

Income Support - how to claim and how much you can get

1. Overview

Someone may be able to get Income Support if they [meet all the specific conditions](#) including:

- They and their partner have no income or a low income
- They are working less than 16 hours a week
- They haven't signed on as unemployed

The actual amount they will get depends on their circumstances, but if they qualify and have no income they will get at least [£56.80 a week](#).

They can claim [Child Tax Credit](#) if they are claiming Income Support and have children.

The [benefits calculator](#) will help to work out what money they might be entitled to if they are on a low income.

2. Payments

Payments are made up of:

- a basic payment (personal allowance)
- extra payments (premiums)

Income and any savings (over £5,999) can affect how much they will get.

Personal allowance

Status	Age	Weekly payment
Single	16 to 24	£57.35
Single	25 or over	£72.40
Lone parent	16 to 17	£ 57.35
Lone parent	18 or over	£72.40
Couples	Both under 18	£56.80
Couples	One under 18, the other 18 to 24	£56.80
Couples	One under 18, the other 25 or over	£71.70
Couples	Both 18 or over	£112.55

Premiums

Claimants can get between £15.55 and £122.20 extra depending on their circumstances - e.g. if they are in receipt of a State Pension, [disabled](#) or a lone parent with a disabled child.

The [benefits calculator](#) can be used to work out how much claimants might be entitled to.

Payment methods

Payments are usually made every 2 weeks.

All benefits, pensions and allowances are [paid into an account](#), e.g. a bank account.

The [benefit cap](#) limits the amount of benefit that most people aged 16 to 64 can get. Some individual benefits aren't affected, but it may affect the total amount of benefit you get.

3. Eligibility

To qualify for Income Support a claimant must be ALL of the following:

- between 16 and [Pension Credit qualifying age](#)
- pregnant, or a carer, or a lone parent with a child under 5 or, in some cases, unable to work because they're sick or disabled
- they have no income or a low income (their partner's income and savings will be taken into account)
- working less than 16 hours a week (and their partner works no more than 24 hours a week)
- living in England, Scotland and Wales - there are different rules for [Northern Ireland](#)

A claimant does not need a permanent address, e.g. they can still claim if they are sleeping rough or live in a hostel or care home.

They might still qualify if they do unpaid voluntary work or go on [parental](#) or [paternity leave](#).

In addition, those who are aged 19 or younger, in full-time secondary education (including A levels) may also qualify if they are also one of the following:

- a parent
- not living with a parent or someone acting as a parent
- a refugee learning English

Young people can also qualify up until the age of 21 if they are one of the above, are orphaned or estranged from their parents and enrolled in education.

Circumstances when someone won't qualify

People won't qualify if they:

- have savings above £16,000
- need permission to enter the UK
- get Jobseeker's Allowance (JSA) or Employment and Support Allowance (ESA)
- are a young person being looked after by a local authority

4. Claims process

Claims for Income Support can be made:

- by phone
- by post - send a [claim form](#) to the local [Jobcentre Plus](#)

Jobcentre Plus

Telephone: 0800 055 6688

Textphone: 0800 023 4888

Welsh language: 0800 012 1888

Monday to Friday, 8am to 6pm

Key Facts

A claimant can claim Income Support for themselves and their partner, if they haven't already made a claim.

They will need to provide details about:

- their income
- the income of any partner
- where they live
- who lives with them

Claimants must tell JobCentre Plus about any change in their circumstances such as their address, income, savings or the people in your household.

Appeal a decision

Claimants can appeal against the decision about their Income Support if they are dissatisfied with it.

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