



**MINISTRY OF SOCIAL
DEVELOPMENT**
TE MANATŪ WHAKAHIATO ORA

WORK AND INCOME
TE HIRANGA TANGATA



Disability Allowance



Published: April 2026

Before you start



This is a long document.



It can be hard for some people to read a document this long.



Some things you can do to make it easier are:

- read it a few pages at a time
- set aside some quiet time to look at it
- have someone read it with you to support you to understand it.



What you will find in here

Page number:



About this Easy Read4



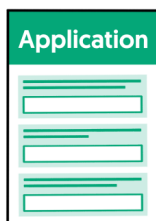
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About this Easy Read



This Easy Read is from the
Ministry of Social Development.



The Ministry of Social Development
is sometimes called **MSD** for short.

WORK AND INCOME
TE HIRANGA TANGATA

Work and Income is part of MSD.



In this document the words
we / us / our mean MSD.



This Easy Read is about the
Disability Allowance.



The **Disability Allowance** is money we can give to disabled people.



You can use this money to pay for things to do with your disability like:

- going to the doctor
- medicine
- counselling.

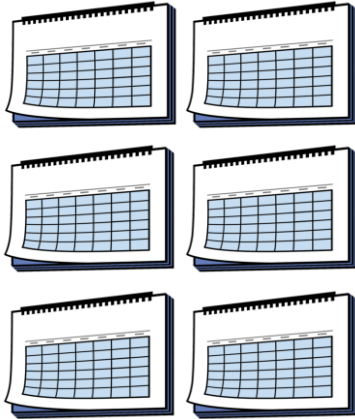


Some parts of this Easy Read talk about contacting us.



Our contact information is on page 36 of this Easy Read.

Who can get the Disability Allowance?



You can get the Disability Allowance if you have a disability that will last for:

- 6 months
- more than 6 months.



You can get the Disability Allowance for your child if:

- they are under 18
- you pay for things they need.



You can get the Disability Allowance if your disability means you have **ongoing costs**.



Ongoing costs are things you have to pay for more than once like:

- seeing the doctor every week
- getting special food you need for your disability.



You cannot get the Disability Allowance for ongoing costs another part of the Government pays for.



You cannot get the Disability Allowance if you get the **Residential Care Subsidy**.



The **Residential Care Subsidy** is money the Government pays so you can live in a:

- hospital
- rest home.





You can get the Disability Allowance even if you do not get other money from us.



You might not be able to get the Disability Allowance if:

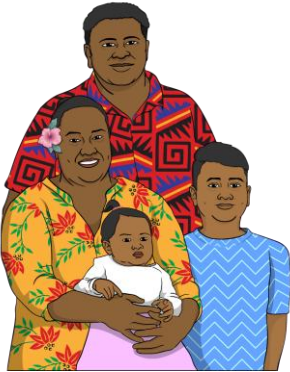
- you earn too much
- your partner earns too much.



To get the Disability Allowance you must:

- be an Aotearoa New Zealand:
 - **citizen**
 - **permanent resident**
- live in Aotearoa New Zealand
- plan to keep living in Aotearoa New Zealand.





An Aotearoa New Zealand **citizen** is someone who:

- was born in Aotearoa New Zealand
- has parents from Aotearoa New Zealand
- the Government has said can be an Aotearoa New Zealand citizen.

You can get an Aotearoa New Zealand passport if you are a citizen.



An Aotearoa New Zealand **permanent resident** is someone who is:

- not an Aotearoa New Zealand citizen
- allowed to live in Aotearoa New Zealand forever.

How much can I get?



There is a maximum / top amount you can get per week for the Disability Allowance.



You do not pay tax / money that goes to the government on the Disability Allowance.



How much you get depends on the extra costs you have because of your disability allowance.



You can find out the maximum / top amount you can get at this website:

www.workandincome.govt.nz/da



This website is **not** in Easy Read.



How is the Disability Allowance paid?

The Disability Allowance goes into your bank account.



We pay the Disability Allowance every week if you get no other payments from us.



If you get other payments from us we pay the Disability Allowance at the same time.



