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Introduction

This guide has been compiled for the families of the children and young people attending Oaklands School and with their needs in mind. This guide was written in May 2022 and is updated periodically. An electronic copy is also available on request.

If you need any assistance in relation to anything mentioned in the guide, for example form filling, finding supporting documents etc. please contact Amy Steele, Family Link Worker at Oaklands at Amy.Steele@oaklands.edin.sch.uk, tel: 07591986980/0131 315 8100 . You can contact her with any comments or suggestions regarding this guide.

Benefits

Universal Credit

Universal credit is a payment to help with your living costs. It is either paid monthly or twice a month to people in Scotland. You may be entitled if you are on a low income, out of work or you cannot work.

Universal Credit is replacing the following benefits:

- Child Tax Credit
- Housing Benefit
- Income Support
- income-based Jobseeker's Allowance (JSA)
- income-related Employment and Support Allowance (ESA)
- Working Tax Credit

[Universal Credit: What Universal Credit is - GOV.UK \(www.gov.uk\)](https://www.gov.uk/universal-credit)

You can check what you are entitled to on the Entitled To Benefits calculator <https://www.entitledto.co.uk>. Alternatively, contact VOCAL, FAiR, Kindred or Contact (more details at the end of this document) for information and advice on benefits, as well as support with applying for them.

Heating Cost Help

Child Winter Heating Assistance

Child Winter Heating Assistance is a benefit from the Scottish Government. It was first paid in 2020. It is a payment to help disabled children and young people and their families with increased heating costs during the winter. It is paid once a year. The payment for 2022/23 is £214.10.

<https://www.mygov.scot/child-winter-heating-assistance>

Cold Weather Payment

The Cold Weather Payment is paid to individuals on low incomes and in receipt of certain benefits to help with heating costs when the temperature is recorded as, or forecast to be, colder than zero degrees Celsius across seven consecutive days.

[Cold Weather Payment: Overview - GOV.UK \(www.gov.uk\)](https://www.gov.uk/cold-weather-payment)

Special Grants and Emergency Support

Scottish Welfare Fund

The Scottish Welfare Fund helps families and people in Scotland who are on low incomes.

You can apply for a:

- [Crisis Grant](#) – if you're in crisis because of a disaster (like a fire or flood), or an emergency (like losing your money or job, or an unexpected expense)
- [Community Care Grant](#) – to help you or someone you care for to start to live, or to carry on living, a settled life in the community

Community Care Grant

The Community Care Grant helps you to cope with special difficulties. Normally awards will be made by giving goods such as removal expenses, bedding and clothing, storage/connection charges, furniture such as a sofa/armchair/bed, household equipment such as a cooker or a fridge. Where this is not possible, cash payments may be made. These are tax free and do not have to be paid back.

[Scottish Welfare Fund – The City of Edinburgh Council](#)

Crisis Grant

A Crisis Grant is a sum of money given by the Scottish Welfare Fund in a crisis. The grant is tax free and you do not have to pay it back. You can apply for a crisis grant online on the Edinburgh City Council website or call 0131 529 5299. Opening times are Monday-Thursday 10am to 4:45pm and Friday 10am to 3:40pm.

The Scottish Welfare Fund decide on your Crisis Grant application by the next working day. If you are successful in receiving a grant, you will receive a text message with a code that can be used to redeem a cash award from a Paypoint Vendor.

[Scottish Welfare Fund – The City of Edinburgh Council](#)

Emergency Food and Other Support

When you apply for a community care grant or crisis grant from the Scottish Welfare Fund, they will also offer you emergency food and clothing support. Some food and clothing banks can give you support even if you don't have a referral. However, because you can only use them in emergency for a short time, we want to help you find other support to meet your needs. Many organisations such as FAiR (contact details at the end of this document) can refer you to a food bank.

Disability Benefits

Eligibility

Definition of disability

The Equality Act (2010) defines a disabled person as:

“someone who has a physical or mental impairment that has a substantial and long-term adverse effect on his or her ability to carry out normal day-to-day activities”.

Child Disability Payment

Child Disability Payment provides support for the extra costs that a disabled child might have. You can apply for Child Disability Payment for a disabled child under 16. The disability can be mental or physical.

