



Are you a carer?

You may not think of yourself as a carer because the ill or disabled person you care for may be a husband, a wife, a child, a relative or a friend.

Did you know?

You can claim Carer's Allowance from age 16 years and there's no higher age limit.

The rules are complicated, some people who claim Carer's Allowance will receive it but for many people it will increase other benefits they already receive such as income-based JSA, Income Support, Pension Credit, Housing Benefit or Council Tax Benefit.

For others it may mean that they are entitled to these benefits for the first time.

If you care for somebody for 35 hours a week or more why don't you check out if you can benefit from claiming Carer's Allowance.

(The adult or child you care for must receive a disability benefit such as Disability Living Allowance or Attendance Allowance for you to be able to claim Carer's Allowance, but many people miss out on these benefits too.)

If you would like more information or help in claiming **Carer's Allowance** or other benefits mentioned on this leaflet, **see over for who to contact.**



Citizens Advice Bureau

Craven CAB	01756 700210
Hambleton CAB*	01609 770309
Harrogate CAB*	01423 567150
Richmondshire CAB*	01748 823978
Ripon CAB*	01765 603297
Ryedale CAB*	01653 692740
Scarborough CAB*	01723 368710
Selby CAB*	08451 203718
Whitby CAB*	01947 605157
York CAB*	0870 126 4850



Community
Legal Service



*These organisations hold
the Legal Services Commission
Quality Mark as of 07/04

Carers Organisations

Hambleton & Richmondshire Carers Centre	01609 780872
Carers Resource (Harrogate & Craven)	01423 500555
Scarborough and Ryedale Carers Resource	01751 473727
Selby & York Carers Centre*	01904 724466

Age Concern

Age Concern North Yorkshire (Harrogate)*	01423 502253
Age Concern Knaresborough*	01423 864956
Age Concern North Yorkshire (Northallerton)*	01609 771624
Age Concern North Craven	01729 823066
Age Concern Ripon	01765 692219
Age Concern Scarborough & District*	01723 379058
Age Concern Selby District	01757 704115
Age Concern York	01904 627995

City of York Council

Benefits Advice	01904 552233/552252
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