



# PRACTICAL GUIDE

## GRANDCHILD CARE ALLOWANCE

(Contingency: birth)

INSTITUTO DA SEGURANÇA SOCIAL, I.P.

## **TECHNICAL FILE**

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**The information contained in this practical guide does not waive the consultation of the law.**

## A – What is it?

It is a **cash benefit** paid to grandparents for a period of up to 30 consecutive days to help compensate for the loss of income from work when they have to take time off work **to take care of a grandchild** who is the son/daughter of a person aged under 16.

**Note:** Foster families (home family care) are entitled to the Grandchild Care Allowance under the same rules that apply to persons who have to take time off work due to the birth of a grandchild who is the son/daughter of their biological or adopted child.

**Note:** Questions regarding leaves or absences must be clarified by the Authority for Working Conditions (*Autoridade para as Condições do Trabalho - ACT*) and not by Social Security. The entitlement to parental allowances depends on taking the leaves or absences provided for in the Labour Code.

The grant of the allowance is subject to a statement by the beneficiaries indicating the leave periods to be taken or already taken by the grandparents, either exclusively or shared.

## B – Who is entitled?

- Employees, who pay contributions to Social Security;
- Self-employed persons who pay contributions to Social Security;
- Persons registered under the voluntary social insurance scheme, including:
  - maritime workers and national watchkeepers on vessels owned by foreign companies;
  - scientific research fellows;
- Workers in pre-retirement with reduced working hours;
- Persons who are receiving a Relative Invalidity Pension, Old-Age Pension or Survivor's Pension and working and paying contributions to Social Security.

## C – What are the entitlement conditions?

### Grandchild Care Allowance after the childbirth

The entitlement to the allowance is subject to **all of the following conditions:**

- **the grandchild who needs care is:**
  - the son/daughter of a minor aged under 16;
  - belongs to the same household as the grandparent.
- **the grandmother or grandfather:**
  - must declare the periods of leave to be taken or already taken, exclusively or shared;
  - apply for the allowance within the time limit, i.e. within 6 months from the day on which she/he stopped working to take care of the grandchild;
  - fulfils the qualifying period;
  - confirms that other grandparent is either working or unable to provide care, and has not applied for the allowance for the same reason.

## What is the qualifying period?

To be entitled to the Grandchild Care Allowance, you must have worked and paid contributions for **6 months** (consecutive or non-consecutive) to Social Security or to another national or foreign social protection system, provided that these periods do not overlap, and the foreign schemes that allow such periods to be counted are covered by international agreements with Portugal.

If necessary, the month in which the leave begins is taken into account for the qualifying period of 6 months, provided that you have worked and paid contributions for at least 1 day in that month.

If the months with contributions are not consecutive, there cannot be a period of 6 months or more without contributions payment. Otherwise, a new qualifying period must be completed as from the month in which there is a new salaries registration.

**Example:** Fernando began paying contributions in September 2024. On 10 February 2025, he took leave to take care of a grandchild. He paid Social Security contributions up to 9 February 2025. As he had not paid contributions for six months by the start date of his leave, the month of February will be considered to complete the qualifying period, even though he did not work for the whole month.

## D – How much will I receive?

### D1. How much will I receive?

The daily amount of the Grandchild Care Allowance corresponds to **100% of the Reference Remuneration (RR)** if grandparents take leave from work due to the **birth of a grandchild** whose parent is aged under 16.

**Note:** The amount received **cannot be lower than €14,32** (80% of 1/30 of the Social Support Index (*Indexante dos Apoios Sociais* (IAS)), which in 2026 is set at €537,13). If the applicant is residing in the autonomous regions, the amount payable is increased by 2%;

### How to calculate the Reference Remuneration (RR)

The RR is calculated in **3 steps**:

**Step 1.** Identify the salaries registered in the Social Security System in the **oldest 6 months of the last 8 months** prior to that in which you were absent from work to provide care to your grandchild, excluding the Holiday pay, Christmas Bonus and similar payments;

In this case, you may consult your registered salaries through the Social Security Portal, in the Menu > *Trabalho* (Work) > *Remunerações e contribuições* (Remuneration and Contributions) > *Carreira contributiva* (Contributory career).

