

Access to Work, step by step

Checklist

Read <https://www.gov.uk/access-to-work>

Check eligibility on the GOV.UK eligibility page

I am 16 or over

I am in paid work, or starting within 12 weeks

I live and work in England, Scotland or Wales

This is not voluntary work

I am not a civil servant (they ask their employer)

Apply at <https://www.gov.uk/access-to-work/apply>

Or call 0800 121 7479, Monday to Friday, 9am to 5pm

Mental health support: Able Futures OR Maximus, not both

I have not had Access to Work mental health support before

Ask the employer separately for reasonable adjustments

Check the current grant cap on the GOV.UK factsheet

Not medical advice and not a diagnosis. Nancy Osazee, Founder.