This could be every:

- week
- 2 weeks.

What does the Disability Allowance pay for?



The Disability Allowance pays for things you need because of your disability.



Each of the things you need have criteria / rules we think about to decide if it can be part of your payment.



Your **health practitioner** needs to tell us about things you need because of your disability.



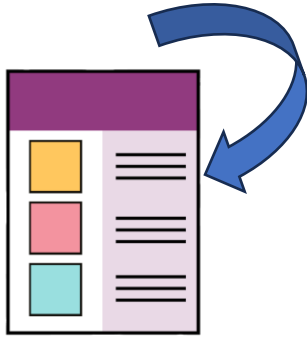
A **health practitioner** is someone who supports you to look after your health like a doctor.



Some of the things the Disability Allowance can pay for are:

- using the ambulance
- things you use for your disability like sensors for diabetic monitors
- clothing that is part of your disability
- **counselling** which includes transport to counselling
- **medical alarms**
- Medic-Alert
- someone to:
 - look after your garden
 - clean the outside of your windows.





More information about funding for **counselling** is on **pages 29 to 31**.

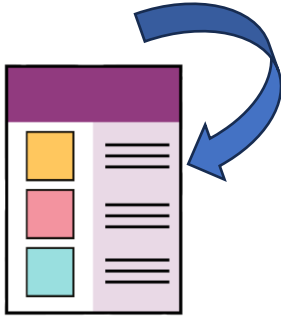
More information about funding for **medical alarms** is on **pages 32 to 35**.



Some other things the Disability Allowance can pay for are:

- doing exercise related to your disability at the:
 - gym
 - swimming pool
- seeing the doctor
- medicines
- **special food** your disability means you need
- using the telephone as part of your disability.





More information about funding for **special foods** is on **page 18**.



Some other things the Disability Allowance can pay for are:

- travel your disability means you need to do
- treatments like:
 - **physiotherapy**
 - **osteopathy.**



Physiotherapy supports you to feel better by using things like:

- massage
- exercise.



Osteopathy supports you to feel better by using things like:

- massage
- stretching.



Some other things the Disability Allowance can pay for are:

- **supplements**
- **vitamins / minerals**
- **herbal remedies.**



A **supplement** is a pill you take if your body cannot make something on its own.



Vitamins / minerals are important things your body needs.

Most people get the vitamins / minerals they need from their food.



You can get vitamins / minerals from pills if you do not get them from your food.



Herbal remedies are medicines made from plants.



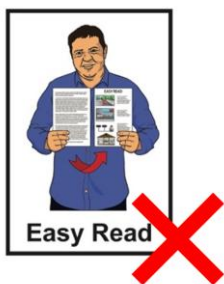
You can talk to us if you are not sure if the Disability Allowance can pay for something.

If you are applying for special food costs



You can find the special foods information form at this website:

www.workandincome.govt.nz/da-sf



This website is **not** in Easy Read.

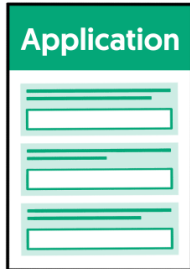
This form will support you to work out:

- what type of special foods you need
- the extra costs for the special food.



You will need to show how much you pay for the food.

How to apply for the Disability Allowance



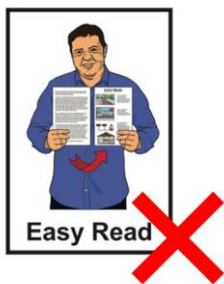
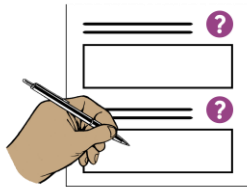
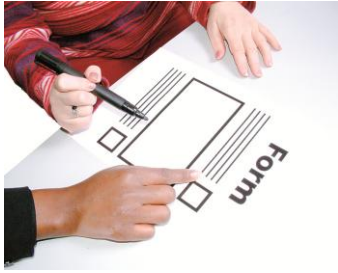
There are different ways to apply for the Disability Allowance.

