



DISABILITY LIVING ALLOWANCE

How to claim the main benefit for disabled children.

WHAT IS DISABILITY LIVING ALLOWANCE

Disability Living Allowance (DLA) is the main benefit for disabled children and is there to help meet any extra costs of being disabled. Any ill or disabled child may be able to qualify, even those who don't have a diagnosis.

It is not means tested so your financial situation will not be taken into account.

DLA is also not taxable or treated as income for other benefits. Instead, DLA can sometimes lead to an increase in other benefits, or help families qualify for them if they don't already get them.

DLA only applies to children who are aged under 16. Older disabled children need to claim Personal Independence Payment (PIP) instead.

WHO CAN CLAIM?

Any ill or disabled child may qualify, and you don't have to wait for a diagnosis to make a claim.

You will have to show that your child needs substantially more care, attention or supervision than other children of the same age who don't have a disability or health condition and that these needs stem from a disability

Your child will also need to have had the extra care or mobility needs for at least three months and be expected to have them for at least six months more.

This means the earliest DLA can be paid from is three months of age

If your child has a terminal condition and you've been told they may not live for more than twelve months, there are special rules which mean the benefit can be paid from birth.



DLA has two main parts called 'components'. You child might qualify for one or both components.

CARE COMPONENT

The care component is paid for children who need extra care and attention. It can be paid at one of three weekly rates, depending on how much extra help your child needs.

It is paid at the following weekly rates:

Lower rate care component

This is paid if your child needs help with personal care for a 'significant portion of the day'. This is usually taken to mean for at least an hour on most days such as washing and dressing.

Middle rate care component

This is paid if your child has either 'day-time needs' or 'night-time needs'. Day-time needs means they need 'frequent' help with personal care, in connection with their bodily functions. This means several times throughout the day.

Or it can mean continual supervision throughout the day to avoid substantial danger to themselves or others.



See page 13 of our guide to [Claiming Disability Living Allowance for children](#).

Night-time needs means that your child requires repeated or prolonged care at night. Or that they need someone to watch over them at night at frequent intervals or for a prolonged period to avoid a risk or danger.

Higher rate care component

This paid if your child has day-time and night-time care needs, or if they qualify under the 'special rules'.

MOBILITY COMPONENT

The mobility component can be paid for children who either have problems with walking or with getting around in unfamiliar areas. It is paid at one of the following two weekly rates:

Lower rate mobility component

For children who can walk but need someone to supervise or guide them. It is paid from five years of age. Your child may still qualify even if they can get around places they know well, because the test is whether they need guidance or supervision in places they don't know well.

Higher rate mobility component

This is paid for children who are unable to walk or are 'virtually unable to walk'. This can be paid from the age of three years.

It can also be paid for children who are both deaf and blind, for whose health would deteriorate with the exertion of walking, those who have no legs or feet, and children who have a severe visual impairments.

The higher rate mobility can also be paid to some children with severe mental impairments and challenging behaviour, including children with severe autism.

 [Watch our video about DLA higher rate mobility component.](#)

HOW TO CLAIM

Children under 16 use claim form DLA1 Child (ALT). You can also [download a claim form from the gov.uk website](#).

However it is best to call the DLA helpline for a form because DLA can't be backdated. The earliest it can be paid is the date the form was requested or issued. Forms sent from the DLA helpline will be 'date-stamped' on the day you call and you are normally given six weeks to complete it. This will help ensure the benefit is paid from the earliest possible point.

If you don't call and ask for a form to be sent out but get it by some other means, the earliest DLA can be paid is from the date the benefits office receives your completed form.

 [Disability Living Allowance helpline: 0800 121 4600](#)

COMPLETING THE FORM

The form is long and not surprisingly this can be off-putting for a lot of parents. You may also feel that certain parts of the form are not relevant to your child. But it is important to read all the questions carefully just in case. Not saying that your child needs help at night, even if it is for just 20 minutes, could make a big difference to the decision that is made on their claim. It is worth reading the Information Booklet which comes with the form.

GIVING ALL THE INFORMATION AND EVIDENCE YOU CAN.

If you feel the form doesn't have enough space for you to describe your child's needs in detail, there are extra boxes at pages 19, 34 and 37 where you can give more information.

Use the question number as a heading for each additional section of information that you add.

