

Are you benefit capped?

The benefit cap affected around 77,000 households in 2023

How to check if you are benefit capped:

1. Go to your Universal Credit homescreen and select the 'payment' section

Report a change of circumstances

Report a fit note

Add a note to your journal

GOV.UK Universal Credit

Payments

Assessment period: 11 February to 10 March 2024

Your payment this month is **£811**

This will be paid by 6pm on 17 March 2024

What you're entitled to

Standard allowance	£578.82
Housing	£468.60

2. Check the deductions part of your Universal Credit statement to see if you are subject to the benefit cap

3/19/24, 10:39 AM Payments - Universal Credit

Total entitlement before deductions £2,171.16

What we take off (deductions)

Money, savings and investments - £0.00

We have taken £0.00 off your Universal Credit payment because you have money, savings and investments of £0.00.

The first £6,000 of your money, savings and investments does not affect your payment. If you have over £6,000 up to £16,000, every £250 reduces your Universal Credit by £4.35. For any remaining amount that is not a complete £250, a further £4.35 is also deducted.

You told us you have £0.00. You must [tell us if this changes](#) so that we can pay you the correct amount on time.

Benefit cap - £784.66

[Need help understanding the benefit cap?](#)

We take money off your payment as there is a limit on the total amount of benefit you can get. This includes money from other benefits, like Child Benefit.

Search for 'benefit cap' on the GOV.UK website to find out how it's calculated.

The Benefit Cap does not apply to you if:

- You and your partner earn enough or work enough hours to qualify for Working Tax Credit and you claim Housing Benefit
- You and your partner earn at least the equivalent of working 16 hours per week at National Living Wage
- You or your partner receives a disability benefit, such as DLA or PIP
- You or your partner qualifies for a carer benefit
- You or your partner claims Guardian's Allowance
- You or your partner is over 66 and you get Housing Benefit
- You are in a grace period
- You have difficulty working because you're sick or disabled

What can I do if I am benefit capped?

- ✓ Can you increase your work hours so that you are exempt from the cap?
- ✓ Are you eligible for a disability benefit that you are not claiming?
- ✓ Should the DWP class you as having 'limited capability to work'?
- ✓ Do you have carer responsibilities that mean you should be claiming carer's allowance?

If you think you have been incorrectly benefit capped you can contact Central England Law Centre for free and independent legal advice and support.

