

OW or ODSP: Which one to apply for

Ontario Works (OW)	Ontario Disability Support Program (ODSP)
Think about applying for financial assistance from OW if you need money because:	Think about applying for income support from ODSP if your income is low and:
<ul style="list-style-type: none"> • you can't find work 	<ul style="list-style-type: none"> • you have a disability
<ul style="list-style-type: none"> • you can't work right now <p>For example, you might not be able to work because:</p> <ul style="list-style-type: none"> • you're a caregiver for a family member who needs ongoing daily physical assistance because of a disability, illness, or old age • you're a sole-support parent and your child has not started school yet 	<ul style="list-style-type: none"> • you can prove your disability by having an approved health professional confirm that: <ul style="list-style-type: none"> • you have a physical or mental health problem that's expected to last a year or more, and • your health problem limits your ability to work, look after yourself, or do daily activities • your health problem is substantial and limits your abilities in a substantial way
<ul style="list-style-type: none"> • you're working but making so little money that you qualify for assistance 	<p>Some people can qualify without proof of a disability. For example:</p> <ul style="list-style-type: none"> • you get disability benefits from the Canada Pension Plan (CPP-D) or the Québec Pension Plan • you're over 65 years old but are not eligible for Old Age Security
<ul style="list-style-type: none"> • you're applying to ODSP but you need money while you wait for a decision 	