage toilet needs or incontinence.	2
c	Needs supervision or prompting to be able to manage toilet needs.	2
d	Needs assistance to be able to manage toilet needs	4
e	Needs assistance to be able to manage incontinence of either bladder or bowel	6
f	Needs assistance to be able to manage incontinence of both bladder and bowel	8
Activity 6: Dressing and undressing		
Descriptor		Score
a	Can dress and undress unaided.	0
b	Needs to use an aid or appliance to be able to dress or undress.	2
c	Needs either: <ul style="list-style-type: none"> i. prompting to be able to dress, undress or determine appropriate circumstances for remaining clothed; or ii. prompting or assistance to be able to select appropriate clothing 	2
d	Needs assistance to be able to dress or undress their lower body.	2
e	Needs assistance to be able to dress or undress their upper body	4
f	Cannot dress or undress at all	8
Activity 7: Communicating verbally		
Descriptor		Score
a	Can express and understand verbal information unaided	0
b	Needs to use an aid or appliance to be able to speak or hear	2
c	Needs communication support to be able to express or understand complex verbal information	4
d	Needs communication support to be able to express or understand basic verbal information	8

e	Cannot express or understand verbal information at all even with communication support	12
Activity 8: Reading and understanding signs, symbols and words		
Descriptor		Score
a	Can read and understand basic and complex written information either unaided using spectacles or contact lenses	0
b	Needs to use an aid or appliance, other than spectacles or contact lenses, to be able to read or understand either basic or complex written information	2
c	Needs prompting to be able to read or understand complex written information	2
d	Needs prompting to be able to read or understand basic written information	4
e	Cannot read or understand signs, symbols or words at all	8
Activity 9: Engaging with other people face to face		
Descriptor		Score
a	Can engage socially with other people unaided	0
b	Needs prompting to be able to engage with other people	2
c	Needs social support to be able to engage with other people	4
d	Cannot engage with other people due to such engagement causing either: <ul style="list-style-type: none"> i. overwhelming psychological distress to the individual; or ii. the claimant to exhibit behaviour which would result in a substantial risk of harm to the individual or another person 	8
Activity 10: Making budgeting decisions		
Descriptor		Score
a	Can manage complex budgeting decisions unaided	0
b	Needs prompting or assistance to be able to make complex budgeting decisions	2
c	Needs prompting or assistance to be able to make simple budgeting decisions	4
d	Cannot make any budgeting decisions at all	6

Mobility activities and descriptors		
Activity 11: Planning and following journeys		
Descriptor		Score
a	Can plan and follow the route of a journey unaided	0
b	Needs prompting to be able to undertake any journey to avoid overwhelming psychological distress to the individual	4
c	Cannot plan the route of a journey	8
d	For reasons other than psychological distress, cannot follow the route of an unfamiliar journey without another person assistance dog or orientation aid	10
e	Cannot undertake any journey because it would cause overwhelming psychological distress to the individual	10
f	Cannot follow the route of a familiar journey without another person, an assistance dog or an orientation aid	12
Activity 12: Moving around		
Descriptor		Score
a	Can stand and then move more than 200 metres, either aided or unaided	0
b	Can stand and then move more than 50 metres but no more than 200 metres, either aided or unaided	4
c	Can stand and then move unaided more than 20 metres but no more than 50 metres either aided or unaided	8
d	Can stand and then move using an aid or appliance more than 20 metres but no more than 50 metres either aided or unaided	10
e	Can stand and then move more than 1 metre but no more than 20 metres, either aided or unaided	12
f	Cannot, either aided or unaided: <ul style="list-style-type: none"> i. stand; or ii. move more than 1 metre 	12

APPENDIX B

Meaning of terms Adult Disability Payment: Activities and Descriptors

Introduction

This following is a list of definitions for the terms used in the Adult Disability Payment activities and descriptors.

