

3. Benefits

3.1 Employment and Support Allowance



Employment and Support Allowance is normally called **ESA**



ESA is money paid to people who cannot work because they have a health problem or disability.



You need to ask to get paid **ESA**. This is called **making a claim**.



The amount of money you get paid depends on several things, like how old you are.



How can you make a new claim?
You can call up for free on:
0800 055 6688



**It can be difficult to apply for ESA.
It is important that someone helps you.**



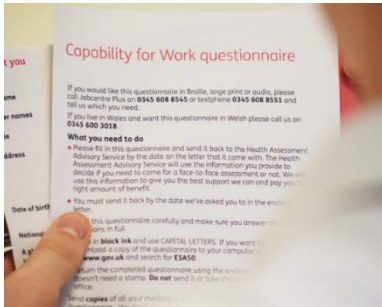
You might have to go to a meeting called a **health and work conversation**
This meeting is about helping you get into work in the future.



Your ESA money might get stopped if you don't go to your **health and work conversation**. When your payments are stopped we call this a **sanction**.



To get paid ESA you will have a **Work Capability Assessment**.
There are 2 parts



Part 1

You will have to fill in a **Capability for Work Questionnaire (ESA50)**

This is a form about what you can do and what you find hard to do.



Part 2

You will normally have to go to an appointment to speak to someone about what you wrote on your form.



You can take someone with you to support you during your appointment



There are two groups you can get put in depending on your how much you can do



Work related activity group (WRAG)

You will be put in this group if you might be able to work in the future.



If you are in the **WRAG** group you will be asked to go to activities which are like going to work



Support Group

You will be put in this group if you won't be able to work for a long time.



If you get put in the **support** group you will get paid extra money to help you

You will get paid this amount no matter what age you are



The amount you get normally goes up by a little bit each year



If you do not agree with the decision not to pay you ESA
Or with the group you have been placed in

You can ask us to tell you why and you can also ask us to think again about the decision



It is important to say if things in your life change in the future. This is to make sure you get paid the right amount.