Attach examples of your child's needs. You may also wish to consider attaching extra pages of information if you feel this is necessary to capture the complexity of your child's needs. It can be really useful to provide examples and anecdotes of the types of help that your child needs rather than simply relying on tick boxes. This can help ensure that the decision maker has a more detailed and clearer understanding of the help that your child needs.

Please remember that a decision on your child's claim will be made by someone who has never seen your child and who may have little or no knowledge about your child's condition.

It is important that you make clear all the extra care and support that your child needs – don't assume that the decision maker will already have this understanding.

 See our free guide with tips for completing the form and top tips for each question: [Claiming Disability Living Allowance for children](#).
We can give you details of local organisations who can help by emailing us at Cymru@Contact.org

RENEWAL CLAIMS

If your child has been awarded DLA for a fixed period, you will normally be contacted 20 weeks before the award ends and invited to re-apply. You will be sent a renewal claim pack to complete.

If your child's award is due to end within 20 weeks and you have not been sent a renewal claim pack, contact the office dealing with your DLA claim as soon as possible.

A renewal claim is treated as a new claim, so it's still important to get help to fill in the form and to keep a photocopy. The DLA Unit are unlikely to read your previous forms when making their decision – complete the form as if you are making a new claim and put as much evidence as possible.

It is ok to copy what you have written on your previous forms as long as it still reflects your child's needs.

GETTING A DECISION

Once you've sent your form to the office dealing with your claim you should get an acknowledgement within two weeks.

You should get a decision within three months, but it may take longer than this.

If more evidence is needed, they may write to your GP or hospital consultant. The Department for Work and Pensions (DWP) will send you a decision letter outlining the reasons for the decision.

HOW LONG WILL MY CHILD BE AWARDED DLA FOR?

A child's award is usually made for a fixed period, for example, three years. Towards the end of that time, the DWP will normally write inviting you to reapply for DLA.

UNHAPPY WITH THE DECISION?

If your child is refused DLA or awarded at a lower rate than expected, you can challenge the decision that has been made on their claim.

This is known as a reconsideration. You can request this over the telephone or in writing, and you need to do this within one month of the date of the decision letter.

If you choose to make your request in writing, you can either do this using the CRMR1 mandatory reconsideration request form on GOV.UK or by writing a letter.

It is very important that you ask for a decision to be reconsidered within the one month time scale (although late request will sometimes be excepted).

As part of having a decision reconsidered you can volunteer, or you may be asked to give, further information.

If you are still not happy with the outcome of a reconsideration, you will have a further month to request an appeal to an independent Tribunal.

HOW CONTACT CAN HELP

For advice and support about claiming DLA contact:

 **0808 808 3555**

 **helpline@contact.org.uk**

Or visit our website information on **[Disability Living Allowance](#)** and download our free guide to **[Claiming Disability Living Allowance for children](#)**.

You can contact Wales team by emailing:

Cymru@Contact.org

We have a range of in-depth guides for parents. All our guides are free to parents who call our helpline, and are free to download.

 **contact.org.uk/publicationslist**



FREEPHONE HELPLINE

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helpline@contact.org.uk

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LWFANS BYW I'R ANABL – DLA

Sut i hawlio'r brif fuddal-dal ar gyfer plant anabl.

BETH YW DLA?

Lwfans Byw i'r Anabl (DLA) yw'r prif fudd-dal i blant anabl ar gyfer helpu i dalu unrhyw gostau ychwanegol o fod yn anabl. Efallai y bydd unrhyw blentyn sâl neu anabl yn gallu cael y lwfans, hyd yn oed heb ddiagnosis.

Nid oes prawf modd felly ni fydd eich sefyllfa ariannol yn cael ei ystyried.

Nid yw DLA yn drethadwy nac yn cael ei drin fel incwm ar gyfer budd-daliadau eraill. Yn lle hynny, mae DLA weithiau yn gallu arwain at gynydd mewn budd-daliadau eraill, neu helpu teuluoedd i fod yn gymwys ar eu cyfer os nad ydynt eisoes yn eu cael.

Ar gyfer plant o dan 16 oed yn unig y mae'r Lwfans. Mae angen i blant anabl hŷn hawlio Taliad Annibyniaeth Personol – (PIP) yn lle hynny.

PWY SY'N GALLU HAWLIO?

