

# Work assessment allowance (AAP)

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**A work assessment allowance allows you to have an income in periods during which you are ill or injured and need assistance from the Norwegian Labour and Welfare Administration (NAV) to return to work.**

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## Who can receive work assessment allowance?

You can receive assessment allowance if your [work capability](#) has been impaired by at least 50 per cent. Assistance from NAV may consist of an employment scheme, benefits under medical treatment or other follow-up by NAV.

Your impaired work capability must be mainly due to illness or injury. There must be some hope of improving your work capability, through treatment, an employment scheme or follow-up by NAV. The goal is that you find or hold onto a job during the period you are receiving work assessment allowance.

You do not need to be receiving sickness benefit or other benefits from NAV in order to apply for work assessment allowance.

If you are receiving sickness benefit and your sickness benefit year is about to come to an end, you must apply for work assessment allowance, if you are still ill. You will not receive work assessment allowance automatically.

If you have previously received work assessment allowance and become ill again, without having earned the right to sickness benefit, you may receive work

assessment allowance once again for up to 6 months. To earn the right to sickness benefit, you must have been employable and working full or part-time for 26 weeks.

As a general rule, to be entitled to work assessment allowance, you must have been a member of the National Insurance Scheme for at least 3 years. If you have been employable, it is sufficient that you have been a member of the National Insurance Scheme for at least one year prior to your application. Exceptions may be made. Read more about [membership of the National Insurance Scheme](#).

You must be between 18 and 67 years old. If you are between 62 and 67 years old when you apply, the general rule is that you must have earned a pensionable income at least equivalent to the [National Insurance basic amount](#) (G) before your ability to work was impaired. Exceptions may be made.

As a general rule, to be entitled to AAP you must live and stay in Norway. Read more about holiday absences and stays abroad under “Notify changes” at the bottom of the page.

## Activity plan

You may receive AAP while you are participating in activities to return to work

- while you are receiving medical treatment
- while you are participating in an employment scheme
- when you are gradually returning to work after illness (work testing)
- while being monitored by NAV after treatment or employment measures
- while as a student you have receiving medical treatment in order to resume your studies, if you are not entitled to a sickness scholarship from the Stated Educational Loan Fund

The activities must be described in an activity plan created by you and NAV jointly. It is the responsibility of NAV to create the plan together with you. We take the initiative for meetings and follow-up as required while you are carrying out the activities. The plan must be adapted to your health and functional ability and must be changed as required.

If NAV sends you the agreed plan in the mail, it is important that you sign the plan and return it to NAV. If you do not agree with what is written in the plan, you must discuss this immediately with your local NAV office. Read more about the [activity plan](#).

You may also receive work assessment allowance while you are waiting

- for you and NAV to create an activity plan
- for treatment or an employment scheme

You may also receive work assessment allowance in some other periods without an activity plan. Read more about work assessment allowance in [periods without an activity plan](#).

## Duty to act

A condition for receiving work assessment allowance is that you contribute actively in the process of returning to work. A duty to act means herein that

- You must participate in creating an activity plan
- You must attend when NAV summons you to a meeting
- You must provide the information NAV requests
- You must participate and complete the activities in your plan

You must notify NAV if something prevents you from following the agreed plan. If you do not perform the agreed activities, NAV may reduce or stop your work assessment allowance. Read more about absence due to [illness or vacation](#).

## How much will you receive?

Full work assessment allowance is the equivalent of 66% of your income. The size of your work assessment allowance is determined on the basis of your previous income and if you have children.

You can calculate your daily rate by dividing the annual amount by 260. What you will receive depends on your income tax rate and the amount of work or absence you report on the employment status form you submit every 14 days. Read more about [calculation of work assessment allowance](#) (text in Norwegian).

If you work up to 60 per cent of full time, the assessment allowance will be reduced.

If you work more than 60 per cent, the assessment allowance (including child supplement) will cease.

## How long can you receive work assessment allowance?

As a general rule, you cannot receive work assessment allowance for more than four years. How long you will receive work assessment allowance depends on your need to participate in work-related activity. The duration of the allowance will therefore vary individually. In special cases, the work allowance period may be extended beyond four years, following a specific assessment of each case.

