

Welfare Rights Conference 2026

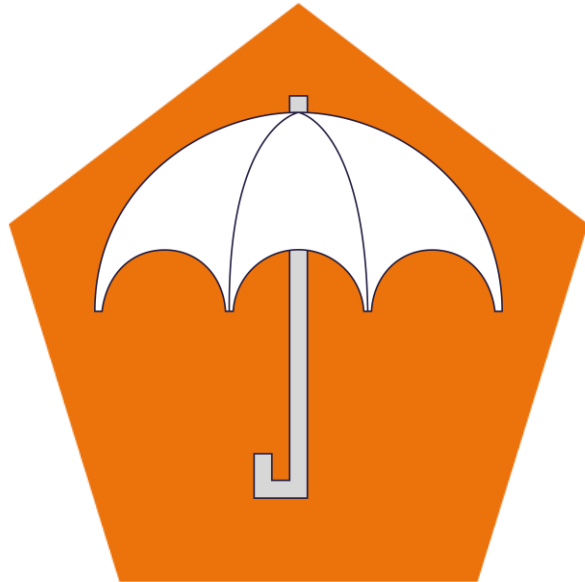
Carer support – a practical update

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Carer support changes



From 15 March 2026, carer support is the new umbrella term for carer support payment (CSP), carer additional person payment (CAPP), and Scottish carer supplement (SCS)

CSP is the gateway benefit: you cannot get CAPP or SCS unless you are being paid CSP

People with underlying entitlement to CSP cannot get CAPP or SCS

Carer support

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graph TD; A[Carer support] --> B[carer support payment]; A --> C[carer additional person payment]; A --> D[Scottish carer supplement]; B --> E[main carer benefit]; C --> F[must get CSP and meet criteria]; D --> G[automatic for anyone getting CSP];
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carer
support
payment

main carer
benefit

carer
additional
person
payment

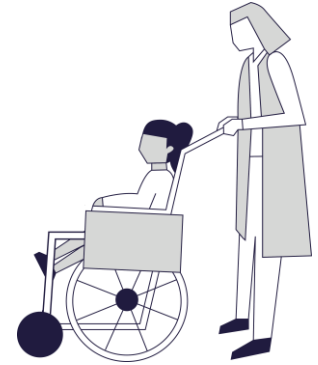
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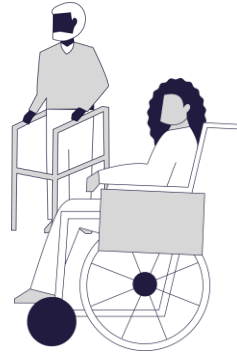
Carer support changes – Scottish carer supplement

- Replaces carer's allowance supplement, which was paid twice a year
- Scottish carer supplement is paid with CSP, for each week you get CSP
- Scottish carer supplement is £11.70 a week (April 2026)
- Introduced from 15 March 2026
- Not income for UC (or other benefits)



Carer support changes – carer additional person payment

- CAPP is for a CSP claimant who cares for at least one other person
- Introduced from 15 March 2026
- Must care at least 20 hours pw for additional cared-for person who receives a qualifying disability benefit
- Caring hours can be carried out at the same time for all cared-for persons
- CAPP is £10.40 a week (April 2026) per additional cared-for person
- No maximum number of CAPPs
- Not income for UC (or other benefits)



Carer additional person payment claims



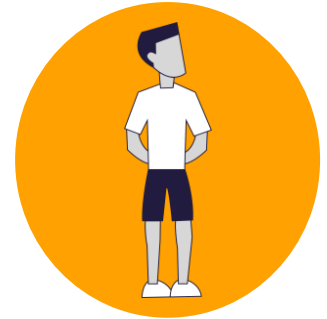
- If getting CSP on 15/3/26 can claim CAPP on CAPP application form (until 15/9/26 only; after that, report a change of circumstances)
- If not getting CSP on 15/3/26 can apply for CSP and CAPP using a combined application form
- Apply online, by phone, by post, via local delivery service
- Social Security Scotland will contact cared-for person to let them know a claim has been made
- Can backdate CAPP 13 weeks, or longer if apply within 13 weeks of award of qualifying benefit, or have good reason for applying late

Carer additional person payment exclusions

- Cannot get CAPP if another carer is already receiving CAPP for the same person
- Can get CAPP for an additional cared-for person where someone else gets CSP, carer's allowance, young carer grant, or the carer element of UC for the same person
- Can choose *not* to get CAPP or to end CAPP eg, so someone else can get it – tell Social Security Scotland you've stopped caring for them



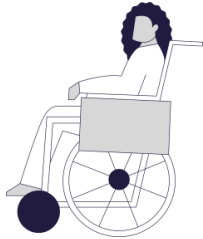
Young carer grant



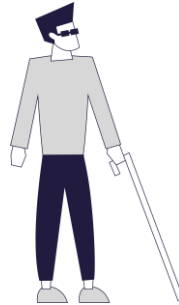
- Payment for 16- to 19-year-old carers (increased from 18-year-old on 16 November 2025)
- One annual lump sum of £405.10 (April 2026)
- Must not be entitled to CSP
- Must be providing care for at least 16 hours pw on average
- Can add hours of care for up to 3 people, as long as they all get a qualifying benefit
- Can be paid if someone else getting CSP/CAPP/UC carer element for same person but not where someone else had young carer grant in the past year

Who should get CSP, CAPP & YCG for whom to maximise income?