Gall unrhyw blentyn sâl neu anabl fod yn gymwys, ac nid oes rhaid i chi aros am ddiagnosis er mwyn hawlio.

Bydd yn rhaid i chi ddangos bod angen llawer mwy o ofal, sylw neu oruchwyliaeth ar eich plentyn na phlant eraill o'r un oed heb anabled neu gyflwr iechyd, a bod yr anghenion hyn oherwydd anabled.

Bydd angen i'ch plentyn hefyd fod wedi cael yr anghenion gofal neu symudedd ychwanegol am o leiaf dri mis, a bod disgwyl iddynt eu cael nhw am o leiaf chwe mis arall.

Mae hyn yn golygu mai pan fydd plentyn yn dri mis oed yw'r cynharaf y mae'r Lwfans yn gallu cael ei dalu.

Os oes gan eich plentyn gyflwr terfynol a'ch bod chi wedi cael gwybod efallai na fydd eich plentyn yn byw am fwy na deuddeg mis, mae yna reolau arbennig sy'n golygu y gellir talu'r budd-dal o enedigaeth.



Mae dwy brif ran i'r Lwfans, sef '**cydrannau**'. Efallai y bydd eich plentyn yn gallu cael un gydran neu'r ddwy.

CYDRAN GOFAL

Mae'r gydran gofal yn cael ei thalu i blant sydd angen gofal a sylw ychwanegol. Mae'n gallu cael ei thalu ar un o dair cyfradd wythnosol, yn dibynnu ar faint o gymorth ychwanegol sydd ei angen ar eich plentyn.

Mae'n cael ei thalu ar y cyfraddau wythnosol hyn:

Gofal isaf

Mae'n cael ei dalu os oes angen help ar eich plentyn gyda gofal personol am 'gyfran sylweddol o'r dydd'. Mae hyn fel arfer yn golygu am o leiaf awr ar y rhan fwyaf o ddyddiau, fel ymolchi a gwisgo.

Gofal canol

Caiff ei dalu os oes gan eich plentyn naill ai 'anghenion yn ystod y dydd' neu 'anghenion yn ystod y nos'. Mae anghenion **yn ystod y dydd** yn golygu bod angen help yn 'aml' gyda gofal personol, o ran eu swyddogaethau corfforol. Mae hyn yn golygu sawl gwaith yn ystod y dydd.



Neu gall olygu goruchwyliaeth barhaus trwy gydol y dydd er mwyn osgoi perygl sylweddol iddyn nhw eu hunain neu eraill.

Mae anghenion nos yn golygu bod angen gofal dro ar ôl tro neu am gyfnod hir ar eich plentyn yn y nos. Neu fod angen rhywun i wyllo drostyn nhw yn y nos yn aml neu am gyfnod hir i osgoi risg neu berygl.

Gofal uchaf

Caiff ei dalu os oes gan eich plentyn anghenion gofal yn ystod y dydd a'r nos, neu os ydynt yn gymwys o dan y 'rheolau arbennig'.

CYDRAN SYMUDEDD

Mae'r gydran symudedd yn gallu cael ei thalu ar gyfer plant sydd naill ai â phroblemau cerdded neu symud o gwmpas mewn llefydd anghyfarwydd.

Caiff ei thalu ar un o'r ddwy gyfradd wythnosol hyn:

Symudedd is

Ar gyfer plant sy'n gallu cerdded ond sydd angen rhywun i'w goruchwyllo neu eu tywys. Mae'n cael ei dalu o bum mlwydd oed. Efallai y bydd eich plentyn yn dal i fod yn gymwys hyd yn oed os gallant fynd o gwmpas llefydd maen nhw'n eu hadnabod yn dda – y prawf ydi a oes angen arweiniad neu oruchwyliaeth arnynt mewn llefydd nad ydyn nhw'n eu hadnabod yn dda

Symudedd uwch

Caiff ei dalu am blant sy'n methu cerdded neu sydd 'bron yn methu cerdded'. Gellir talu hyn o dair oed.

Mae'n gallu cael ei dalu hefyd am blant sy'n fyddar ac yn ddall, y byddai eu hiechyd yn dirywio wrth geisio cerdded, plant heb goesau na thraed, a phlant sydd â nam difrifol ar eu golwg.