You can also apply for Child Disability Payment if the disabled child does not have a diagnosis. In such cases, you can tell Social Security Scotland about:

- how they're affected
- any symptoms they may have

Child Disability Payment is

- Made up of two components- Care and Mobility
- Care paid at three rates- lowest, middle or highest
- Mobility paid at two rates- lowest or highest

A child's care and mobility needs are not only about their physical ability. They can include:

- emotional difficulties
- behavioural difficulties
- mental difficulties
- developmental difficulties
- learning difficulties

If you currently get Disability Living Allowance (DLA) for children, you'll be automatically switched to Child Disability Payment before the end of 2022.

[Child Disability Payment - mygov.scot](https://mygov.scot/child-disability-payment)

Personal Independence Payment (PIP)

Personal Independence Payment (PIP) can help with extra living costs if you have both:

- a long-term physical or mental health condition or disability
- difficulty doing certain everyday tasks or getting around because of your condition

You can get PIP even if you're working, have savings or are getting most other benefits.

There are 2 parts to PIP:

- a daily living part - if you need help with everyday tasks
- a mobility part - if you need help with getting around

Whether you get one or both parts and how much you get depends on how difficult you find everyday tasks and getting around.

Daily living part

You might get the daily living part of PIP if you need help with:

- eating, drinking or preparing food
- washing, bathing and using the toilet
- dressing and undressing
- reading and communicating
- managing your medicines or treatments
- making decisions about money
- socialising and being around other people

Mobility part

You might get the mobility part of PIP if you need help with:

- working out a route and following it
- physically moving around
- leaving your home

[Personal Independence Payment \(PIP\): What PIP is for - GOV.UK \(www.gov.uk\)](https://www.gov.uk/what-pip-is-for)

Changes to Personal Independence Payment in Scotland

If you live in Scotland and get Personal Independence Payment (PIP) from the Department for Work and Pensions (DWP), your award will move to Social Security Scotland from summer 2022.

A new Scottish benefit called Adult Disability Payment will replace PIP.

DWP and Social Security Scotland will write to you

DWP will send you a letter to let you know when:

- your benefit will move to Social Security Scotland
- your PIP award will end

Social Security Scotland will send you a letter to let you know what will happen during the move.

They will send you another letter when the move is complete to let you know when your Adult Disability Payment is going to start.

DWP will continue to make payments until Social Security Scotland start to pay you. There will be no gap in your payments.

During the move, Social Security Scotland may need to call or write to you to confirm details like your address.

DWP and Social Security Scotland will move your award

If you live in Scotland DWP and Social Security Scotland will move your award without you having to do anything.

You'll not need to apply for Adult Disability Payment.

Social Security Scotland will not reassess or review your award during the move. If you were due a review with DWP, Social Security Scotland will review your award after you start getting Adult Disability Payment. This may affect your payment.

Your Adult Disability Payment begins the day after your PIP finishes.

[Changes to Personal Independence Payment in Scotland - mygov.scot](#)

Carers Allowance

If a child receives disability benefits, a parent/carer who spends at least 35 hours a week caring for child may be eligible for this allowance. Carers Allowance is money to help you look after someone with substantial caring needs.

- Receiving this allowance means that a national insurance contribution is paid towards the state pension
- A parent can earn up to £132/wk and still receive this allowance

[Carer's Allowance: How it works - GOV.UK \(www.gov.uk\)](#)

Carers Allowance Supplement

Carer's Allowance Supplement is an extra payment for people in Scotland who get Carer's Allowance on a particular date. Carer's Allowance Supplement is paid 2 times a year. For more information visit [Who can get Carer's Allowance Supplement - mygov.scot](https://mygov.scot/who-can-get-carers-allowance-supplement).

Carers Credit

Carers who don't qualify for Carers Allowance may qualify for Carers Credit. A person can get Carers Credit if they are caring for someone **at least 20 hours a week**. Whilst not being a financial benefit, Carers Credit is a National Insurance credit that helps with gaps in your National Insurance record. This is important, as the amount of State Pension a person receives is based on the record. Income, savings or investments don't affect eligibility for Carers Credit.

