# NHS Pensions

## If you can no longer manage your affairs – quick reference guide

This quick reference table shows ways in which someone you trust can help you in dealing with your NHS pension:

Table 1: Quick reference guide

| **Method** | **Applied for through** | **Does it cost money?** | **Authority to discuss** | **Authority to instruct** |
| --- | --- | --- | --- | --- |
| **Power of Attorney** | Office of the Public Guardian | Yes | Yes | Yes |
| **Court of Protection** | Office of the Public Guardian | Yes | Yes | Yes |
| **Letter of Authority** | NHS Pensions | No | Yes | No |