When you apply we need:

- proof of how much something cost like a **receipt**
- a **Disability Allowance Certificate** from your doctor.



A **receipt** tells you how much you paid for something.



The **Disability Certificate** is a form your health practitioner fills in to say:

- you are disabled
- your disability means there are things you need to pay for.

Your health practitioner should already have the Disability Allowance Certificate form.

You can also download the form at this **website**:

www.workandincome.govt.nz/da-form

This form is **not** in Easy Read.

You can contact us so we can send the Disability Allowance Certificate form to you if your doctor does not have it.



If you do not already get payments from us

If you do not already get payments from us you can:

- apply online through **MyMSD**
- fill in a paper form.



MyMSD is a website where you can:

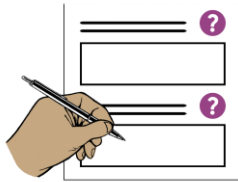
- apply for money from us
- check what we have paid you
- tell us about changes in your life that might change how much money we can pay you.





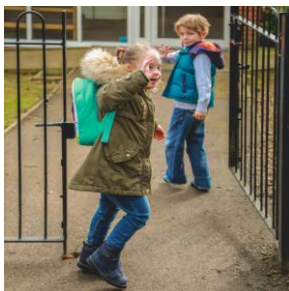
If you get **childcare payments** from us you can:

- apply online through **MyMSD**
- fill in a paper form.



Childcare payments support you with the costs of:

- preschool
- before school care
- after school care.



Go to this **website** to apply for the Disability Allowance online:

www.workandincome.govt.nz/apply



This website is **not** in Easy Read.

Make sure you upload to MyMSD the:



- proof of how much things cost
- Disability Allowance Certificate from your doctor.



You will need to contact us first to tell us you are doing this.

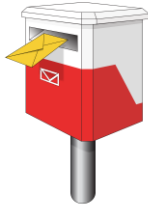


If you are applying using a paper form you can download the form here:

www.workandincome.govt.nz/extra-help



The form is **not** in Easy Read.



If you cannot print out this form you can:

- contact us to send you 1
- pick 1 up from your service centre.



Give us the:

- paper application form
- Disability Allowance Certificate
- proof of your costs.

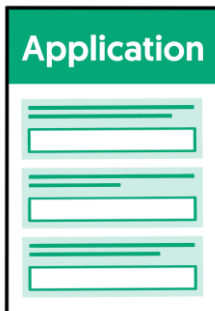


You can get your forms to your nearest MSD service centre by:

- post
- dropping them off.



If you already get payments from us



If you already get payments from us you can apply for the Disability Allowance by filling in the application form.

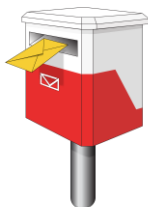


You can download the form here:

www.workandincome.govt.nz/extra-help



The form is **not** in Easy Read.



If you cannot print out this form you can:

- contact us to send you 1
- pick 1 up from your service centre.



Give us the:



- paper application form
- Disability Allowance Certificate
- proof of your costs.

You can get your forms to your nearest MSD service centre by:



- post
- dropping them off.

Applying for someone else



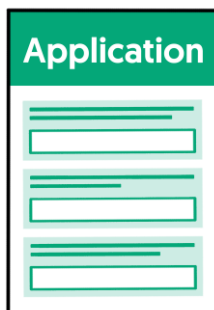
You can apply for the Disability Allowance for someone else if they have filled in a form to say you can.



You can apply for the Disability Allowance for someone else:

- online using MyMSD if they do not get payments from us

or



- using the paper form if they get payments from us.

What happens next



When we get your forms we may:

- need more information
- ask you to meet with us.



We can do this meeting:

- in person
- over the phone.

Counselling



We can pay for some **counselling** to do with your disability.



Here **counselling** means talking to a about things that make you unhappy with a:

- doctor
- counsellor.



You will need to show that you cannot get this counselling funded by anyone else.

10

You can get up to 10 sessions of counselling the first time you apply.

20

You can apply for up to 20 more counselling sessions if your health practitioner says you need them.



