

What is Access to Work help?



Access to Work is help to get, or stay in work, that some people with a disability or health condition can get.



Access to Work help could be money called a grant.

A grant means that you do not have to pay the money back.



You can apply for money to help you to communicate at interviews.



You can apply for help to manage your mental health at work.



You can apply for money to help to pay for things you need to help you to do your job like:

- special equipment
- taxi journeys to and from work if you cannot use public transport
- a support worker or job coach to help you at work
- disability awareness training for the people you work with



Who can get Access to Work help?

You can get Access to Work if you have:

- a disability or
- a health condition or
- an illness



You must need support to do your job, or to get to and from your job because of your disability or health condition.



A disability can include a physical disability or a learning disability .



A health condition can include a broken leg, or a mental health condition like anxiety.



An illness can include diabetes or epilepsy.



You cannot get Access to Work to help you with voluntary work.



You must:

- be 16 or over
- live and work in England, Wales or Scotland

[Read about the help that you can get if you live in Northern Ireland and have a disability.](#)

You **cannot** get Access to Work if you live in the Channel Islands or the Isle of Man.



Access to Work money

There is no fixed amount of Access to Work money.

