

What is New Style Employment and Support Allowance (New Style ESA)?



New Style Employment and Support Allowance (ESA) is the name of a benefit that some people with a disability or health condition can get.



The money is to help to pay for your living costs.

Living costs include things like rent , food and bills.



You can also get help to get ready for work.



Some people get a benefit called income-related Employment and Support Allowance.



You cannot apply for income-related Employment and Support Allowance.



This Easy Read is about New Style ESA.



Who can get New Style ESA?

You can get New Style ESA if you:



- live in the UK



- are under [the state pension age](#)



- have a disability or health problems that affect how much you can work.



You must also have worked as an employee or have been self-employed and...



have paid enough National Insurance contributions or National Insurance credits in the last 2 to 3 years.



If you do not know if you have paid enough National Insurance contributions or National Insurance credits, you can [visit the government's website to check your National Insurance record.](#)



If you get Universal Credit, you might also be able to get New Style ESA.



If you get Statutory Sick Pay (SSP), you can only apply for New Style ESA if your SSP is going to end in the next 3 months.



If you are working, you can claim New Style ESA if you work less than 16 hours a week and...



you do not earn more than £167 a week.



How much is New Style ESA?

The amount of New Style ESA money you get depends on:



- if you are waiting for the Department for Work and Pensions (DWP) to decide if you will get New Style ESA
- your age
- if the DWP think that you will be able to work in the future
- how much money you get from a private pension
- the other benefits you get.

