

# FACTSHEET

## Sources of help for a child/adult with a disability



Also see our Trust Fund Directory for details of benevolent grant-giving bodies

### Personal Care

#### Free Nappies/Incontinence Pads

If your child is aged 3 or older and has a disability, s/he is entitled to free nappies. Protective pants, incontinence pads, liners, disposable draw sheets etc. can be requested for older children. Contact either your health visitor or community nurse for further information.

### Health

#### Free flu jab for carers

In 2005, the Government's Chief Medical Officer stated that carers should be entitled to free flu jabs i.e. anyone who is the main carer for an elderly or disabled person, whose welfare would be at risk if the carer fell ill. Free flu jabs are available throughout Scotland, though poorly promoted and advertised. Ask your local G.P. practice for a flu jab as soon as possible in case supplies of vaccine run out, as has previously happened in many areas.

### Transport/Travel and Parking

#### Help with hospital travel costs

You may be able to get help with fares or travel costs to and from hospital for you or a child/adult you are accompanying to hospital. To qualify for this help you need to be receiving Income Support, income-based Jobseeker's allowance or Pension Credit (Guarantee Credit.) People getting Child Tax Credit or Working Tax Credit are also eligible to make a claim.

If you are not getting any of the benefits listed but have a low

income, you may still be eligible for help. Ask the hospital or Benefits office for forms HC1-HC5 which may give you either full or partial help with the cost of fares depending on your income.

If transport is required for a young person over 16 years old, it will be their income that is taken into account when assessing eligibility. Other help available may include a Community Care Grant, which can be used to help with fares (including overnight accommodation). You may be eligible for this Grant if you are in receipt of Income Support, the guarantee element of Pension Credit or Jobseeker's Allowance.

Help towards the cost of travel is usually based on the cost of public transport but if you or the person you are accompanying are unable to use public transport because of a physical disability or no public transport is available for the journey, then taxi fares, the cost of private car fuel and car parking can normally be paid.

Proof of your travel costs and proof that you are in receipt of a qualifying benefit need to be provided to the hospital receptionist or fares office. You will normally have to show an award letter from the DWP but if you don't have this you can send the claim in at a later date.

Other possible sources of help with travel expenses for patients and visitors include hospital endowment funds, education departments, Social Services departments and various charities. You may be able to find further

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**The Parent Connections Project is a unique national information and support service for lone parent families affected by disability. The Project is run by One Parent Families Scotland.**

useful information on the Department of Health website [www.doh.gov.uk](http://www.doh.gov.uk)

### Blue Badge Scheme

Blue Badges help people who have difficulty accessing community facilities because of the distance they have to walk by enabling them to park in disabled parking bays closer to shops and public buildings. There is no requirement for you to own a vehicle as the badge is personal to you and can be used in any vehicle in which you are travelling either as driver or passenger.

The Scottish Executive have brought in a new law allowing babies and toddlers with severe health problems to be awarded a Blue Badge, to enable their parents and carers access to disabled parking spaces. Previously a child had to be 3 years old and in receipt of Disability Living Allowance (DLA) high mobility component before a Blue Badge was awarded. Local councils operate the Blue Badge scheme.

### Exemption from Road Tax

You can apply for a certificate for Exemption from Road Tax if you receive the higher rate of the mobility component of Disability Living

**Freephone Helpline 0808 801 0323 Monday to Friday 9.30am-4.30pm**

One Parent Families Scotland acknowledges the support of the Scottish Executive and the Royal Bank of Scotland Group.

Allowance (not for children under three).

Contact:

Disability and Carers Benefits Directorate,  
Disability and Carers Service,  
Warbreck House,  
Warbreck Hill, Blackpool  
FY2 0YE,  
Tel: 08457 123 456

### The Disabled Persons Railcard

A Disabled Person's Railcard is available to anyone with a disability over 5yrs old who is: registered with a visual impairment; deaf or using a hearing aid; or is unable to drive due to epilepsy and prone to repeated attacks despite being on medication. Other eligibility criteria include receipt of Disability Living Allowance - the high or middle rate for help with personal care and high or low rate for mobility, but must have had the mobility part of DLA for a year or longer - or in receipt of long term Incapacity Benefit.

