



Working with parents looking for help claiming DLA for their child?

DLA is the main benefit for children under 16 with a condition or disability and it helps families to meet the extra costs that they might have as a result of their child's disability. The families Contact speaks to describe getting this benefit as 'life-changing'. We know though that some parents can find claiming DLA for the first time overwhelming. That's why we've put together this helpful [guide to help families navigate this](#).

Contact has a wealth of information about claiming this and other important benefit on its website that you can share with parent carers. Take a look at our [Common Questions Tool](#) for information about some of the most popular topics we get asked about or our [tips on completing a DLA form](#). Parents can also try our [benefits calculator](#) to find out what benefits and other sources of financial help they might be entitled to.

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