All live together and get a qualifying benefit apart from the 20-year-old brother



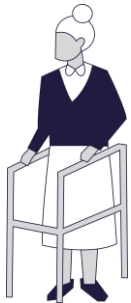
Mum



Dad



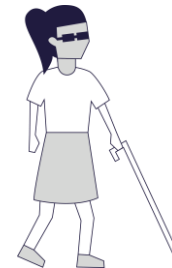
20-year-old
brother



pensioner
grandma

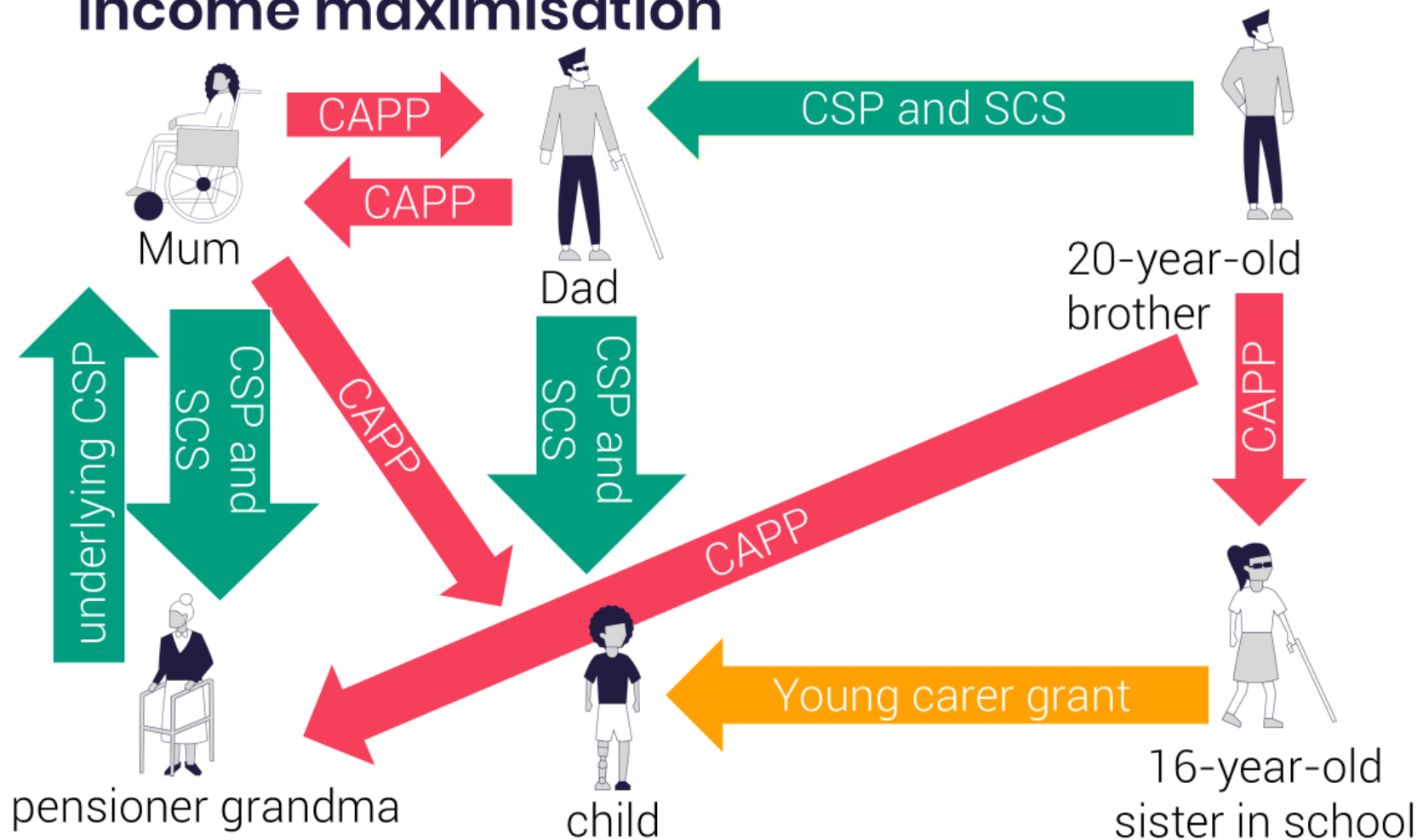


child



16-year-old
sister in school

Income maximisation



Carer support changes



- CSP/SCS/CAPP continues for 12 weeks (was 8) after someone dies (from 15/3/26)
- Advance claims can be made up to 13 weeks before entitlement starts (since November 2025)
- Backdating requests must be made within 13 weeks of determination of CSP award (or later with good reason if not requested within 13 weeks)
- 13 weeks backdating or to date qualifying benefit awarded if claim within 13 weeks of qualifying benefit decision

