PAYING FOR CARE

How to fill in the Attendance Allowance form: a question-by-question guide

Filling in the Attendance Allowance form? A question-by-question guide to the AA1, from daytime care to supervision and night help, with example answers.

By the JNP Sidona team · 20 November 2026 · 11 min read

The Attendance Allowance form (AA1) has 65 numbered questions over 32 pages, and **the care questions, 28 to 46, are the ones that decide the claim**. This guide goes through the form in order, says what each part asks and what DWP needs to read there, and gives example answers for the hardest questions, including question 40 (daytime supervision) and question 46 (anything else). It follows the current AA1, version 11/25.

KEY POINTS

- The question numbers here are from the AA1 dated 11/25, published on GOV.UK on 7 January 2026. If the date at the foot of your form differs, check the numbers, as they can change between versions.
- Questions 28 to 38 cover daytime care, 40 and 41 daytime supervision, 42 to 45 the night, and 46 is a blank box for anything else.
- The AA1 says help means "physical help, guidance or encouragement", and asks you to describe the help your parent needs whether they get it or not.
- Citizens Advice says ticking boxes is not enough: use the blank boxes in questions 28 to 46 to explain what goes wrong, how often, and how long it takes.
- For 2026/27, GOV.UK lists £76.70 a week at the lower rate and £114.60 a week at the higher rate (https://www.gov.uk/attendance-allowance/what-youll-get). Needs at night as well as in the day (or a claim under the special rules) are what lead to the higher rate.

- Age UK, Citizens Advice and Independent Age help with the form for free, and Lewisham Council points residents to Advice Lewisham.

For getting the form, protecting the claim date, who signs, the end-of-life rules and refusals, see our guide on how to apply for Attendance Allowance (/blog/how-to-apply-for-attendance-allowance). For what each rate is worth, see Attendance Allowance rates (/blog/attendance-allowance-rates).

What DWP is looking for

Age UK's form guide says face-to-face assessments are rare, so the form has to show the need on its own. DWP's AA1 notes say the lower rate is for frequent help with personal care or continual supervision through the day, or for help or watching over at night. The higher rate is for both day and night. Citizens Advice turns that into markers worth showing on the form:

- help or difficulty with personal tasks **at least 3 times during the day**
- supervision **throughout the day** to stay safe, for example because of falls or blackouts
- help at night **2 or more times, or once if it takes 20 minutes or more**
- someone watching over them at night **at least 3 times, or once for 20 minutes or more**

Five habits for every answer

1. **Describe the bad days and count them.** DWP's notes say: "We know that disabilities can affect people more on one day than another." Say what a bad day looks like and how many there are in a usual week.
2. **Give numbers.** Every daytime question has a "How often each day?" box, and the night questions ask how many times and how many minutes. Rough numbers are fine.
3. **Say how long things take.** Citizens Advice suggests comparing it with how long the task takes someone without the condition.
4. **Say what goes wrong without help.** Pain, breathlessness, a fall, a missed dose, an accident on the way to the toilet. Age UK says not to assume the reader will read between the lines.
5. **Include prompting and watching.** Most sections have a tick box for needing "encouraging or reminding". If your mother washes only when reminded, that is help.

Before you start, keep a record. DWP's notes suggest noting everything your parent needed help with over 24 hours, on a good day and a bad day, and sending it with the form.

The AA1 form at a glance

Sections of the AA1 claim form, version 11/25 (checked 20 November 2026)

Questions	Section	What it asks
1	Special rules	Whether you are claiming under the end-of-life rules
2 to 14	About you	Personal details, nationality, time abroad, other benefits
15	Signing for someone else	Who is signing, and on what authority
16 to 27	Illnesses, treatment and home	Conditions, medicines, professionals, GP, consent, reports, the home, aids
28 to 38	Care needs during the day	When the need began, then bed, toilet, washing, dressing, moving, falls, eating, medicines, communication
39	Activities	Help needed for hobbies, social or religious activities
40 and 41	Daytime supervision	Whether someone needs to keep an eye on them
42 to 45	Care needs during the night	Night-time help, and someone awake to watch over them
46	Anything else	A free box for anything not covered
47 to 54	Hospital stays and payment	Hospital or care home stays, Constant Attendance Allowance, bank details

Questions	Section	What it asks
55 to 62	Statement from someone who knows you	Optional statement from a professional, friend or relative
63 to 65	Extra information, declaration, documents	Overflow space, signature, list of what you are sending

Questions 1 to 15: special rules and personal details

Question 1 asks whether you are claiming under the special rules for someone who may have 12 months or less to live. If you tick yes, you skip questions 21 to 46 (reports, your home and all the care questions) and go from question 20 to question 47. The 11/25 notes booklet tells you to tick the box at "question 12", but on the 11/25 form the special rules box is question 1.