**Step 2.** Add the salaries from the 6 months identified in Step 1;

**Step 3.** Divide the result from Step 2 by 180 days (30 days × 6 months) to obtain the daily Reference Remuneration.

**Example:** Maria has been working for several years and will begin her leave on 10 April 2025.

**Step 1.** Identify the salaries registered by Social Security in the **oldest 6 months out of the last 8 months prior** to that in which she took the leave to take care of her grandchild;

In this case, if the leave begins in April 2025, the last 8 months prior to the leave will be from August 2024 to March 2025. From these 8 months, we choose the oldest 6, i.e., the salaries from **August 2024 to January 2025**.

**Step 2.** Add the salaries from the 6 months identified in Step 1;

<b>Months identified in step 1</b>	<b>Registered salary, excluding Holiday pay, Christmas bonus and similar payments</b>
August 2024	€1.000,00
September 2024	€1.000,00
October 2024	€1.100,00
November 2024	€1.100,00
December 2024	€1.200,00
January 2025	€1.200,00

In this case, the total amount of salaries from the 6 months is **€6.600,00**.

**Step 3.** Divide the result of Step 2 by 180 days (30 days × 6 months) to obtain the daily Reference Remuneration.

The calculation of the daily Reference Remuneration is the following: **€6.600,00 / 180 days = €36,67 per day**.

This amount will be used to calculate the daily value of the allowance to which you are entitled (e.g., by applying the legal percentage corresponding to the type of allowance).

**What happens if I do not have paid 6 months of contributions to Social Security?**

If the allowance granting is based on contributions paid to other national or foreign schemes, the Reference Remuneration (RR) is calculated according to the following **4 steps**:

**Step 1.** Identify the salaries registered in the Social Security System up to the **day before** the start of the leave, excluding the Holiday pay, Christmas bonus and similar payments;

**Step 2.** Add the salaries from the months identified in Step 1;

**Step 3.** Count the number of months with registered salaries (with paid contributions);

**Step 4.** Divide the result from Step 1 by 30 × the total from Step 2.

**Example:** João started working 3 months ago and will begin his leave on 15 April 2025.

**Step 1.** Identify the salaries registered in the Social Security System up to the day before the start of the leave;

In this case, if the leave starts in April 2025 and João has been working for 3 months, the months with registered contributions to Social Security are from **January 2025 to March 2025**.

**Step 2.** Add the salaries from the months identified in Step 1;

<b>Months identified in step 1</b>	<b>Registered salary, excluding Holiday pay, Christmas bonus and similar payments</b>
January	€1.000,00

February	€1.100,00
March	€1.200,00

In this case, the total amount of salaries from the 3 months is **€3.300,00**.

**Step 3.** Count the number of months with registered salaries (with paid contributions);

João paid contributions for 3 months.

**Step 4.** Divide the result from Step 1 by 30 × the total from Step 2.

The calculation of the daily Reference Remuneration is the following: **€3.300,00 / (30 x 3 meses)**  
**= €36,67 per day.**

This amount will be used to calculate the daily value of the allowance to which he is entitled (e.g., by applying the legal percentage corresponding to the type of allowance).

## D2. How can I receive it?

There are **2 ways** of receiving the allowance:

- by bank transfer, or
- by postal order issued by the Portuguese postal services (*CTT*) to your address.

## D3. How to register or change the IBAN (International Bank Account Number)

### 1. Through the Social Security Portal

You can register or update your IBAN through the Social Security Portal, in the menu: *Iniciar Sessão* (Log In) > *Perfil* (Profile) > *Conta bancária* (Bank Account) > *Consultar e alterar conta bancária* (Consult and change bank account).

### 2. At any Social Security Customer Information Service

To register or change the IBAN, you must complete the form MG 14 - *Requerimento de Registo ou Alteração de IBAN* (Application for IBAN Registration or Change) available on the Social Security Portal, in the *Formulários* (Forms) menu, and attach a bank document confirming the IBAN, which must include the name of the person submitting the application or the person entitled to the **Grandchild Care Allowance** as the account holder.

**Note:** The IBAN will be pending validation by Social Security. Once confirmed, a notification will be sent to the *Mensagens* (Messages) menu.

### Minimum Banking Services (SMB)

If you still do not have a current account, you may open a Minimum Banking Services account at any bank.

The annual cost is less than 1% of the national minimum wage, which in 2026 amounts to €920,00.

For more information on Minimum Banking Services, please consult the *Portal do Cliente Bancário* ([Bank Customer Portal](#)).