You will need to fill in your part of the Disability Allowance – Counselling form.



You can get the Disability Allowance – Counselling form:

- from your doctor
- by contacting us
- by downloading it.





You can download the Disability Allowance – Counselling form on this **website**:

www.workandincome.govt.nz/da-counselling-form



The form is **not** in Easy Read.



Your doctor will need to fill in their part of the Disability Allowance – Counselling form including how many sessions you need.

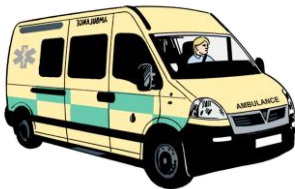


You will also need to show how much the counsellor will cost.

Medical alarms



The Disability Allowance can pay for a **medical alarm** if you need one.



A **medical alarm** means you can call an ambulance even if you cannot reach your phone.

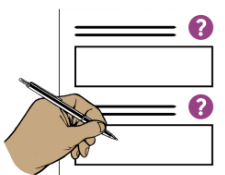


The medical alarm can be:

- for your home only

or

- anywhere you go.



You will need to fill in the Disability Allowance – Medical Alarm form.



You can get the Disability Allowance – Medical Alarm form:

- from your doctor
- by contacting us
- by downloading it.



You can download the Disability Allowance – Medical Alarm form on this **website**:

www.workandincome.govt.nz/da-alarm-form



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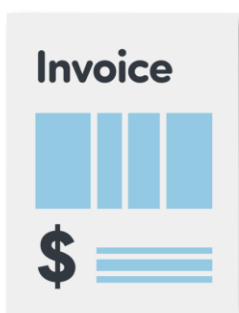


Your doctor needs to fill in the Disability Allowance – Medical Alarm form.



You will also need to show us proof of how much the medical alarm costs.

You can show us the medical alarm:



- contract / agreement
- or
- receipt.

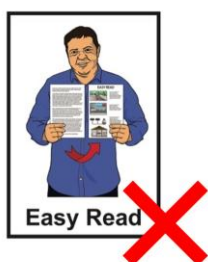


The medical alarm must come from someone on our list of suppliers.



You can find the list of medical alarm suppliers at this **website**:

www.workandincome.govt.nz/da-medical-alarm



This website is **not** in Easy Read.



We might still be able to support you if the medical alarm you need to use is not on the list.



Contact us to talk about it.

How to contact us

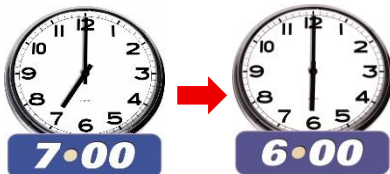


You can contact us by calling:

0800 559 009



This number does not cost money to call.



You can call this number on:

- Monday to Friday:
 - from 7 am to 6 pm



- Saturday:
 - from 8 am to 1 pm.



If you find it hard to use the phone
you can:

- **text** us on:

4206



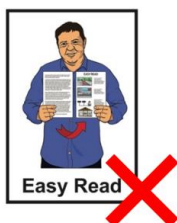
- **email** us at:

MSD_Deaf_Services@msd.govt.nz



You can find more information about
contacting us if you find it hard to use
the phone at this **website**:

www.workandincome.govt.nz/deaf-services



This website is **not** in Easy Read.



You can also contact us using the New Zealand Relay service.

The **New Zealand Relay** service is for people who are:



- Deaf / hard of hearing
- deafblind
- speech impaired / find it hard to talk.



You can find out more about the New Zealand Relay service at:

www.nzrelay.co.nz



We have many service centres around Aotearoa New Zealand.



You can find a list of our service centres at this **website**:

www.workandincome.govt.nz/service-centres



This website is **not** in Easy Read.



This list of service centres has the addresses where you can:

- post things to us
- visit us.





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WORK AND INCOME
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This information has been written by the Ministry of Social Development.

Make it Easy
Kia Māmā Mai



It has been translated into Easy Read by the Make it Easy Kia Māmā Mai service of People First New Zealand Ngā Tāngata Tuatahi.

People First NZ
Ngā Tāngata Tuatahi



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