# Young Carer Grant

## What is it?

A yearly payment for young carers (aged 16-18) in Scotland.

## Am I eligible?

You may be eligible if:

* You live in Scotland
* You are age 16, 17 or 18
* You have been providing care for up to three people for a total average of 16 hours each week for the past three months (includes physical, mental or emotional support)
* The person or people being cared for get certain benefits
* You are not providing care as part of a voluntary role or being paid for providing care
* You do not receive Carer’s Allowance

## When can I apply?

You can apply yearly from age 16-18. You have to reapply each year if you are still eligible.

## How much will I be paid?

The current payment is £308.15 per year. You can spend this on whatever you like and do not need to pay it back.

## How do I apply?

You can apply:

* By phone on 0800 182 2222
* British Sign Language users can apply via video relay using the [contactSCOTLAND](https://contactscotland-bsl.org/) app
* Online via the [Young Carer Grant section](https://www.mygov.scot/benefits/young-carer/) of the mygov.scot website
* By post – you can request a paper form by calling the above number or download and print a form from the [mygov.scot website](https://www.mygov.scot/benefits/young-carer/)

## Where can I find further information?

Further information about Young Carer Grant can be found on the [mygov.scot website](https://www.mygov.scot/benefits/young-carer/)

Many organisations provide welfare rights advice and support to apply for benefits. For details of support available in your local area please contact Visibility Scotland:

* By phone on **0141 332 4632**
* [Email us](mailto:info@visibilityscotland.org.uk)
* [Visit our website](https://visibilityscotland.org.uk/)

**We value your feedback**

You can help us improve this factsheet by letting us know what you think about it. Contact us by phone on **0141 332 4632** or [email us](mailto:info@visibilityscotland.org.uk).

Factsheet produced in collaboration with [Social Security Scotland](https://www.socialsecurity.gov.scot), [seescape](https://www.seescape.org.uk/) and [VisionPK](https://visionpk.org.uk/)

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