## How to apply

You must first [register on nav.no](#). You may also receive help to register from your local NAV office. You can apply for work assessment allowance electronically

## **APPLY WORK ASSESSMENT ALLOWANCE**

When you apply for work assessment allowance, NAV requires some details from you, which you must attach to your application. Follow the guidance you receive along the way.

When applying for work assessment allowance, you will receive several documents and decisions from NAV. View the list of the various [decisions and documents](#) and what you may appeal against.

### **Application for resumption of allowance**

If there are fewer than 52 weeks since you last received work assessment allowance, and you have not used up the maximum allowance period of 4 years, you may apply for [resumption of the work assessment allowance](#) if you become ill again. You may apply to resume receiving work assessment allowance if you become ill with the same illness or if you have a new illness. The earliest you may resume receiving work assessment allowance is from the day you submit your application.

You must submit a new application if

- more than 52 weeks have passed since you last received work assessment allowance
- Your case was concluded with final discontinuance (see decisions by NAV).

### **When should you apply?**

You may apply for work assessment allowance at any time if your work capability has been impaired by at least 50 per cent. The earliest you may receive work assessment allowance is from the day you submit your application.

If you are receiving sickness benefit and are still ill at the end of the sickness benefit year, work assessment allowance may be a relevant benefit. You must apply for work assessment allowance yourself, read more about the transition [from sickness benefit to work assessment allowance](#).

### **Payment and employment status form**

In order to receive work assessment allowance, you must submit an employment status form every 14 days. NAV uses the employment assessment form to follow you up and to calculate your allowance. Read more about how to fill out an [employment status form](#) when you are receiving work assessment allowance

Work assessment allowance payments are based on the information you provide on your employment status form. If the employment status form is correctly filled out and sent at the right time, payment will be made **2-3 days after the employment status**

**form has been registered.** If you submit your employment status form too late, a deduction will be made in the next allowance payment equivalent to the number of days the employment status form arrived too late.

Work assessment allowance is taxed as an income and is a pensionable income.

Read more about [Payment dates, holiday pay and tax withholding](#).

## Supplemental benefits

If you are participating in or being considered for [an employment scheme](#), you may also apply for supplementary benefits to cover

- books and educational material
- daily travel
- transport costs when returning home
- moving costs
- childcare
- care and nursing for familymembers
- extra housing costs

Read more about [supplemental benefits](#) and how to apply.

## Transport subsidies

If you temporarily can not travel to and from your workplace or your place of education as usual due to illness or injury, you may be entitled travel subsidies instead of receiving AAP. You have to turn in an application and a doctor's certificate that shows that you are not able to travel ordinarily due to illness or injury, and that you otherwise would be on a sick leave.

The transport subsidies will cover necessary additional expenses you'll have for traveling to and from your workplace or place of study.

## Establishment of own business

You may apply to receive work assessment allowance for a limited period while you are establishing your own business: Up to 6 months in a development phase and / or 3 months in a start-up phase.

It is a requirement that establishment of your own business will probably mean that you can support yourself or in combination with [disability benefit](#). You may only apply if you are planning to start a new business.

Contact your local NAV office for more information on how to proceed. You must apply using a separate application form, see under "Skjema".

## Notify changes

If the conditions for receiving work assessment allowance are no longer met, you will lose the right to this allowance and it will be stopped. Read about [lapse of right to work assessment allowance](#) in case of interruption, admission to an institution, etc.

If there are changes in your income, family and / or job situation, or you are planning to stay abroad, this may affect the amount you receive from NAV.

Notify NAV as soon as possible if you

- find full-time or part-time employment
- recover, partly or fully
- drop out of employment scheme or treatment
- Are going on vacation or leave of absence. Read more about [holiday absence /stays abroad](#) and go to [application form](#)
- are moving abroad. Read more about [moving abroad](#)
- sitting in custody, serving a sentence or in protective custody
- change address or bank account number, you can change a [temporary postal address and bank account number](#) yourself
- are admitted to hospital or an institution
- are going to travel or move abroad
- are receiving pension from another pension scheme
- are responsible for more or fewer children
- receive child allowance and the child has his or her own income
- have other information may affect your right to benefits

You have a duty to keep NAV updated on your situation, both by submitting an [employment status form](#) and by notifying any changes. That way your case will be correctly processed and you will receive the correct amount. Read more about the [rights and obligations](#) of those receiving work assessment allowance.

Refer also to general information on the duty to [notify NAV](#).