[Carer's Credit: Overview - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/overviews/carers-credit)

Education Maintenance Allowance (EMA)

EMAs are available to eligible people aged 16 to 19 who have reached school leaving age.

To be eligible, you need to meet the following criteria:

Residency

You need to have what's known as 'ordinary residence' to be eligible for EMA.

'Ordinary residence' means you live in one place. But there are rules that decide whether you're ordinarily resident in Scotland. There are different arrangements in place for different immigration statuses.

Household income

Your household income will also determine if you're eligible for EMA. Household income is the income of your parent(s) or carer(s) who live with you.

To qualify, households with one dependent child must be earning £24,421 per year or less, and households with more than one dependent child must be earning £26,884 or less, before tax.

Dependent children are those up to the age of 16 and those between the age of 16 and 25 in full time further or higher education.

Education

As well as the above, you can only qualify for EMA if you're any one of these:

- attending school full time
- getting [home education or flexi schooling](#)
- on a full or part-time non-advanced course in a college or education centre

[Apply for or renew an Education Maintenance Allowance \(EMA\) - mygov.scot](#)

Employment and Support Allowance

You can apply for Employment and Support Allowance (ESA) if you have a disability or health condition that affects how much you can work.

ESA gives you:

- money to help with living costs if you're unable to work
- support to get back into work if you're able to

You can apply if you're employed, self-employed or unemployed.

[Employment and Support Allowance \(ESA\): Overview - GOV.UK \(www.gov.uk\)](#)

Strategies for Applying

In claiming these allowances, we must focus on the challenges, the barriers faced, the extra care and support they need compared to a non-disabled child or young person their own age.

- For one week record all the tasks you carry out to care for your child- we 'routinise' what we do and forget that it is not ordinary
- When applying for benefits, then make sure to record the number of times you do something and the frequency e.g. daily/weekly etc.
- Mobility is also about supervision needs not just the ability to physically walk e.g. your child runs away, need a lot of management outside or in unfamiliar places, you get easily fatigued etc.
- Make a note of when it has to be in by – give yourself enough time to complete the forms
- Do a few sections at a time, get a friend to read through it- have you been consistent?
- This is hard- is there anyone you can talk to?
- Get support – make an appointment with an agency that can assist you to make the claim.

(Clare Edwards for Families Together, 2018)

Social Work Assessment (Section 23)

If your child has a disability or a long-term health condition, then you are likely to require additional help with family life. The social work department of your local authority has a duty to assess the needs of your child. This is called a Section 23 Assessment. Edinburgh has a social work team dedicated to working with children with disabilities.

Be prepared to wait for an assessment (sometimes several months). A social worker will come to your home to assess your child/young persons needs. The assessment will be based on a range of factors such as your child's health and behaviour, but also on your family's circumstances and your home environment. The section 23 assessment should be reviewed periodically and particularly when there has been a change in circumstances/needs.

The type of support provided varies from one local authority to another but is likely to include:

- Getting you a break from caring (or respite care) – examples are: a holiday playscheme, a few hours of help each week in the home, or weekend overnight care for children with high care needs.
- Equipment and adaptations for your home with advice from an Occupational Therapist.
- Providing access to practical assistance and advice on your caring role, for example: with travel, special cutlery, sleep and toileting, signposting to benefits services.

[Social Work Assessment \(Section 23\) | Kindred Advocacy \(kindred-scotland.org\)](#)

A Section 23 assessment may result in a further assessment by an occupational therapist (OT). The OT will decide whether your child requires aids and adaptations to your house.

Carers Assessment

As well as requesting an assessment of your child's needs you can also request an assessment for your own needs as a carer from your social work department.

[Your needs as a carer – The City of Edinburgh Council](#)

Self-Directed Support

The Scottish Government introduced new legislation in 2013 which gives you the right to more choice and control over services provided for your child. This is called Self Directed Support (SDS). The aim of SDS is to allow anyone affected by disability and ill health, including children, to live a full life by making their own choices rather than having to fit into services that happen to be provided.

