

Send to

Udbetaling Danmark
International Pension
Kongens Vænge 8
DK-3400 Hillerød
Denmark

International Pension

Application for an elderly cheque 2026 for pensioners abroad

Application deadline: July 31, 2026

If you wish to apply for elderly cheque, your application must be received no later than July 31, 2026.

This applies to pensioners who have received a state pension for January 2026 and who live in an EU member state, Norway, Iceland, Liechtenstein, Switzerland or the United Kingdom.

Your information

Danish civil reg. (CPR) number

Name	
Address	Telephone number

Available fortune in Denmark and other countries as of 1 January 2026

	Amount as of January 1	Currency:	Amount for cohabit- ing partner/spouse as of January 1:	Currency:
Deposits in financial institutions (debt cannot be deducted)				
The market value of bonds				
Mortgage deeds in deposit				
The market value of stocks and investment certificates				
The market value of other securities*				
Cash holdings (including cash you keep at home or in a safe deposit box)				
Deductions from account balances due to December pension payments, etc.* Specify deduction type:				
Deductions from assets due to compensations and settlements* Specify type:				

* See instructions

Applicant's signature

Date	Your signature
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You can send the form to Udbetaling Danmark, International Pension in following ways:

- Digital Post at www.lifeindenmark.dk/international-pension-contact
- Email to intpension@atp.dk. Please note that this is not a secure email address
- Regular post to: Udbetaling Danmark, International Pension, Kongens Vænge 8, DK-3400 Hillerød, Denmark.



Orientation on the elderly cheque for state pensioners

If the Danish pension you receive is a disability pension, or if you do not live in an EU-country, in Norway, Iceland, Liechtenstein, Switzerland or United Kingdom, please disregard this orientation.

You received the elderly cheque in 2025

If you have received the elderly cheque from Udbetaling Danmark, International Pension in 2025 do not do anything. The elderly cheque will be paid to you together with your pension for the month of January 2026 if you still qualify for it.

However, you should be aware if there has been a change in your civil status in 2025, for example, if your partner/spouse has passed away. If that is the case, you need to fill in the form.

You did not receive the elderly cheque in 2025

If you have not received the elderly cheque in 2025, you can apply for it.

What is an elderly cheque?

An elderly cheque is a supplementary pension allowance to which you may be entitled if:

- you were entitled to a Danish state pension on 1 January 2026
- you live in an EU-country, in Norway, Iceland, Liechtenstein, Switzerland or United Kingdom.

What to do?

If you want to apply for the elderly cheque fill in the application form and send it to:

Udbetaling Danmark
International Pension
Kongens Vænge 8
DK-3400 Hillerød
Denmark

Your application must **come to hand not later than 31. July 2026**. If it comes to hand at a later date, there will be no investigation of your claim.

The elderly cheque is for the financially disadvantaged only

The elderly cheque is payable only to financially disadvantaged state pensioners. For our assessment of your entitlement, both available assets and incomes are taken into consideration. You do not qualify for any elderly cheque, if:

- the available fortune held by you and your spouse or cohabitee totals an amount of 108.000 DKK or above as of 1 January 2026, or if
- you are single and have an annual income above 99.200 DKK as of 1 January 2026, or if
- you are married or cohabiting and the annual incomes of the two of you total an amount above 198.800 DKK as of 1 January 2026.

What is the amount of the elderly cheque?

For 2026, the max amount of the cheque is 26.900 DKK. Its amount is subject to reduction for available assets and income. If the old age pension due to you is payable by a fraction, any elderly cheque due to you will be payable by the same fraction. Where the amount due is less than 200 DKK, no elderly cheque will be paid.

Under 'Deductions in deposits' you must enter:

- The amount intended to cover your living expenses for the rest of January.
- Any unspent amount from the additional financial aid that you might have received due to the extraordinary situation with high energy prices.

The amount of your living expenses is the income you received in December to cover your expenses in January. It could for example be your salary, pensions, etc. You must state the total amount received. Then Udbetaling Danmark will take the amount into account when they calculate your assets as of 1 January.



Instructions

Market value of other securities

Here you must enter the market value of securities that do not belong in the other fields. Examples include:

- Mortgage deeds that are not in deposit
- Shares

Deductions from account balances from December pension payments, etc.

The amount to report here is income you received at the end of December, which you will use to cover living expenses immediately after the change of the year, primarily in January. Social pensions and ATP are always considered deductible income. In addition, salary and other pension payments may also be deductible. However, one-time payments such as severance pay, stock dividends, etc., are not deductible.

The key factor is whether the amount is intended to cover expenses such as food, car, housing, and other ordinary consumption costs. Amounts that are saved, on the other hand, cannot be deducted.

Unused amounts from extra financial support may also be deducted.

Deductions from assets, e.g., certain compensations and settlements

Here you should report how much of the compensation remains.

Compensations that may be disregarded include:

- Compensation for loss of earning capacity due to personal injury
- Compensation from insurance against critical illness. The deduction is a maximum of DKK 150,000 and is given up to five years after the amount is paid out
- Compensation for permanent injury and non-economic damage (this also includes compensation for pain and suffering, e.g., Godhavns-drengene and Greenlanders who were part of social experiments)
- Compensation and returns from compensations to HIV-infected hemophiliacs, etc., and HIV-positive transfusion-infected individuals. This also applies to compensations and returns from compensations under the Act on compensation for injuries from ISD treatment.

Your compensation must have been paid under one or more of the following laws:

- Law on state compensation for victims of crime
- Law on liability for damages
- Law on protection against work-related injuries
- Law on compensation for former soldiers and other state employees with late-diagnosed post-traumatic stress
- Law on compensation for vaccination injuries
- Patient Insurance Act
- Law on compensation for medicine-related injuries
- Circular on state compensation schemes for participants in practical vocational training
- Law on compensation for injured conscripts, etc.
- Rules for employment and pay of contract personnel in the Emergency Corps during humanitarian aid work.

If you have received foreign compensation or settlements equivalent to the ones listed above, you must also report them here.

If you are claiming a deduction from your assets because of compensation or settlements, you must attach documentation.

