

## How much is the benefit cap?

The level of the cap will be around:

- £500 a week for couples (with or without children living with them)
- £500 a week for single parents whose children live with them
- £350 a week for single adults who don't have children, or whose children don't live with them.

## This will not apply to you if:

- You get pension credit or working tax credit
- A member of your household is claiming benefits such as, but not limited to, disability living allowance, attendance allowance, industrial injuries benefits or the support element of employment support allowance.

## What should you do?

**Ask for advice** if you are worried about being able to afford to pay your rent when these changes are introduced. If you don't pay your rent **you could lose your home**, so talk to your housing association about different ways to pay.



You can also:

**Talk to your housing association** about transferring to a smaller home or taking in a lodger.

**Contact your housing association, housing benefit office or the social security agency** to discuss if you can get extra help with money through the discretionary housing payment scheme.

**Get in touch with a debt advisor** if you have worries or concerns about managing money or debt...

**Debt Action NI** provides a free, confidential, debt advice service across Northern Ireland they may be contacted on:



Freephone 0800 917 4607



Text ACTION to 81025\*



[www.debtaction-ni.net](http://www.debtaction-ni.net)

The Northern Ireland Housing Executive (NIHE) has advice on its website this may be found on [www.nihe.gov.uk/index/services/welfare\\_reform.htm](http://www.nihe.gov.uk/index/services/welfare_reform.htm).

**Get more information** on [www.nidirect.gov.uk/index/information-and-services/money-tax-and-benefits](http://www.nidirect.gov.uk/index/information-and-services/money-tax-and-benefits)

This leaflet has been produced by the Northern Ireland Federation of Housing Associations (NIFHA) on behalf of housing associations in Northern Ireland.

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