

## Adult Disability Payment – ADP (2025-26)

ADP is extra money if you have a disability or long-term health condition. It is not affected by your income or savings, is not taxed and doesn't impact other benefits. ADP is replacing Personal Independence Payment (PIP) in Scotland.



### Who can apply for ADP?

You can apply if you have a disability or long-term health condition (mental or physical) that affects your ability to do everyday tasks or move around, and:-

- You are between 16 and the State Pension age (currently 66.)
- You live in Scotland and have been living in the UK or Ireland at least 26 of the last 52 weeks, unless you are a refugee, or are terminally ill.
- You've had your disability or health condition for at least 3 months, and expect it to last at least 9 more months. You need not have a diagnosis.

If you have a terminal illness, you should receive a response within 7 days.

### Am I eligible for ADP?

You may be if you have difficulty doing tasks safely or without feeling unwell, and/or you need help with undertaking them. There are 2 components to ADP:

**Daily Living Component.** These are everyday tasks for living, including:-

- Preparing food
- Eating and drinking
- Going to the toilet
- Washing yourself
- Dressing or undressing
- Speaking
- Reading text
- Engaging with others
- Budget decisions
- Taking medication or monitoring your health condition

**Mobility Component.** This is your ability to move about, including:-

- Being able to stand and walk up to 200 metres.
- Being able to plan and make a journey independently.



### Midlothian Financial Inclusion Network

c/o Midlothian Community Action, 4/6 White Hart Street, Dalkeith EH22 1AE  
Scottish Registered Charity SC035964. Scottish Limited Company SC282964  
Registered Office: 14a John Street, Penicuik, Midlothian, EH26 8AB

## How much Adult Disability Payment could I receive

You could get either a Standard or Enhanced rate for either or both components, depending on your assessment. These are the current rates:

**Daily Living Component:** Standard = £73.90      Enhanced - £10.40

**Mobility Component:** Standard = £29.20      Enhanced = £77.05

## What information do I need for the application?

- ✓ Personal details including your date of birth, address, National Insurance number and bank/building society details (if you have an account.)
- ✓ Details of your disability or condition, medical tests and results, Contact details of your GP and carers, family, etc. who can talk about your condition.
- ✓ Supporting documents confirming your disability, condition or needs, eg. letter from your GP or other health professional, prescriptions, care plans.

### Applying by Phone and Paper.

- Ring Social Security Scotland free on 0800 182 2222, 8am – 6pm, Mon-Fri.
- Give information by phone and they will complete Part 1 of the application.
- They will post the form for you to complete and return within 8 weeks. You can enclose the supporting documents with it, or post them within 28 days.

### Applying Online.

- Visit <https://tinyurl.com/ADP-Apply> or scan this QR code.
- Register, complete and submit Part 1 within two weeks.
- Complete and submit Part 2 within 8 weeks, and upload or post the supporting documents, (or send them within 28 days.)



The form is long, so it can help to take breaks. You can ask Social Security Scotland for more time to complete it, and get help from Citizens Advice.

You will receive a “Letter of Determination” with the result. If you are not satisfied with the outcome, you can request re-determination or an appeal.