Gellir talu cyfradd uwch yr elfen symudedd i rai plant â namau meddyliol difrifol ac ymddygiad heriol, gan gynnwys plant ag awtistiaeth difrifol.

 Gwyliwch a gwrandewch ar Derek, o'n tîm Cyllid i Deuluoedd, yn siarad am [Gyfradd Uwch Eifen Symudedd y Lwfans Byw i'r Anabl](#).

SUT I HAWLIO

Plant dan 16 oed – Defnyddiwch ffurflen hawlio DLA1 Child (ALT). Gallwch hefyd lawr lwytho ffurflen gais o wefan gov.uk Ffurflen hawlio Lwfans Byw i'r Anabl (DLA), ond mae'n well i chi ffonio. Nid yw'n bosib ôl-ddyddio'r Lwfans.

Y cynharaf y gellir ei dalu yw'r dyddiad y gofynnwyd am y ffurflen neu y cafodd ei chyhoeddi. Bydd ffurflenni sy'n cael eu hanfon o'r llinell gymorth DLA yn cael eu 'stampio' ar y diwrnod y byddwch yn ffonio ac fel arfer rhoddir chwe wythnos i chi. Bydd hyn yn helpu i sicrhau bod y budd-dal yn cael ei dalu o'r adeg cynharaf posibl. Os nad ydych chi'n ffonio a gofyn am ffurflen i gael ei hanfon allan a'ch bod chi'n cael y ffurflen mewn ffyrdd eraill, y cynharaf y mae'r Lwfans yn gallu cael ei dalu yw o'r dyddiad y mae'r swyddfa fudd-daliadau yn derbyn eich ffurflen.

 Disability Living Allowance helpline: 0800 121 4600

LLENWI'R FFURFLEN

Mae'r ffurflen yn hir ac nid yw'n syndod y gall hyn fod yn ddigon i ddigalonni llawer o rieni. Efallai y byddwch hefyd yn teimlo nad yw rhai rhannau o'r ffurflen yn berthnasol i'ch plentyn. Ond mae'n bwysig darllen yr holl gwestiynau yn ofalus rhag ofn. Gallai peidio â dweud bod angen help ar eich plentyn yn y nos, hyd yn oed os yw hynny dim ond am 20 munud, wneud gwahaniaeth mawr i'r penderfyniad sy'n cael ei wneud yng nghylch y cais. Mae'n werth darllen y Llyfryn Gwybodaeth sy'n dod gyda'r ffurflen.

RHOI CYMAINT O WYBODAETH A THYSTIOLAETH AG Y GALLWCH

Os ydych chi'n teimlo nad oes digon o le ar y ffurflen i chi ddisgrifio anghenion eich plentyn yn fanwl, mae blychau ychwanegol ar dudalennau 19, 34 a 37 lle gallwch roi mwy o wybodaeth.

Defnyddiwch rif y cwestiwn fel pennawd ar gyfer pob adran ychwanegol o wybodaeth rydych chi'n ei hychwanegu.

Atodwch enghreifftiau o anghenion eich plentyn. Efallai yr hoffech hefyd ystyried atodi tudalennau ychwanegol o wybodaeth os ydych chi'n teimlo bod hyn yn angenrheidiol i ddisgrifio cymhlethdod anghenion eich plentyn. Gall fod yn ddefnyddiol iawn darparu enghreifftiau ac anecdotau o'r mathau o gymorth sydd ei angen ar eich plentyn yn hytrach na dibynnu ar dicio bocsys yn unig. Gall hyn helpu i sicrhau bod y sawl sy'n penderfynu ar y cais yn deall, yn fanwl ac yn glir, yr help sydd ei angen ar eich plentyn.

Cofiwch mai rhywun sydd erioed wedi gweld eich plentyn a fydd yn penderfynu ar y cais – heb ddim neu fawr ddim gwybodaeth am gyflwr eich plentyn.

Mae'n bwysig eich bod chi'n gwneud yn glir yr holl ofal a chymorth ychwanegol sydd ei angen ar eich plentyn – peidiwch â chymryd yn ganiataol y bydd gan y sawl sy'n gwneud y penderfyniad y ddealltwriaeth hon eisoes.