## E – Granting period

### E1. When does the Grandchild Care Allowance start to be paid?

The allowance is paid as from the 1<sup>st</sup> day of absence from work to provide assistance to a grandchild.

### E2. How long will I receive it? (granting period)

- **If grandparents are absent from work due to the birth of a grandchild whose parent is aged under 16:** they can receive the allowance for a period of up to 30 consecutive days.

**Note:** They must decide together whether just one of them will take the full 30 days' leave or whether they will split the 30 days between them. If they do split the leave, they must notify Social Security of the length of leave each of them will take.

### E3. If I am a self-employed person or beneficiary of the Social Insurance Scheme, when will the allowance payment be temporarily suspended?

When your contributory situation is irregular, i.e., when you have debts to Social Security

You will stop receiving the allowance from the date on which the debt begins.

### E4. When will the allowance payment be resumed?

The allowance payment will be resumed when:

- you regularise your situation with Social Security within **3 months** after the payment has been suspended. In this case, you are entitled to receive the outstanding amount, and the allowance continues to be paid as usual;
- you regularise your contributory situation after the time limit of 3 months, but still during the period in which you could receive the Allowance. In this case, the allowance payment will be resumed as from the day following the regularisation, but you lose the right to the amounts unpaid during the period of irregularity.

**Note:** If you have debts but are paying them in instalments under an agreement with the Social Security Services, the situation is considered regularised as long as you comply with that agreement.

### E5. When does the allowance entitlement end? (cessation)

The entitlement to the **Grandchild Care Allowance** ends **when at least one of the following circumstances happen:**

- the person receiving the allowance stops fulfilling at least one of the necessary conditions for the entitlement to the allowance;  
For more information, see section C – What are the entitlement conditions?
- Fraud occurs;
- the person concerned is working while receiving the allowance;
- at the person's request (early return to work)
- the person receiving the allowance dies.

## F – How to apply

### F1. Where to apply

- Through the Social Security Portal, in the menu *Família* (Family) > *Maternidade e paternidade*

(Maternity and paternity) > *Subsídio para Assistência a Neto* (Grandchild Care Allowance), or

- Through the Social Security Portal, in *Contactos e canais de atendimento* (Contacts and service channels) > *Canal digital* (Digital Channel) and taking the following steps:
  - Click on *Criar Pedido* (Create Request) > Describe the issue you wish to handle with Social Security > Click on *Seguinte: Definir Tema* (Next: Define theme);
  - *Click on Evento de Vida* (Life Event) > *Parentalidade e Adoção ou Assistência à Família* (Parenting and Adoption or Childcare) > *Assunto* (Subject) > *Subsídio por Assistência a Neto* (Grandchild Care Allowance) > *Motivo* (Reason) > *Apresentar um pedido* (Submit Request) > *Confirmar Seleção* (Confirm Selection) > Read the information provided;
  - Click on *Continuar com o pedido* (Proceed with the request > *Adicionar documento* (Add Document) > Select the relevant form and/or documents and drag them into the designated area > *Guardar documento* (Save document) > *Seguinte: Resumo* (Next: Summary);
  - *Submeter pedido* (Submit request).
- At any Social Security Customer Information Service;
- By post, sent to the Social Security District Centre of your place of residence.

## **F2. Which forms must be completed?**

- Form RP 5054 - *Requerimento de Subsídio para Assistência a Neto* (Application for the Grandchild Care Allowance).

## **F3. What documents are required?**

### **All situations**

- Bank document confirming the IBAN, which must include the name of the applicant as the account holder.

### **Grandchild Care Allowance**

- Medical certificate issued by the doctor of the health establishment or service, attesting the grandchild's birth, or the grandchild's civil identification document.

### **Updated address**

You must always keep your address updated.

- If you do not have a Citizen Card, you must update your address:
  - through the Social Security Portal, or
  - by submitting the form MG 2 – *Requerimento de Alteração de Dados* (Application – Change of personal details).
- If you have a Citizen Card, you must update your address:
  - via the internet, by accessing the *Portal do Cidadão* ([Citizen Portal](#)), after logging in.

**Note:** This service allows any adult to update his/her address online easily and simultaneously in multiple public entities. Alternatively, this can also be done in person at a Citizen Shop (*Loja do Cidadão*) or at other entities that issue the Citizen Card.