The Disabled Person's Railcard will give a discount of approximately one-third off most fares for the person with the disability and the person accompanying them. For children aged 5-15yrs, the concessionary discount of half price on all children's fares applies. For an accompanying adult to benefit from the discounted rate of one-third off adult rate fares, they must apply for a Disabled Person's Railcard in their child's name with proof of their child's disability.

A Disabled Person's Railcard cannot be issued at stations. To get a Disabled Person's Railcard, complete the application form downloadable from the website below and send it together with payment and the required proof of disability to:

Disabled Person's Railcard Office,  
PO Box 163,  
Newcastle-upon-Tyne,  
NE12 8WX

Helpline: 0845 605 0525  
Textphone: 0845 601 0132  
e-mail: [disability@atoc.org](mailto:disability@atoc.org)  
[www.disabledpersons-railcard.co.uk/](http://www.disabledpersons-railcard.co.uk/)

A card costs £18 per year or a 3-year card is also available which costs £48.

### Free bus travel for disabled people in Scotland

Disabled people can travel free on any local bus service or scheduled long distance coach service anywhere in Scotland. In order to use this scheme, you must apply for a Scottish national entitlement card. You can get an application form (NCT001) from your local Social Work office. Information on how to apply can be obtained by contacting the Travel Card Unit at SPT or call us at OPFS and we can give you details of your local office:

SPT Travel Card Unit  
Consort House  
12 West George Street  
Glasgow, G2 1HN  
Tel: 0141 333 3211  
Fax 0141 333 3224  
Email: [freebus@spt.co.uk](mailto:freebus@spt.co.uk)

People aged 5 years and over, whose mobility is such that they need someone to help them when they travel, can apply for an Entitlement Card with companion. This allows the eligible person and one companion to travel free of charge together for the same journey by bus. To qualify for a companion card the person with a disability must meet the following criteria: receive the higher or middle rate of the care component of the disability living allowance and have been certified and registered as blind.

The maximum award period for a national entitlement card is 3 years. If after 3 years there has been no change in a person's disability or benefit entitlement, on the expiry date of their card, they can renew without submitting a new

application. Proof of the person's disability - the DLA award letter - should be taken in person by the individual or someone on their behalf to the Local Authority office.

Residents in the Western Isles, Orkney and Shetland, who are eligible for a National Entitlement Card, are also entitled to two free return ferry journeys to the mainland each year.

People who live in the area covered by Strathclyde's Concessionary Travel Scheme can also use their Entitlement Card to get cheaper fares on First ScotRail trains and the Glasgow Subway within the area covered by the Strathclyde Scheme.

### Discounted Air Travel for Highland and Islands residents

The Air Discount Scheme (ADS) provides a 40 per cent reduction on air fares for people whose main residence is in any of the following: Western Isles, Orkney, Shetland, Islay and Jura, Caithness and North-West Sutherland. It includes students from these areas who are studying away from home. To get the discount, you must register with the scheme. Those 16yrs old or above will be issued with their own personal eligibility card. Application forms are available at airports or can be downloaded from the following website:

[www.airdiscountscheme.com](http://www.airdiscountscheme.com)  
or you can call the freephone number if you have any other enquiries: 0800 032 2890.

## **Leisure/Recreation**

### **CEA Cinema Card**

If you care for someone who needs to be accompanied to the cinema, they can apply for a CEA Carer's card, which will allow you to be admitted free of charge. To apply for the Card, holders will need to meet one or more of the following criteria: to be in receipt of Disability Living Allowance; be a registered

blind person or hold a Disabled Person's Rail Card.

The card will be valid for 3 years and a processing fee of £5 is chargeable per card. An application form can be obtained from any participating cinema or downloaded from the website [www.ceacard.co.uk](http://www.ceacard.co.uk)

#### Theatre/Arts/Leisure Venues

It is worth contacting arts venues, cinemas, swimming pools etc to see if they offer discounted or free places for either the person with a disability or their carer. They may not advertise these services on posters or on the web so it is worth contacting the venue direct to see if they offer any discounts. If you don't ask you don't get!

National Tourist attractions – free deals for carers

The London Eye - the person with the disability (physical, mental or sensory disability) pay full price but the carer goes for free.