Edrychwch ar ein canllaw sy'n rhoi awgrymiadau ar gyfer llenwi'r ffurflen a'r awgrymiadau gorau ar gyfer pob cwestiwn: [**Claiming Disability Living Allowance for children.**](#)

Gallwn roi manylion i chi am sefydliadau lleol a all helpu drwy anfon e-bost atom [**Cymru@Contact.org**](mailto:Cymru@Contact.org)

ADNEWYDDU CAIS

Os yw'ch plentyn wedi bod yn cael DLA am gyfnod penodol, fel arfer byddwch yn cael clywed 20 wythnos cyn i'r lwfans ddod i ben a'ch gwahodd i wneud cais eto. Byddwch yn cael pecyn adnewyddu i'w gwblhau.

Os yw dyfarniad eich plentyn am ddod i ben o fewn 20 wythnos ac nad ydych wedi cael pecyn adnewyddu, cysylltwch â'r swyddfa sy'n delio gyda'ch hawliad DLA cyn gynted â phosibl.

Mae adnewyddu yn cael ei drin fel hawliad newydd, felly mae'n dal yn bwysig cael help i lenwi'r ffurflen ac i gadw llungopi. Mae'n annhebygol y bydd yr Uned DLA yn darllen eich ffurflenni blaenorol wrth wneud eu penderfyniad – cwblhewch y ffurflen fel pe baech chi'n gwneud hawliad newydd a rhowch gymaint o dystiolaeth â phosibl.

Mae'n iawn copïo'r hyn rydych chi wedi'i ysgrifennu ar eich ffurflenni blaenorol cyn belled â'i fod yn dal i adlewyrchu anghenion eich plentyn.

CAEL PENDERFYNIAD

Ar ôl i chi anfon eich ffurflen i'r swyddfa sy'n delio â'ch hawliad, dylech gael cydnabyddiaeth o fewn pythefnos. Dylech gael penderfyniad o fewn tri mis, ond gall gymryd mwy o amser na hyn.

Os oes angen mwy o dystiolaeth, efallai y byddant yn ysgrifennu at eich meddyg teulu neu ymgynghorydd ysbyty. Bydd yr Adran Gwaith a Phensiynau (DWP) yn anfon llythyr penderfyniad atoch yn amlinellu'r rhesymau dros y penderfyniad.

PA MOR HIR Y BYDD FY MHLENTYN YN CAEL EI DDYFARNU?

Mae dyfarniad plentyn fel arfer yn cael ei wneud am gyfnod penodol, er enghraifft, tair blynedd. Tuag at ddiwedd y cyfnod hwnnw, bydd y DWP fel arfer yn ysgrifennu atoch yn eich gwahodd i ailymgeisio am y lwfans.

PA MOR HIR Y BYDD FY MHLENTYN YN CAEL EI DDYFARNU?

Os ydi'r lwfans yn cael ei wrthod i'ch plentyn neu ei ddyfarnu ar gyfradd is na'r disgwyl, gallwch herio'r penderfyniad sydd wedi'i wneud.

Mae hyn yn cael ei alw yn ailystyried. Gallwch ofyn iddynt ailystyried y cais dros y ffôn neu yn ysgrifenedig, ac mae angen i chi wneud hyn o fewn mis i ddyddiad y llythyr penderfyniad. Os byddwch yn dewis gwneud eich cais yn ysgrifenedig, gallwch naill ai wneud hyn gan ddefnyddio'r ffurflen gais ailystyried gorfodol CRMR1 ar GOV.UK neu drwy ysgrifennu llythyr.

Mae'n bwysig iawn eich bod yn gofyn am ailystyried penderfyniad o fewn y raddfa amser un mis (er bydd cais hwyr weithiau yn cael ei eithrio). Fel rhan o ailystyried penderfyniad, gallwch wirfoddoli rhoi gwybodaeth, neu efallai y bydd gofyn i chi wneud hynny. Os nad ydych yn dal yn fodlon efo canlyniad y penderfyniad bydd gennych fis arall i ofyn am apêl gan Dribiwnlys annibynnol.

SUT Y GALL CONTACT HELPŮ

Fm gyngor a chymorth cysylltwch â:

 **0808 808 3555 neu**

 **helpline@contact.org.uk**

Fel arall, ewch i'n tudalennau gwe **[Lwfans Byw i'r Anabl \(DLA\).](#)**

I gysylltu â thîm Cymru, anfonwch e-bost at: **Cymru@Contact.org**



FREEPHONE HELPLINE

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