Your social worker will discuss Self Directed Support with you as part of your child's Section 23 Assessment (see above). You can choose whether to purchase services yourself using a budget (called a Direct Payment) allocated by your social work department. However, you

have other options. You can choose to involve another care provider, or ask social work to organise services for you, or choose a mix of these options. It is important to note that if your child's needs are assessed as being low or moderate you may not receive a service or Direct Payment from social work, but you may be provided with information about other useful services available.

[Social Work Assessment \(Section 23\) | Kindred Advocacy \(kindred-scotland.org\)](#)

Additional Funding Sources

Funding for e.g. Toys, Furniture and Medical

You can apply for funding from charities and trusts, if what you need can't be obtained through the NHS. Most of the trust funds listed below require detailed financial information and a support letter from a medical professional. Turn2us can help parents check that they are receiving all the benefits that they are entitled to, and search for trust grants that they can apply to directly.

VOCAL: VOCAL supports and empowers unpaid carers in Edinburgh and Midlothian through individual support, information, training and access to services.

<https://www.vocal.org.uk/> Tel: 0808 196 6666

Family Fund: Family Fund is the UK's largest charity providing grants for families raising disabled or seriously ill children and young people.

<https://www.familyfund.org.uk/> Tel: 01904 550055

React: React helps families caring for a child with an illness, which is life threatening or has the potential to shorten their lifespan. Their purpose is to provide funding in situations where none is available elsewhere. Here are some examples of how they can help:

- Specialist or Medical equipment (unavailable through your Health Authority)
- Educational equipment (to aid your child's development when at home or in hospital)
- Domestic equipment (household items which contribute to your child's comfort or quality of life)
- Hospital Expenses (travel, food or related costs)

While Reacts criteria is for children with life threatening illness, they do seem to be able to help some children with significant developmental conditions, which will not necessarily shorten their life expectancy. Some parents have had help funding seating systems, toys and ICT.

<https://reactcharity.org/> Tel: 020 8940 2575

Cerebra: Cerebra try to help with as many different types of item as possible, if it will directly benefit a child and shouldn't be provided by someone else (NHS, Social Services, LEA). Their grant scheme funds up to 80% of the cost of equipment to make life easier and more enjoyable for children with neurological conditions.

Cerebra also have a lending library for sensory toys, including bubble tubes, fibre optics and bigger items and books on a range of subjects related to child development.

<https://cerebra.org.uk/> Tel: 01267 244 200

Newlife Foundation: Newlife provides grants for essential equipment such as specialist beds, wheelchairs, communication aids and much more. Newlife has funded over £6 million worth of equipment grants helping children across the UK.

<https://newlifecharity.co.uk/> Tel: 01543 462 777

Cash for Kids: Forth One radio has a very active charity supporting children and families across the Lothians. They have provided funding for trikes, iPads and other equipment not provided through health or education funding.

<https://planetradio.co.uk/forth/cashforkids/> Tel: 0131 475 1300

Teddy Bear Foundation: The Teddy Bear Foundation is a charity which aims to provide funding to families to improve the lives of children with disabilities. Funding is available for activities and equipment for children.

<http://www.theteddybearfoundation.org/> Email: info@theteddybearfoundation.org

Take a Break Scotland: Take a Break is Scotland's short breaks scheme to support carers of disabled children, young people and their families. Take a Break grants can be used for a break away, towards leisure activities or outing, sports equipment and much more.

<https://takeabreakscotland.org.uk/> Tel: 01904 571093

Trefoil: Trefoil offers personal development grants to under 25's with additional needs, as well as holiday grants for UK holidays.

<http://www.trefoil.org.uk/> Tel: 0131 220 3249 Email: trefoil@wssociety.co.uk

Independent Living Fund Scotland – Transition Fund: The fund supports young disabled people between 16 and 21, who are at an important transitional stage in their lives. The fund provides short-term grants for equipment expenses and technology that facilitate independence.

<https://ilf.scot/transition-fund/> Tel: 0300 200 2022

Challenger Children's Fund: Grants up to £500 towards maintenance clothing, apparatus, equipment, household appliances, furniture, adaptations to home or garden. Sometimes also for holidays. For physically disabled children aged 18 years and under who live in Scotland.

