

The Benefit Cap

In the Department For Work and Pensions own words...

“The [Welfare Reform and Work Act \(2016\)](#) introduces some changes to the benefit cap. These changes, which will take effect in autumn 2016, include changes to the benefit cap levels to £23,000 a year for couples with or without children and lone parents and £15,410 for single people without children in Greater London, and £20,000 and £13,400 respectively for those groups elsewhere in Great Britain. They also include additional exemptions for recipients of Guardian’s Allowance, Carer’s Allowance and Universal Credit claimants who receive payments towards carer’s costs.

For more information about the benefit cap changes please visit www.Gov.UK/benefit-cap”

“The cap applies to the total amount people in your household (you, your partner and any children living with you) get from the following benefits:

[Bereavement Allowance](#)

[Carer’s Allowance](#) (this won’t be affected by the benefit cap from autumn 2016)

[Child Benefit](#)

[Child Tax Credit](#)

[Employment and Support Allowance](#) (unless you get the ‘support’ component)

[Guardian’s Allowance](#) (this won’t be affected by the benefit cap from autumn 2016)

[Housing Benefit](#)

[Incapacity Benefit](#)

[Income Support](#)

[Jobseeker’s Allowance](#)

[Maternity Allowance](#)

[Severe Disablement Allowance](#)

[Widowed Parent’s Allowance](#) (or Widowed Mother’s Allowance or Widows Pension if you started getting it before 9 April 2001)

[Universal Credit](#) (unless you’ve had a work capability assessment and aren’t fit for work)

Payments towards carer’s costs in Universal Credit won’t be affected by the benefit cap from autumn 2016.”