#### **F4. Time limit to apply**

**Up to 6 months** after the 1<sup>st</sup> day of absence from work to provide care to the grandchild.

### **G – Can this allowance be cumulated with other benefits?**

#### **G1. It can be cumulated with:**

- Solidarity Supplement for the Elderly;
- Compensation and pensions due to occupational disease or work-related accident;
- Old-age Pension;
- Relative Invalidity Pension;
- Survivor's Pension;
- Pre-retirement, provided that the person concerned is working and paying contributions to Social Security;
- Social Integration Income;
- Primary Informal Carer Allowance.

#### **G2. It cannot be cumulated with:**

- benefits granted within the scope of the solidarity subsystem, with the exception of the Solidarity Supplement for the Elderly and the Social Integration Income;
- employment income;
- Unemployment benefit;
- Sickness benefit.

### **H – What are my duties and penalties?**

#### **H1. Duties:**

- to inform Social Security within **5 business days** of any changes that determine the end of the Grandchild Care Allowance entitlement.

#### **H2. Penalties:**

If the duties are not fulfilled or illegal means are used to obtain undue payment of the allowance, the person concerned will be subject to the payment of fines.

### **I – Supporting documentation**

#### **I1. Applicable legislation**

##### **Ministerial Order no. 480-A/2025/1 of 30 December**

Updates the Social Support Index (IAS) value for the year 2026 (€537,13).

##### **Decree-Law no. 139/2025 of 29 December**

Updates the value of the guaranteed minimum monthly wage (i.e., the national minimum salary) for 2026, to €920,00.

##### **Decree-Law no. 139/2019 of 16 September**

Establishes the implementation scheme for Foster Families, a measure to promote the rights and protection of children and young people in danger

**Law no. 7/2016 of 17 March**

Provides for a specific increase in the amount of benefits within the scope of social protection, in the events of maternity, paternity and adoption, received by residents of the autonomous regions.

**Ministerial Order no. 220/2013 of 4 July**

It amends the Certificate of Temporary Incapacity for Work (CIT – *Certificado de Incapacidade Temporária para o Trabalho*) and requires it to be sent electronically, by the competent services of the National Health Service, to the Social Security services.

**Decree-Law no. 91/2009**

Establishes the legal scheme of social protection in parenthood.

**Law no. 53-B/2006 of 29 December**

Creates the Social Support Index (*IAS – Indexante dos Apoios Sociais*) and establishes new rules for updating pensions and other social benefits from the Social Security system.

**J - Glossary**

**Qualifying period**

It is the minimum period of contributions payment to Social Security (or to another mandatory Social Security system) required for the entitlement to a benefit.

In this case, a person is only entitled to Grandchild Care Allowance if he/she has worked and paid contributions for at least 6 consecutive or non-consecutive months (provided that there is no interruption in the contributions payment that exceeds 6 months) to Social Security or another social protection scheme that guarantees him/her an allowance in these situations.

If necessary, the month in which the work interruption occurs is taken into account for the qualifying period, provided that the person concerned has worked and paid contributions for at least one day during that same month.

Countries that allow the aggregation of contributory periods for the fulfilment of the qualifying period (European Union, European Economic Area and Switzerland):

Germany	Austria	Belgium	Bulgaria
Cyprus	Denmark	Slovakia	Slovenia
Spain	Estonia	Finland	France
Greece	Hungary	Ireland	Iceland
Italy	Latvia	Liechtenstein	Lithuania
Luxembourg	Malta	Norway	Netherlands
Poland	Portugal	United Kingdom	Czechia
Romania	Sweden	Switzerland	

Countries with Agreements or Conventions with Portugal that allow the aggregation of contributory periods for the fulfilment of the qualifying period:

Andorra	Brazil	Cape Verde	Morocco
	Australia	Tunisia	

## **K – Frequently Asked Questions**

**1. Are the periods during which I am receiving the Grandchild Care Allowance equivalent to earnings registration with the payment of contributions?**

**R:** Yes. The days you receive the Grandchild Care Allowance also count as contributory periods.

During the allowance payment period, your earnings are assumed to be equal to the reference remuneration amount

**2. Do I need to declare the Grandchild Care Allowance amounts I receive from Social Security for income tax purposes?**

**R:** No. Currently, the Grandchild Care Allowance amounts received are not declared for Income Tax (IRS) purposes.