

Key benefits you may be eligible for

This is a list of the most common benefits individuals are eligible to receive.

Canada provides many benefits that can help increase income. For people living on low incomes, this list captures some of the most important benefits to know about. You can learn more about these and other benefits using benefitswayfinder.org.

Federal Benefits (Canada)	Who is it for?*	Dollar value potential (as of October 20, 2022)
Canada child benefit (CCB)	People caring for children under 18	Maximum \$6,833 per year child under 6 years; \$5,765 per year for children 6-17 years Canada child benefit (CCB) - Canada.ca
Canada Pension Plan (CPP)	People who are retired and 60 years or older, who have contributed to CPP	Maximum \$1,154.58 per month Canada Pension Plan (CPP) - Canada.ca
CPP disability benefit	People under 65 who have contributed to CPP and have a disability that stops them from working long-term	Maximum \$1,457.45 per month CPP disability benefit - Canada.ca
CPP children's benefit	People under 18 (or under 25 if in school) who are the child of a person getting a CPP-Disability benefit or a CPP contributor who has died	Maximum \$264.53 per month CPP children's benefit - Canada.ca
Canada workers benefit (CWB)	Workers living on a low income	Maximum \$1,395 per month for single individuals, \$2,403 per month for families Canada workers benefit (CWB) - Canada.ca
Disability tax credit (DTC)	People living with a disability or their supporting family member	Maximum \$8,576 per year, maximum \$5,003 per year supplement for persons under 18 Disability tax credit (DTC) - Canada.ca
Employment Insurance (EI)	Workers who are unemployed for reasons such as laid off, illness, pregnancy, or parental leave	Maximum \$638 per week Employment Insurance (EI) - Canada.ca

*Note: benefits can have more detailed eligibility criteria than are listed here, including things like legal status in Canada or specific income levels. The information provided in this table captures only the broadest eligibility criteria for the benefit.
www.prospercanada.org

Guaranteed Income Supplement (GIS)	People who are eligible for Old Age Security and are living on a low income	Maximum \$1,023.88 per month Guaranteed Income Supplement (GIS) - Canada.ca
Old Age Security (OAS)	People 65 years and older, and their spouses of the same age	Up to \$642.25 per month Old Age Security (OAS) - Canada.ca
Registered disability savings plan (RDSP)	People living with a disability or their caregivers or guardian	Maximum \$3,500 matching grants in one year; up to \$70,000 over beneficiary's lifetime; up to \$1,000 bond per year to low-income Canadians with disabilities Registered disability savings plan (RDSP) - Canada.ca

Provincial and Territorial

This is a list of the social assistance benefits individuals are eligible to receive by province and territory.

Each province and territory have social assistance benefits for those in financial need. There may be separate benefits for people living with disabilities (see Alberta, British Columbia, and Ontario) or one benefit for all (see Nova Scotia, Prince Edward Island, and the Yukon).

Social assistance benefits by province/territory	Dollar value potential (as of October 20, 2022)
Alberta	Income Support Averages \$866 per month Income Support Alberta
	Assured Income for the Severely Handicapped (AISH) Monthly benefit including a living allowance, health benefits, child benefit, personal benefits Assured Income for the Severely Handicapped (AISH) Alberta
British Columbia	Income Assistance Monthly up to \$935 single, \$1,525.00 couple, \$1,280.00 single parent, \$1,720.00 couple with child Income Assistance British Columbia
	Disability assistance Up to \$1,358 per month with supplements Disability assistance British Columbia

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Manitoba	<p>Employment and Income Assistance Monthly up to: single no children \$771, couple no children \$1,055, family \$1,951 (3 children) Employment and Income Assistance (EIA) Manitoba</p>
	<p>Employment and Income Assistance for Persons with Disabilities Range from \$1,068 for adult with no children, up to \$2,223 for two adults with 3 children EIA for Persons with Disabilities Manitoba</p>
New Brunswick	<p>Social Assistance The amount received depends on the total household income Social Assistance Program New Brunswick</p>
	<p>Disability Support Program A financial assessment to determine your contribution towards the cost of approved disability supports will be completed Disability Support Program New Brunswick</p>
Newfoundland and Labrador	<p>Income Support Ranges from \$323 monthly for adult living with relatives to \$742 monthly for a family with dependent children. Other benefits are available Income Support Newfoundland and Labrador</p>
Northwest Territories	<p>Income Assistance The amount you receive depends on your financial need, family size and community Income Assistance Program Northwest Territories</p>
Nova Scotia	<p>Income Assistance (IA) Range from \$686 monthly standard rate for single person boarding to \$1,393 monthly for a family renting or owning. Enhanced benefits are available for a person with a disability Income Assistance Nova Scotia</p>
Nunavut	<p>Income Assistance (IA) The amount received is determined on a case-by-case basis. Disabled Incidental Allowance \$175 per month Income Assistance Nunavut</p>
Ontario	<p>Ontario Works (OW) Up to \$733 per month plus additional benefits Ontario Works Ontario</p>
	<p>Ontario - Ontario Disability Support Program (ODSP) Up to \$1,228 per month plus additional benefits Ontario Disability Support Program Ontario</p>

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Prince Edward Island	<p>Social Assistance Program The amount of money you can get depends on how much money you make, how many children you have and if you own your home or rent Social Assistance Program Prince Edward Island</p>
Saskatchewan	<p>Income Support (SIS) Monthly up to: single \$925 couple without dependents \$1,100, family \$1,500 Income Support Saskatchewan</p>
	<p>Saskatchewan Assured Income for Disability (SAID) Up to \$1,064 for one adult; Up to \$1,759 for two parents with 5 or more children Assured Income for Disability Program Saskatchewan</p>
Yukon	<p>Social assistance Social assistance includes a shelter allowance to cover expenses. This allowance is based on your family size and the community you live in Social assistance Yukon</p>

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