### List of Regional Pension Offices

#### Kunene Region
- **Opuwo**  
  Tel: 065-273853/4
- **Outjo**  
  Tel: 065
- **Khorixas**  
  Tel: 067-331152

#### Omusati Region
- **Outapi**  
  Tel: 065-250910
- **Oshikuku**  
  Tel: 065-254637
- **Okahao**  
  Tel: 065-252272
- **Tsandi**  
  Tel: 065-258106

#### Oshana Region
- **Oshakati**  
  Tel: 065-224039
- **Ondangwa**  
  Tel: 065-240214

#### Ohangwena Region
- **Eenhana**  
  Tel: 065-263377
- **Engela**  
  Tel: 065-266686
- **Okongo**  
  Tel: 065-288482

#### Oshikoto Region
- **Tsumeb**  
  Tel: 067-220075/6
- **Ondangwa/Tsumeb**  
  Tel: 065-240214

#### Kavango Region
- **Mukwe**  
  Tel: 066-258334
- **Ndiyona**  
  Tel: 066-258289
- **Rundu**  
  Tel: 066-255945/6
- **Nkurenkuru**  
  Tel: 066-257905

#### Caprivi Region
- **Katima Mulilo**  
  Tel: 066-261314

#### Erongo Region
- **Swakopmund**  
  Tel: 064-403678
- **Walvisbay**  
  Tel: 064-200630
- **Usakos**  
  Tel: 064-
- **Omaruru**  
  Tel: 064-570412

#### Otjizondjupa Region
- **Otiwarongo**  
  Tel: 067-307740
- **Okahandja**  
  Tel: 062-500881
- **Grootfontein**  
  Tel: 067-243043
- **Okakarara**  
  Tel: 067-317028

#### Omaheke Region
- **Gobabis**  
  Tel: 062-562692

#### Khomas Region
- **Windhoek**  
  Tel: 061-2066349/50

#### Hardap Region
- **Mariental**  
  Tel: 063-240800
- **Rehoboth**  
  Tel: 062-521919
- **Aranos**  
  Tel: 063-272135

#### Karas Region
- **Keetmanshoop**  
  Tel: 063-223580
- **Karasburg**  
  Tel: 063-270080
- **Luderitz**  
  Tel: 063-203842

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**MINISTRY OF LABOUR AND SOCIAL WELFARE**

**DIRECTORATE SOCIAL WELFARE**

**DISABILITY GRANT**
Disability Grant

The Ministry of Labour and Social Welfare is mandated under the National Pension Act (Act 10 of 1992) to payout pension grants.

The Government of the Republic of Namibia recognized that there is a great need to financially support the frail Citizens.

1. Who Qualifies to receive a Disability Grant?
   All Namibian citizens who attained the age of 16 up to 59 years and those who are permanent residents, declared disable by a State Medical Officer.

2. What must I do to receive my benefit?
   Go to the nearest Pension Office. (Section 4(1) of the National Pension Act)

   * Take with you the following documents:
     * An ID Document
     * Birth Certificate
     * If Married a Marriage Certificate (woman only)
     * Non-Namibians
       - Permanent Residence Certificate
       - Citizenship Certificate

3. Who can collect my benefit on my behalf?
   * A Person duly appointed by you - (Procurator)

4. Are there any documents Required to register a person / procurator to collect my benefit?
   * A Namibian ID of the person/procurator
     (Representative/Procurator)
   * My Identification/Pension Card

5. What obligations do I have after I receive my benefit?
   You are still required to visit the pension office at least once a year for verification.

6. Can my dependants claim my unclaimed benefit/Pension which I did not collect while I was alive?
   No, they cannot. It is not part of your estate. It will only be paid when you are alive. (Section 8(4) of the National Pension Act) only Funeral Benefit can be claimed before you are laid to rest.

7. What will happen if I do not collect my grant
   * When you do not collect your grant for a continuous period of three (3) months it will be stopped.

8. What options or methods is available to me to receive my grant?
   You can receive it using:
   * Cash (Paymaster mobile team)
   * Banks
   * Institutions
   * Nampost
   - Cash
   - Smart Cards

9. What must I do when I want to change any of my personal details or my pay point?
   All the details can be changed at any pension office

10. How long will it take before I knew if my applications is approved or not?
    The Ministry of Labour and Social Welfare is not mandated to approve disability grants and therefore depends on Ministry of Health and Social Services medical officers to do the approvals.