Questions 2 to 14 are your parent's details, not yours. **Question 15** asks whether someone else is signing and why; our application guide (/blog/how-to-apply-for-attendance-allowance) explains who can.

Questions 16 to 27: conditions, professionals and the home

Question 16 is a table of each condition, how long they have had it, the medicines or treatment, and the dose. Include everything, including low mood, anxiety, and sight or hearing loss. If you send a printed repeat prescription list, you can skip the medicines, but still list the conditions.

Questions 17 to 20 ask who they have seen apart from the GP in the last 12 months (consultant, district nurse, occupational therapist, social worker), who else helps them and how often, the GP's details, and consent for DWP to contact these people.

Questions 21 to 23 ask for reports (an occupational therapy assessment, discharge summary or care plan), surgery waiting lists and tests. Send copies, because DWP says it cannot return documents.

Questions 24 to 26 ask what kind of home it is, where the toilet is and where your parent sleeps. A bedroom upstairs and a toilet downstairs helps explain night-time trips on the stairs. **Question 27** asks about aids and adaptations, which ones a professional prescribed, and what

difficulty your parent has using them. Include small things, such as a perching stool or pill organiser. Citizens Advice says to mention each aid again under the care question it relates to.

Questions 28 to 38: care needs during the day

The form says "during the day includes the evening". Each question has tick boxes for "I have difficulty", "I need help" and needing encouragement, each with a "How often each day?" box, and then a box asking "Is there anything else you want to tell us?" Use that box every time.

Question 28 asks when your parent started to need the help. A rough date is fine. Usually the need must have lasted 6 months, so think back to when things changed, such as a fall, a hospital stay or a new diagnosis.

Questions 29 to 32: bed, toilet, washing, dressing

- **Question 29:** getting into and out of bed, including going back to bed in the day.
- **Question 30:** getting to and using the toilet or a commode, incontinence pads, a catheter, cleaning themselves. Give a daily total.
- **Question 31:** washing, bathing, showering and appearance, including teeth, hair and shaving.
- **Question 32:** dressing and undressing, fastenings, footwear and choosing suitable clothes. The form suggests saying if they get breathless, feel pain or take a long time.

Illustration only, not a real case. Question 31, for a mother with arthritis and COPD: "Mum cannot get out of the bath without someone holding her arm, because her knees give way and she has fallen doing it. She now strip-washes at the sink sitting on a stool. This takes about 40 minutes and leaves her too breathless to dress for another 15. She cannot lift her arms to wash her hair, so I do it twice a week. On her bad days, about four a week, she does not wash at all unless I remind her and stay with her."

Questions 33 and 34: moving indoors and falls

Question 33 covers walking indoors, stairs, getting out of a chair and wheelchair transfers. "Indoors" means anywhere inside, not only at home. **Question 34** asks about falls and stumbles in detail: why they happen, injuries, falls clinic referral, help to get up, the last fall, and roughly how many in the last month and year.

Questions 35 to 37: eating, medicines, communicating

Question 35 covers cutting up food, getting food and drink into the mouth, and identifying food on the plate. **Question 36** covers medicines and treatment, including knowing which tablets to take and when, inhalers, eye drops and side effects. **Question 37** covers understanding and being understood by people they don't know well, using the phone, reading letters and asking for help, answered as if using their usual glasses or hearing aid.

> **Illustration only, not a real case. Question 36, for a father with early dementia:** "Dad takes seven tablets at three times of day. He cannot tell which are which, and twice last month he took his morning tablets again at lunchtime because he had forgotten taking them. Someone needs to hand him each dose and watch him take it, three times a day, every day. The tremor in his hands means he cannot press tablets out of the blister packs."

Question 38 asks how many days a week your parent has difficulty or needs help with everything in questions 28 to 37. If it is every day, write 7.

Question 39: hobbies, social and religious activities

This asks what help your parent needs, or would need, to take part in activities at home and when out, and how often. The form says DWP can take this help into account along with the other daytime help. Include things they have given up because they cannot manage alone, such as church, a lunch club, or swimming.

Questions 40 and 41: someone to keep an eye on them

Question 40 asks: "Do you usually need someone to keep an eye on you?" The tick boxes for the reasons are:

- to prevent danger to myself or others
- I am not aware of common dangers
- I am at risk of neglecting myself
- I am at risk of harming myself
- I may wander
- to discourage antisocial or aggressive behaviour

- I may have fits, dizzy spells or blackouts
- I may get confused
- I may hear voices or experience thoughts that disrupt my thinking

Then it asks: **"How long can you be safely left for at a time?"** Give an honest length of time and say what has happened when they were left longer. **Question 41** asks how many days a week they need this. For dementia in particular, Citizens Advice's form help (https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/attendance-allowance/claiming-attendance-allowance/help-with-attendance-allowance-form/) has examples worth reading.

