



Your Care

Thoughtful care, from our family to yours.

Attendance Allowance: a checklist before
you apply

If you're supporting an older parent, forms like this can feel like a lot. This checklist is here to make it simpler, and to help you feel a bit more steady before you start.

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A quick, important note

Attendance Allowance is for people over State Pension age who need help with personal care and/or supervision to stay safe because of a health condition or disability.

A lot of families assume it only counts if someone is doing hands-on care. That's not true.

It's worth including support if, without it, there's a real risk of:

- ✓ falls
- ✓ medication mistakes
- ✓ leaving appliances on
- ✓ not eating or washing

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Quick eligibility check

Attendance Allowance is for someone who:

- Is state Pension age or older (currently 66+)
- Has a physical or mental health condition (including dementia)
- Needs help with personal care and/or supervision to stay safe.

It's not means-tested, so savings and income don't usually affect eligibility.

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Before you write anything down: think “bad days”

Most people naturally describe their parent/loved one on a good day. The form needs the reality on the harder days.

Ask yourself:

- If a stranger had to step in tomorrow, what would they need to do to keep Mum, Dad or loved one, **safe, comfortable, and calm?**

What counts as “help” (a fuller checklist)

You don't need perfect wording. Bullet points are fine. Try to note what happens, how often, and what someone has to do to reduce risk.

Meals, nutrition, and kitchen safety

This can count if they need help to eat enough, eat safely, or avoid accidents.

Common examples:

- Needs prompting or encouragement to eat and drink, otherwise misses meals
- Cannot manage cooking safely (forgets plans, leaves hot on)
- Microwaves food that isn't suitable, or forgets it's in there
- Can't make a hot drink safely (risk of scalds)
- Loses weight or becomes dehydrated without support

Washing, bathing, and falls risk

Supervision counts if it's needed to prevent harm.

Common examples:

- Only showers or has a bath if someone is in the home because of previous falls
- Needs someone nearby while washing in case they slip, feel dizzy, or can't get out safely
- Avoids washing unless someone is there, because they're frightened of falling

Dressing and personal care

Common examples:

- Needs help choosing appropriate clothes (weather, day/night confusion)
- Struggles with buttons, socks, shoes, or putting clothes on safely due to stiffness or balance
- Needs help with continence, toileting, or staying clean

Medication (including “as needed” tablets)

This can count if there's a risk of missed doses or double-dosing.

Common examples:

- Forgets what tablets they've taken and takes another dose
- Needs someone to check, record, or monitor medication because they get confused
- Needs someone to organise medication, keep track, or make sure it's taken at the right time

Memory, judgement, and safety around the home

This is often where people don't realise supervision can count.

Common examples:

- Leaves the hob on, forgets pans, or doesn't recognise danger
- Leaves doors unlocked, opens the door to strangers, or is vulnerable to scams
- Can't safely manage household routines without someone keeping an eye on them

Eyesight changes and day-to-day risk

Common examples:

- Can't read use-by dates on food and is at risk of eating spoiled food
- Can't read labels or instructions safely (cleaning products, medication labels etc)
- Needs help to check food in the fridge, manage waste, or keep the kitchen safe

Getting out, low mood, and mental health

This can be relevant if they need support to leave the house safely, or if they're effectively housebound without help.

Common examples:

- Doesn't go outside the four walls of the home without someone with them
- Low mood, anxiety, or lack of confidence means they withdraw and stop engaging
- Needs encouragement and support to get out for fresh air, appointments, or social contact

Shopping and practical support

Shopping isn't "personal care" on its own, but it often links to safety, nutrition, and wellbeing.

Common examples:

- Needs someone to go with them to shop because of falls risk, confusion, or anxiety
- Can't manage online shopping (no internet, can't use it, or finds it overwhelming)
- Needs someone to collect shopping to make sure there's enough food in the house

Housework, garden, and falls prevention

Housework and gardening aren't the core of Attendance Allowance, but the risk and supervision around them can matter.

Common examples:

- Can't safely bend, kneel, or carry items without risk of falling
- Gets stuck getting up from kneeling or crouching
- Needs help keeping pathways clear (inside or outside) to reduce trip hazards
- Garden or entrance becomes unsafe without support (slips, uneven ground, clutter)

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Gather a few simple examples (this really helps)

Try to note:

- What happens
- How often it happens
- What you (or someone else) has to do to help
- What might happen without that help

Example: "Leaves the hob on at least twice a week. Needs supervision when cooking, otherwise there's a fire risk."

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The “call first” tip (can help with backdating)

If you request the form by phone, the claim is usually backdated to the date of your call (as long as you return the form within six weeks).

- Attendance Allowance helpline: 0800 731 0122
- GOV.UK information page: <https://www.gov.uk/attendance-allowance>

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Planning the right support

Attendance Allowance is designed to fund the help needed to stay independent. If you're wondering how to turn this financial support into practical care - or you want to know what kind of help would best support your parent's safety at home - we're here to help. Call Your Care on 0117 947 7422 for a no-pressure chat about organising the right support for your family.

Print-friendly tick list:

- I've checked the age and basic eligibility
- I've written notes based on bad days
- I've listed day-time needs and risks
- I've listed night-time needs and risks
- I've gathered 5 - 8 real examples (what happens, how often, what help is needed, what the risk is)
- I've called first (if I want the claim backdated)
- I know who to call if I want to talk it through (01179477422)