Aid or appliance	a) Means any object or device which the individual needs to be able to perform an activity; and improves, provides or replaces the individual's impaired physical or mental function; b) Includes an object or device which a person without a disability might choose to use for the same function c) In relation to managing toilet needs, includes the use of incontinence pads; And d) Includes a prosthesis
Aided	Means with a) the use of an aid or appliance: or b) supervision, prompting or assistance
Assistance	Means physical intervention by another person and does not include speech
Assistance dog	Means a dog trained to guide or assist a person with a sensory impairment
Basic verbal information	Means information in the individual's native language conveyed verbally in a simple sentence and excludes information that is not communicated orally or received aurally
Basic written information	Means signs, symbols and dates written or printed in standard size text in the individual's native language
Bathe	Includes get into or out of an unadapted bath or shower
Communication support	Means support from a person trained or experienced in communicating with people in general, or the individual in particular, with specific communication needs, interpreting verbal information into a non verbal form and vice-versa
Complex budgeting decisions	Means decisions involving (a) calculating household and personal budgets; (b) managing and paying bills; and (c) planning future purchases.
Complex verbal information	Means information in the individual's native language conveyed verbally in either more than one sentence or one complicated sentence and excludes information that is not communicated orally or received aurally
Complex written information	Means more than one sentence of written or printed standard size text in the individual's native language.
Cook	Means heat food at or above waist height
Dress	Includes put on socks and shoes
Engage socially	Means (a) interact with others in a contextually and socially appropriate manner; (b) understand body language; and

	(c) establish relationships
Follow the route of a journey	Means for an individual to navigate and make their way along a planned route to a planned destination
Manage incontinence	Means manage involuntary evacuation of the bowel or bladder, including use a collecting device or self- catheterisation, and clean oneself afterwards
Manage medication/manage therapy	Means take medication/ undertake therapy, which improves the individual's symptoms or health, or, take medication/undertake therapy where failure to do so is likely to result in a deterioration in their health
Medication	Means medication to be taken at home which is prescribed or recommended by a registered medical practitioner; nurse; pharmacist; or health professional registered by the Health and Care Professions Council
Monitor a health condition	Means (a) detect significant changes in the individual's health condition likely to lead to a deterioration in their health; and (b) take action advised by a registered medical practitioner; registered nurse; or health professional registered by the Health and Care Professions Council, without which the individual's health is likely to deteriorate
Needs	Where used in relation to an aid or appliance, supervision, prompting or assistance from another person, means that it is reasonably required , though it may not have been available or provided
Orientation aid	Means a specialist aid designed to assist disabled people to follow a route safely
Prepare	In the context of food, means make food ready for cooking or eating
Prompting	Means reminding, encouraging or explaining by another person
Psychological distress	Means distress related to an enduring mental health condition or an intellectual or cognitive impairment
Read	Includes read signs, symbols and words but does not include read Braille
Reasonable time period	Means no more than twice as long as the maximum period that an individual without a physical or mental condition would normally take
Repeatedly	Means as often as the activity is reasonably required to be completed
Safely	Means in a manner unlikely to cause harm to the individual or to another person, either during or after completion of the activity, with consideration given to (i) the likelihood of harm; and (ii) the severity of the consequences of that harm
Simple budgeting decisions	Means decisions involving (a) calculating the cost of goods; and (b) calculating change required after a purchase
Simple meal	Means a cooked one course meal using fresh ingredients
Social Support	Means support from a person trained or experienced in assisting people in general, or the individual in particular, to engage in social situations
Stand	Means stand upright with at least one biological foot on the ground
Supervision	Means the continuous presence of another person for the purpose of ensuring the individual's safety
Take nutrition	Means

	(a) cut food into pieces, convey food and drink to one's mouth and chew and swallow food and drink; or (b) ingest nutrition by using a therapeutic source
Therapeutic source	Means parenteral or enteral tube feeding, using a rate-limiting device such as a delivery system or feed pump
Therapy	Means therapy to be undertaken at home prescribed or recommended by a registered medical practitioner; nurse; pharmacist; or health professional registered by the Health and Care Professions Council, but does not include taking or applying, or otherwise receiving or administering, medication (whether orally, topically or by any other means), or any action which, in the individual's case, falls within the definition of "monitor a health condition"
To an acceptable standard	Means to a reasonable standard for the activity, taking account of the impact on the individual of carrying out the activity to that standard
Toilet needs	Means (a) getting on and off an unadapted toilet; (b) evacuating the bladder and bowel; and (c) cleaning oneself afterwards
Unaided	Means without (a) the use of an aid or appliance; or (b) supervision, prompting or assistance
Undress	Includes take of socks and shoes