



## How to Get Benefit Forms Factsheet

May 2010

### How do you get Benefit Forms?

All Benefit forms can be requested from your local Jobcentre Plus Office on the telephone. It is advisable to use the telephone because the allowance will be backdated to at least the date of the call if it is awarded.

Some Benefits can be backdated for up to 3 months but not **Disability Living Allowance or Attendance Allowance**, which will only be paid from the date of the telephone call.

**Disability Living Allowance and Attendance Allowance** can be obtained from the Disability Benefits Centre in Blackpool. You simply ring the following telephone no. **08457 123456** and request the form to be sent to your home address. Anyone can claim the forms on your behalf.

All other **Benefit** forms can be requested by telephone from your local Jobcentre Plus Office, which you should now find on your High Street. Do not be put off by the name – Jobcentre Plus - these Offices can act as a central referral point for all Benefits including Industrial Injury and Disability Benefits. You can find the number in the telephone directory, Post Office or local library. If you prefer you or someone on your behalf can call into the Benefits Office to collect a form.

For help to check exactly which benefits you are able to claim, help to fill in the necessary forms or to discuss any problems you have with your benefits call:

**Macmillan Benefits Helpline on freephone 0808 808 0000**  
**Mon – Fri 9am – 8pm**

Alternatively, you can contact an Asbestos Support Group, your local Citizens' Advice Bureau or a local specialist nurse for advice and assistance.