



Social Security
Tearainteachd Shì

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Adult Disability Payment
PO Box 27178
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Freephone: 0800 182 2222
mygov.scot/benefits

13 February 2026

Dear Carol,

Payment Increase

We're getting in touch to let you know that your payment will be increasing the annual increase in Adult Disability Payment.

Your weekly daily living component rate has changed because of the annual increase in Adult Disability Payment. Your new weekly payment will be:

- Standard rate daily living component will increase from £73.90 to £75.90

Your increased award will start from 6 April 2026

Your weekly mobility component rate has changed because of the annual increase in Adult Disability Payment. Your new weekly payment will be:

- Standard rate weekly mobility component will increase from £29.90 to £31.90

Your increased award will start from 6 April 2026

Your Adult Disability Payment will continue to be paid to you every 4 weeks. Your weekly payment will remain the same.

If you need to contact us

You can call us free on 0800 182 2222 if you want to get in touch. If you call us, we'll be able to help you quicker if you know your National Insurance number. Our helpline times are Monday to Friday, 8am to 5pm.