

Adult Disability Payment (ADP)

Adult Disability Payment (ADP) is a benefit in Scotland for people aged 16 to State Pension age. It is for people who have problems with daily living or moving around.

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What is Adult Disability Payment (ADP)?

Adult Disability Payment (ADP) is a benefit in Scotland for people aged 16 to State Pension age. It is for people who have problems with daily living or moving around. You must have had these problems for 3 months and expect them to last for at least 9 months. This is unless you are [terminally ill](#) (page 3).

If you have reached State Pension age and are making a new claim, you should claim Pension Age Disability Payment instead of ADP.

PIP and DLA for adults in Scotland

In Scotland, Adult Disability Payment has replaced 2 other benefits:

- Personal Independence Payment (PIP)
- Disability Living Allowance (DLA) for adults.

You cannot apply for these benefits in Scotland now.

Who can claim?

To get ADP, you must:

- have problems with daily living, moving around (mobility) or both
- have had these problems for 3 months and expect them to last for at least another 9 months – this timeframe does not apply if you are [terminally ill](#) (page 3)
- have lived in Scotland for at least 26 weeks of the last year – there are exceptions if you are [terminally ill](#) (page 3)
- be in Scotland when you apply – there are more rules if you live abroad or are not a British or Irish citizen. Visit mygov.scot/adult-disability-payment

It is also important to know that:

- you can claim ADP whether you are working or not
- you do not need to have paid National Insurance to claim ADP
- your income and savings do not affect your claim
- if you are awarded ADP, your other benefits are not reduced – they may even increase
- ADP payments are tax free
- ADP is based on how your condition affects you, not on the condition you have
- you can still get ADP if you do not have a carer.

Terminal illness (special rules)

If you are terminally ill, you can apply using a process called special rules. A person is terminally ill if their illness is likely to end their life. The special rules process can help people nearing the end of life get easier access to some benefits.

Claiming ADP under special rules means:

- you may get a decision faster
- you will not need a consultation meeting
- you will get the highest rate of daily living payment and mobility payment
- you will not need to have a review unless your circumstances change
- you will get ADP no matter how long you have been ill.

When you apply for ADP, you must explain that you are claiming under special rules. Your doctor or nurse must also complete a BASRiS form. They send the form to Social Security Scotland.

How you will be assessed

ADP has 2 parts:

- [a daily living part](#) (page 5) – if you have problems with everyday tasks
- [a mobility part](#) (page 6) – if you have problems with moving around.

You may get 1 or both parts.

When you apply for ADP, you must complete a form that checks how your health problems affect your daily life.

You will be assessed for ADP based on your application form. The assessment gives points depending on how difficult it is for you to do a range of activities.

If needed, you may be asked for some more information that supports your application. For example, this may be reports or care plans from your GP, cancer doctor, specialist nurse or other healthcare professionals.

Sometimes you will need to have a [consultation meeting](#) (page 4) to give more information.

Completing the form

Make sure you have plenty of time to complete the form. You may find it helpful to read it through first. Then you can get all the information you need before you start.

Try to include as much detail as possible about how your condition affects your daily life. For each activity, try to explain how you manage on good days and on bad days. And explain how often you have good and bad days.

You may want to record any problems you have every day in [a diary](#) (pages 6 to 7) to show how your condition affects your daily life. You can send it as supporting evidence along with your form.

It may also be helpful to get evidence about your illness from the people involved in your care. Send this with your form, or soon afterwards. You could ask for evidence from your:

- GP, cancer doctor or specialist nurse
- support worker
- carer – this is anyone who gives you help and support that you could not manage without, such as help with daily tasks.

You must complete the form within 8 weeks, either online or using the paper application form you are sent. If you cannot complete the form within this time, you can ask for more time.

Consultation meeting

A consultation meeting gathers more information about how you do different activities and how your condition affects your daily life. This can be by phone, video call or in person.

If you miss your meeting, or you cannot go to your appointment, call **0800 182 2222** straight away to arrange a new one. Missing an appointment could mean your ADP claim is rejected, and you will have to start the application process again.

You do not need to have a consultation meeting if you are [terminally ill and claiming under special rules](#) (page 3).

Getting help with benefits

You can speak to a Macmillan money adviser by calling our Support Line on **0808 808 00 00**, Monday to Friday, 8am to 6pm. They are trained to help you get any benefits you may be entitled to.