The Eden Project - carers are entitled to free admission (limited to one per disabled person) if accompanying a person with a disability.

National Trust for Scotland - carers of a disabled person can get free entry into any National Trust for Scotland property.

#### **Access to Public Locked Toilets**

National Key Scheme – access to locked toilets

RADAR administer the National Key Scheme supplying keys to disabled people or parent/carers of disabled children so that they can have free access to locked public toilets throughout the country. The organisation charges a small fee of £3.50, as they have an obligation to add VAT costs. However, if you are eligible for tax relief you may be able to claim this back. Contact RADAR on 0207 250 3222 or email

[radar@radar.org.uk](mailto:radar@radar.org.uk) prior to purchase for further advice.

#### **Help with Household Bills**

Council Tax - the Disability Reduction Scheme

You may be able to get help to reduce your Council Tax bill on the basis of low income but there is also another scheme which reduces the amount you have to pay called the Disability Reduction Scheme.

You will be eligible for a Disability Reduction if you or any other person living in your dwelling is "substantially and permanently disabled". This can be a child of any age, or an adult, even if they are not related to you. To qualify for this reduction, one of the following 3 conditions must also be met:

- you have an extra bathroom or kitchen needed by the disabled person, or;
- you have a room (other than a bathroom, kitchen or toilet) needed by that person and used mostly by them, e.g. this might be a treatment room or a room where specialist equipment needed by the child is stored, or;
- you have enough space in your dwelling for that child/adult to use a wheelchair indoors.

If a Disability Reduction Scheme applies, your Council Tax goes down a tax band. If your Council Tax is in Band A (the lowest band), you can get a reduction of one-sixth of the bill.

To qualify for the Disability Reduction, the person liable for Council Tax has to make an application. Contact your Council for details on how to apply. If you should have been given a disability reduction in the past but didn't get one it should be backdated.

Reduction of 50 per cent on Television Licence Fees

Applies if there is a person who is registered severely sight impaired/blind in your household. Ring the TV Licence Helpline to find out whether you are eligible: 0870 576 3763

The British Gas Energy Trust

The British Gas Energy Trust has grants to help individuals and families who have arrears on their gas/electricity bills and other household bills.

To be able to apply to the Trust Fund, you must be a customer of British Gas or Scottish Gas. To find out more information look at their website:

[www.britishgasenergytrust.org.uk](http://www.britishgasenergytrust.org.uk). You can also contact your local Citizens Advice Bureau or FAIR for advice on how to apply for a grant.

The Home Heat Helpline

This is a free advice line for people worried about their fuel bills. Specially trained helpline advisers can help to find information on grants to insulate your home or install new heating. In addition, advisers can help you cut down on your bills by saving energy around the house and apply for grants from the government and from energy suppliers.

For more information, call the Home Heat Helpline on 0800 33 66 99 - open from 9am to 8pm Monday to Friday and 10am to 2pm on Saturdays or see their website at [www.homeheathelpline.org](http://www.homeheathelpline.org)

#### **Specialist products for disabled people – claiming back VAT**

A number of products and services designed to help disabled people are exempt from VAT and can be claimed back following purchase, hire or lease of goods. This includes: purchase, hire and lease of adapted vehicles for disabled wheelchair users; specialist clothing

and footwear; incontinence products; artificial limbs and joints; leg braces; auditory training aids for deaf children; electric and mechanically operated beds; hoists; stairlifts; toiletry aids; emergency alarm call systems and for services involved in the construction, installation/repair of ramps and in the widening of doors and in the extension or modification of your house due to your child's needs.

To find out more information on aids/services exempt from VAT go to:

- <http://tinyurl.com/7qkcz> for information on VAT relief for disabled people.

- <http://tinyurl.com/32ekpq> for information on motor vehicles for disabled people.

To find out more information on aids and services exempt from VAT phone the National VAT Advice Service on 0845 010 9000 or visit the website at [www. hmrc.gov.uk](http://www.hmrc.gov.uk)

**We have focused on initiatives that are offered to families nationally across Scotland but each local authority area will offer additional, free or discounted services / resources to families affected by disability. If you would like us to find out what else is available in your area please get in touch with us on 0800 018 5026 or email: [info@opfs.org.uk](mailto:info@opfs.org.uk)**