Illustration only, not a real case. Question 40, for a mother with vascular dementia: "Mum can be left for about an hour at most. Last month she left the gas ring on after taking the pan off. Twice she has gone out in her nightdress in the evening and could not find her way home. She lets strangers in at the door. Someone needs to be in the house or checking on her throughout the day, every day."

Questions 42 to 45: care needs at night

The form defines night as "when the household has closed down at the end of the day". If the household goes to bed at 11pm, night starts then.

Question 42 asks about help at night with settling, turning over, toilet and incontinence needs, medicines, treatment and reminders. For each, you tick how many times a night (1, 2 or 3+) and write **how many minutes each time**. Count the whole episode: waking, getting to the toilet, cleaning up, changing a pad or sheets, settling back. **Question 43** asks how many nights a week.

Question 44 asks whether someone needs to be awake to watch over them, with the same reasons as question 40, how many times a night and for how long. **Question 45** asks how many nights a week. One of Age UK's examples is a wife listening out to make sure her husband gets to the toilet and back to bed safely.

Illustration only, not a real case. Question 42, for a father after a stroke: "Dad needs the toilet three times most nights. His left side is weak, so my mother has to help him sit up, stand, walk to the commode and get back into bed. Each trip takes about 15

minutes. About twice a week he doesn't get there in time and his sheets and pyjamas need changing, which takes another 20 minutes. He also needs turning once a night."

If night help is what your family is short of, our guide to overnight care options (/blog/overnight-care-options) sets out what is available.

Question 46: anything else

Question 46 is one large box: "Please tell us anything else you think we should know about the difficulty you have or the help you need." Use it for:

- a short account of a typical bad day, from waking to bed
- how several conditions add up, for example pain, poor sight and low mood together
- a note that a care diary or letter is enclosed and listed at question 65

If you run out of space, continue at question 63 and on extra sheets with your parent's name and National Insurance number at the top of each.

Questions 47 to 65: hospital, payment, statement and signing

- **Questions 47 and 48** ask about being in hospital, a care home or hospice now, or in the past six weeks. The notes say an award usually can't be paid during a stay in hospital or a publicly funded care home.
- **Question 49** asks about Constant Attendance Allowance; **questions 50 to 54** are bank details.
- **Questions 55 to 62** are the optional statement from someone who knows your parent. The form says the best person is whoever is most involved in their care, and that if you are signing for your parent, someone else should fill it in.
- **Question 63** is extra information, **question 64** the declaration, and **question 65** the list of documents you are sending.

The form ends with a checklist: consent signed at question 20, declaration at question 64, full details at questions 17 to 19, and a start date at question 28. Photocopy the whole form before you post it.

Free help with the Attendance Allowance form

- **Age UK Advice Line:** 0800 678 1602. Age UK Lewisham and Southwark also helps older people with benefit applications (020 7701 9700).
- **Citizens Advice:** its page on help with the Attendance Allowance form (https://www.citizensadvice.org.uk/benefits/sick-or-disabled-people-and-carers/attendance-allowance/claiming-attendance-allowance/help-with-attendance-allowance-form/) has a diary template and example answers. Citizens Advice Lewisham's freephone line is 0800 231 5453.
- **Independent Age:** helpline 0800 319 6789, and a guide to Attendance Allowance (https://www.independentage.org/get-advice/money/benefits/attendance-allowance).
- **Lewisham Council:** its page on help with money and benefits (https://lewisham.gov.uk/myservices/socialcare/adult/help-with-money-benefits-and-making-decisions) points residents to Advice Lewisham for free benefits advice by phone and at drop-ins.
- **DWP's helpline:** 0800 731 0122, Monday to Friday, 8am to 6pm.

What is question 40 on the Attendance Allowance form?

What is question 46 on the Attendance Allowance form?

How we can help

We are a CQC-registered home care agency on Lewisham High Street. We don't give benefits advice or fill in forms, so please use the services above for that. If writing it all down shows that your mum or dad needs more help at home than the family can give, Jackie, our registered manager, can visit for a free home assessment (/contact-us#enquiry), and our guide to paying for care in London (/paying-for-care-london) explains how Attendance Allowance fits with other ways of funding care.

Sources

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10. Lewisham Council: Help with money, benefits and making decisions (https://lewisham.gov.uk/myservices/socialcare/adult/help-with-money-benefits-and-making-decisions), checked 20 November 2026

About this guide

Written by the JNP Sidona team using the official sources listed above, which we checked on 20 November 2026. Rules, rates and thresholds change, usually each April, so always confirm the current position with the source or your council. This guide is general information, not medical, legal or financial advice. If you spot something out of date, email info@jnpsidonasupportservices.co.uk (mailto:info@jnpsidonasupportservices.co.uk) and we will correct it.