



UK Government

Cost of Living Disability Payment

**Easy
Read**



**Help for
Households**

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1

Introduction



From 20 September 2022, 6 million people in the UK who get certain disability benefits will automatically get a one-off £150 payment.

We call this a Disability Cost of Living Payment.



This payment is to help with the rising cost of living and higher disability-related costs, such as care and mobility needs.



This easy read leaflet gives more information about the Cost of Living disability payment.

For more information, go to gov.uk/costoflivingpayments

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People on low income benefits



To get the Cost of Living disability payment, a person must have received one of the following qualifying benefits:

- Attendance Allowance
- Constant Attendance Allowance.



- Disability Living Allowance for adults
- Disability Living Allowance for children
- Personal Independence Payment.



- Adult Disability Payment (in Scotland)
- Child Disability Payment (in Scotland).



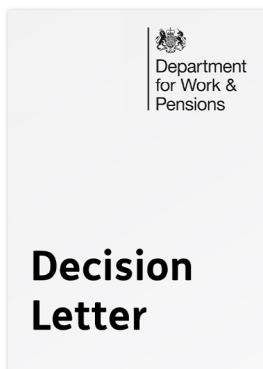
- Armed Forces Independence Payment
- War Pension Mobility Supplement.



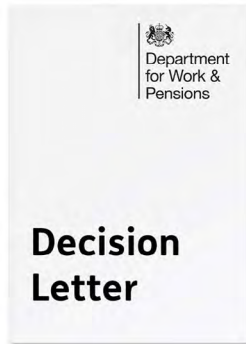
**25 May
2022**



Your qualifying benefit must have been in payment on **25 May 2022**.



You may be waiting on a decision about one of these qualifying benefits.



**25 May
2022**



If this decision includes an award which covers 25 May 2022, the Disability Cost of Living Payment will be paid automatically.



**20 September
2022**



The disability payment will start on **20 September 2022** and may take a few weeks before you see it in your account.

Most payments will be made by the end of October 2022.



**Paid the
same as
regular
payments**



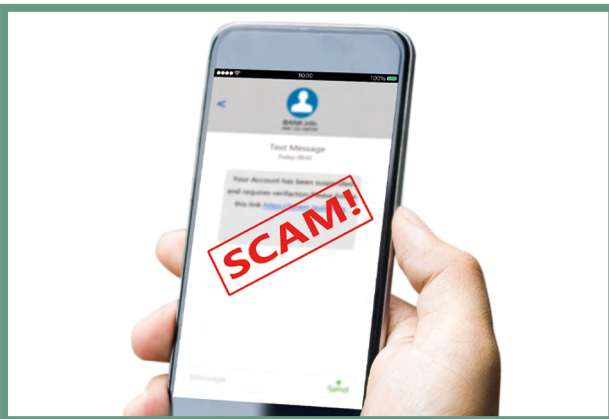
Those who qualify for the disability payment will get their £150 in the same way they get their regular benefit payments.



The Disability Cost of Living Payment is assessed on an individual basis.



If a household has multiple disabled occupants, each person will get a Disability Cost of Living Payment.



If you have had a message asking you to apply or contact someone about the payment, this may be a scam.

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Other payments for all households



All households will get **£400** to help with energy bills.



In total, millions of vulnerable households will get at least **£1200** from the government this year to help with rising costs.



There are specific types of payment depending on your circumstances, such as:

- People on low-income benefits
- Pensioners
- People on disability benefits.



To check if you qualify, go to:

[www.gov.uk/government/
publications/cost-of-living-support/
cost-of-living-support-factsheet-26-
may-2022](https://www.gov.uk/government/publications/cost-of-living-support/cost-of-living-support-factsheet-26-may-2022)

For more information, go to gov.uk/costoflivingpayments