You may also be able to meet a welfare rights adviser in person through a local service. This depends on where you live. Visit macmillan.org.uk/inyourarea to learn whether this is possible in your area.

Other organisations can also help you get the financial support you need, including your local Citizens Advice – visit citizensadvice.org.uk

How much you could get

ADP is paid into your bank account every 4 weeks, or weekly if you are terminally ill. To find out the current rates, visit mygov.scot/adult-disability-payment

How much ADP you get depends on the result of the assessment of your needs. The assessment gives you a score for the daily living part and a score for the mobility part of ADP.

For either part, if you score:

- under 8 points, you cannot claim that part of ADP
- 8 to 11 points, you will get a standard rate for that part
- 12 points or more, you will get a higher enhanced rate for that part.

Daily living

You may get the daily living part of ADP if you need help more than half of the time with activities like:

- preparing or eating food
- eating and drinking
- taking medicines and managing treatments
- monitoring a health condition
- washing and bathing
- using the toilet or managing incontinence
- dressing and undressing
- communicating with other people
- reading and understanding signs, symbols and words
- engaging with other people face to face
- making decisions about money.

Mobility

You may get the mobility part of ADP if you need help:

- going out – for example, planning and following a route to another place
- moving around – for example, walking.

You do not have to have a physical disability to get the mobility part. For example, you may also be eligible if you have difficulty moving around because of memory or concentration problems, or a mental health condition such as anxiety.

How to claim

You can:

- apply online at mygov.scot/adult-disability-payment/how-to-apply – you will have to register an account
- call Social Security Scotland on **0800 182 2222** to apply by phone, ask for a paper form or get help to apply.

If you use British Sign Language, you can use the Contact Scotland service to contact Social Security Scotland. Visit contactscotland-bsl.org

If you are [terminally ill and claiming under special rules](#) (page 3), you or someone you give permission to can complete the whole application over the phone.

Keeping a diary

Recording the problems you have every day in a diary can help show:

- how your condition affects you
- how often you are affected
- that you have problems looking after yourself.

You can send your diary as supporting evidence along with your claim form. Other evidence could include reports or care plans from your GP, cancer doctor, specialist nurse or other healthcare professionals.

If you cannot do an activity, such as washing or getting dressed, think about the following things:

- Do you need help to do a task, and what help do you need?
- How long does the activity or task take?
- Does it cause you pain or discomfort?

The following table shows an example of what you could write in your diary.

Task	Day(s) of the week I have difficulties with these tasks	Difficulties I had and what help I needed	How long it took	How many times in the day I needed help
Dressing and undressing	Sunday	I needed help as I cannot do up the buttons on my shirts and trousers, or manipulate the zips. I have to sit down due to dizziness while dressing and undressing.	It takes me 20 minutes every time I get dressed.	I needed help twice today as my fingers could not do up or undo my clothes. This is due to the peripheral neuropathy I have been left with after chemotherapy treatment.

We have a sample diary on our website that you can download and complete – visit macmillan.org.uk/benefits

You can also use the diary in our booklet **Help with the cost of cancer**. Visit orders.macmillan.org.uk or call **0808 808 00 00** to order the booklet for free.

If your claim is approved

You will get a letter that explains whether you will get ADP, which parts you will get, and how much you will get for each part.

It will include information about the score you were given for each activity and why you were given each score.

If your situation changes

You must contact Social Security Scotland if:

- you change bank account
- your circumstances changes
- you no longer need ADP.

To contact Social Security Scotland, call **0800 182 2222** or visit mygov.scot/contact-social-security-scotland

If you are refused ADP

If you disagree with a decision about your benefits, you may be able to ask for it to be reviewed again. For example, you might ask for this if you are refused ADP or paid less than you think you should get.

You can challenge a decision about ADP with Social Security Scotland. For more information, visit mygov.scot/disagree-decision/how-to-challenge-a-decision

Challenging a benefits decision can be complicated. You can speak to our money advisers by calling **0808 808 00 00**, Monday to Friday, 8am to 6pm.

You may also be able to meet a welfare rights adviser in person through a local service. This depends on where you live. Visit macmillan.org.uk/inyourarea to check whether this is possible in your area.

More information and support

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00** (7 days a week, 8am to 8pm), or visit macmillan.org.uk

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use. Are you deaf or hard of hearing? Call us using Relay UK on **18001 0808 808 00 00**, or use the Relay UK app.

Sources

If you would like further information about the sources we use, please contact us at informationproductionteam@macmillan.org.uk

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