<https://www.ccfscotland.org/>

Douglas Hay Trust: One-off grants for children aged 18 and under who have a physical disability and live in Scotland. The Trust helps with the costs of shoes, clothing and bedding. The Trust occasionally gives grants towards educational equipment.

Email: dht@jsca.co.uk

John Watson Fund: Award grants for educational purposes to children and young people up to and including the age of 21 who have a physical or learning disability or who are socially disadvantaged.

<https://www.wssociety.co.uk/charities/jwt> Tel: -0131 220 3249

Crowdfunding Websites- <https://www.gofundme.com/en-gb> or <https://www.justgiving.com/>

You do not have to be a charity to fund raise for a good cause, such as your child's equipment, toys or private medical procedures.

Funded or Discounted Holidays

Shared Care Scotland: <https://www.sharedcarescotland.org.uk/> Tel: 01383 622462 Email: office@sharedcarescotland.com Shared Care as an online directory of short break services and a telephone enquiry line. It helps you find the services/grants that can fund your short break.

VOCAL Short Breaks Fund: www.vocal.org.uk/short-breaks-fund Tel: 0131 622 6666
Carers living or caring for someone in Edinburgh can apply to Vocals short Breaks Fund for funding and assistance to take a break from caring.

VOCAL Wee Breaks: <https://weebreaks.com/> Tel: 0131 622 6666
For Carers living in Edinburgh or Midlothian. Wee Breaks aims to support unpaid carers to take regular planned breaks from their caring role. They support with funding applications, organising activities and transport, emergency planning and replacement care.

Care for Carers: [Care for Carers \(care4carers.org.uk\)](http://care4carers.org.uk) Tel: 0131 661 2077
Care for Carers is a voluntary organisation providing a range of support services for carers, including local events and short breaks.

Trefoil: <https://www.trefoil.org.uk/> Tel: 0131 220 3249 Email: trefoil@wssociety.co.uk

Trefoil offers grants to families with children under the age of 18 for a much-needed holiday in the UK.

The Adamson Trust: <https://www.theadamsontrust.co.uk/> Gives financial help with the cost of holidays and respite breaks for young people aged 17 and under with a physical, mental or emotional disability.

Challenger Children's Fund: <https://www.ccfscotland.org/>

Grants up to £500 towards holidays. For physically disabled children aged 18 and under who are resident in Scotland.

React's Holiday Homes: <https://reactcharity.org/what-we-do/holidays> Tel: 020 8940 2575
Families can apply for a week's holiday at one of the charities mobile homes across the UK.

Where to get more information and support:

Disability Information Scotland:

www.disabilityscot.org

Helpline: 0300 323 9961

Vocal:

<https://www.vocal.org.uk/>

Helpline: 0131 622 6666

FAIR: (Family Advice & Information Resource)

www.fairadvice.org.uk

Helpline: 0131 662 1962

Kindred Advocacy:

www.kindred-scotland.org

Helpline: 0800 031 5793

Citizens Advice Bureau: www.citizensadvice.org.uk/scotland/ Providing expertise on all sorts of issues to do with benefits, work, rights etc. Also, things like management and fundraising, resources such as IT support, tools and training to support advice giving and help with running campaigns. Search on the website for your local office.

Department of Work and Pensions: [Department for Work and Pensions - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

The Department of Work and Pensions is here to promote opportunity and independence for all. Supporting people to achieve their potential through employment, helping more people into work and supporting those who cannot work. The Department of Work and Pensions is also working to improve rights and opportunities for disabled people. The Office for Disability Issues is the focal point within the government to coordinate disability policy across all departments.

Grapevine Disability Information Service: <https://www.lothiancil.org.uk/> Helpline: 0131 475 2370
Part of Lothian Centre for Inclusive Living.

Disability Benefits Assistance via www.mygov.scot

Entitled To (independent benefits calculator) <https://www.entitledto.co.uk/>

Use the free benefits calculator to see what you can claim and if what you receive is correct. The calculator is anonymous and free to use.

Turn2Us: <https://www.turn2us.org.uk/>

Turn2Us is a national charity that helps people in financial hardship to gain access to welfare benefits, charitable grants and support services.

StepChange Debt Charity: <https://www.stepchange.org/>

StepChange provide the UK's most comprehensive debt advise service.