Temporary breaks in care



NEW No longer need to have cared for a period before you can get CSP/SCS/CAPP during a break in care

- Nancy cares for her mum and her son, Sam. Nancy applies for CSP for mum and CAPP for Sam. That same day her mum goes into hospital, and Nancy doesn't provide care for 3 weeks. As long as she cares for 14 out of 26 weeks, while cared-for person (or carer) is in hospital, CSP & CAPP can be paid without a gap (but no CSP if disability benefit stops)
- Sam goes on holiday with his dad for 6 weeks in the summer. CAPP stops after 4 weeks (can get CSP/CAPP for break of up to 4 weeks in any 26-week period for any reason).
- Note: if CSP stops, so does SCS & CAPP

Moving to and from Scotland

Moving to Scotland

- If you get carer's allowance and move to Scotland, you have to claim CSP
- Claim within 26 weeks of the move to get backdating to when CA stops
- Carer's allowance continues for 13 weeks after you move to Scotland



Moving from Scotland to elsewhere in UK

- You can be paid CSP for up to 13 weeks after the move
- You will need to apply for carer's allowance in the rest of the UK

Interaction with other benefits

CSP passports to

Carer element in UC (but CSP counts as income)

Carer premium/addition in HB, council tax reduction, pension credit (but CSP counts as income)

Exemption from the benefit cap

NI credits for carer

No work-related requirements in UC

All components are taxable (except CAPP)

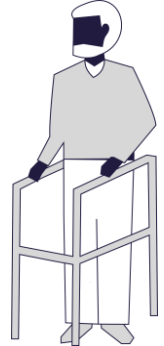
Interaction with other benefits – UC carer element



- You can get a UC carer element if you get CSP (or underlying entitlement), or
- You're a carer and satisfy carer's allowance entitlement conditions other than earning more than the £204 pw limit (but not if eligible for LCWRA element – you can't get both)
- You can backdate carer element when CSP is awarded up to 13 months (rules to be changed soon to allow backdating in line with the qualifying benefit award)
- If you get the carer element and then are found to have LCWRA, the transitional element is reduced by the difference between the two amounts, not the full amount of LCWRA (*MJ* case)

Interaction with other benefits – severe disability premium and carer support payment

- Severe disability premium (SDP) is an additional amount in pension credit, housing benefit and council tax reduction
- SDP is only paid if no-one gets CSP or UC carer element for caring for you *and* you live alone or only with other disabled adults getting a qualifying benefit
- Getting CSP can mean the cared-for person loses the SDP in some benefits - but only if CSP is paid ie, not if it's only an underlying entitlement
- NB – getting carer additional person payment for someone does not stop their SDP



CSP and new-style ESA



- CSP overlaps with new-style ESA (& other benefits like state pension, maternity allowance)
- You get paid new-style ESA and £0 CSP – just have underlying entitlement to CSP
- If you also get UC, these benefits count in full as income so don't make you any better off in UC
- BUT if paid CSP you get Scottish carer supplement – not income for UC so better off by £11.70 pw
- If you can also get CAPP then even better off on CSP
- If you choose CSP rather than new-style ESA, be aware it could affect LCWRA (rate/credits/new WCA) if in future you stop caring or lose UC

Case study



Mandy cares for her disabled daughters – Poppy, aged 4 and Daisy, aged 7. Mandy gets UC with 2 child elements and 1 disabled child element for Daisy, who was awarded CDP middle rate care component last month, from 8 November 2025.

1. When should Mandy apply for CSP for caring for Daisy? Can it be backdated?
2. Can Mandy get the UC carer element? When from?
3. Poppy is awarded CDP middle rate care component on 4 June, backdated to 12 January. Can Mandy get CAPP? When from?
4. Mandy's mum is awarded pension age disability payment. Mum gets pension credit with a severe disability premium. What can Mandy get for caring for her mum?

Help for advisers



Advice by telephone: **0141 552 0552**

Monday to Thursday, 10am - 4pm,
Friday 10am – 12 noon.

Advice by email:
advice@cpagscotland.org.uk

Free, independent, expert, up-to-date advice and information to frontline advisers and support staff on all aspects of the benefits system. [More info here.](#)

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It also provides practical guidance on overpayments, deductions from benefits to third parties, how to challenge benefit decisions, and provides the expertise needed to maximise clients' income, carry out comprehensive benefits checks, support claims and deal confidently with problems when they arise.

We've also produced a wall chart (available in A2 and A4) which give quick and handy access to the benefit rates for 2026/27.

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