



### A guide to disability related expenses:

All people who receive community care from Camden adult social care will be assessed to determine if they are eligible to pay a contribution towards the cost of their care. This assessment is based on an individual's income, savings and expenses such as rent, insurance or **disability related costs**.

#### **What are disability related expenses?**

Disability related expenses are costs that you incur that are related to your disability. As part of their assessment Camden will take into account some of these expenses. Before you have an assessment it is essential for you to reflect on all of the things that you spend money on that are related to your disability so that these costs are not overlooked. You should also try to find receipts as proof of your costs. However it is important to note that the allowance for some expenses are capped and may not reflect what you actually spend. For example Camden only allows the amount of £1.98 p/w for internet and telephone costs.

#### **What kind of things can be included?**

- **Fuel bills:** perhaps you spend a lot of time at home and therefore have the heating on a lot or perhaps you are not very mobile and so need to have the heating on to keep warm. This may mean that you have above average fuel bills.
- **Specialist equipment:** e.g. wheelchair (if this is not being paid for directly out of your DLA mobility), specialist mattress, walking sticks etc.
- **Clothes:** e.g. if you are a wheelchair user you might need additional warm clothes for the cold weather. Perhaps you have to frequently replace clothes due to wear and tear and repeated washing if you have incontinence issues etc.
- **Food** e.g. specific dietary needs or perhaps you find it difficult to cook so you buy ready meals which are expensive. This might lead to you having above average food bills.
- **Laundry:** perhaps you have to do a lot of washing due to the nature of your disability or maybe you have to take your clothes to a launderette because you can not wash them yourself.
- **Breakages:** maybe you find it difficult to hold things or perhaps you forget where things are and then knock them over. Perhaps you crash into things with your wheelchair or are prone to falling so grab things to break your fall which in turn damages them.

- **Cleaning equipment:** if you spill and break a lot of things then it is likely that you have to do a lot of cleaning or perhaps if you have incontinence issues which mean that you spend a lot on cleaning materials.
- **Private care:** Care that you pay for yourself that is not covered by your care package.
- **Transport :** e.g. a taxi might be the only form of transport that you are able to use to go to hospital, doctor appointments, go shopping, maintain social contacts etc. Perhaps the best form of transport for you is your car and as such you have considerable petrol costs etc
- **Medical expenses:** prescription charges, vitamins, massage or alternative therapies. You will need to provide proof of these costs.
- **Gardening, cleaning, maintenance etc:** perhaps you have to pay someone to do fix things in the house, do the cleaning or to look after your garden.
- **Holidays :** if you need to pay for a carer to come with you on holiday or if you have to go on a specialist holiday.

### **What should I do next?**

- If you are going to have an assessment then make a list of all of the disability related expenses you have.
- Try to find any receipts or bills that will help you to prove that how much you spend.
- If you are not sure if something is a disability related expense you should still bring it up just in case. If the person carrying out the assessment says that it can not be allowed as an expense or that they can only allow a fixed amount for your expense than ask them to check this with their manager.
- If you are worried about the assessment you could ask someone to be there with you such as a friend or support worker. Or you could consider asking the DISC advocacy service to support you. You can contact the service on **0203 317 5071**.