

Regular income benefits

	Who's eligible?	Amount and where to apply	Notes
Employment Insurance (EI) regular benefits	<ul style="list-style-type: none"> worked between 420 and 700 insurable hours¹ during the qualifying period² lost your job but not your fault without work or income for at least 7 days in a row ready, willing, and able to work actively looking for work 	<ul style="list-style-type: none"> 55% of your your normal salary, up to \$668 a week lasts up to 45 weeks depending on the hours you worked and the rate of unemployment in your region apply online: canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html 	<ol style="list-style-type: none"> The number of hours depends on the unemployment rate in your region: srv129.services.gc.ca/eiregions/eng/rates_cur.aspx This is usually the 52 weeks before your claim.
EI sickness benefits	<ul style="list-style-type: none"> worked at least 600 insurable hours during the qualifying period your weekly earnings went down by more than 40% unable to work because you're sick, injured, or in quarantine³ but you could work if you were not sick 	<ul style="list-style-type: none"> 55% of your normal salary, up to \$668 a week with more money for families living on a low income can last for up to 26 weeks apply online: canada.ca/en/services/benefits/ei/ei-sickness/apply.html 	<ol style="list-style-type: none"> You'll need medical proof of your sickness or injury.

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Ontario Works (OW)	<ul style="list-style-type: none"> need money to pay for your basic expenses⁴ live in Ontario can't work or can't find work, but willing to look for a job or do an employment program suggested by your OW worker⁵ 	<ul style="list-style-type: none"> get up to \$733 a month for a single person, with more available for families apply in person, by telephone, or online: ontario.ca/page/ontario-works 	<p>4. You'll have to give information about your household's finances to the government.</p> <p>5. Other adult members of your family who live with you may also have to take part in an employment program.</p>
Ontario Disability Support Program (ODSP)	<ul style="list-style-type: none"> need money to pay for your basic expenses⁶ must have a disability or fit within a specific class of people⁷ live in Ontario are 18 years of age or older 	<ul style="list-style-type: none"> get up to \$1,308 a month as a single person more money for people with families apply in person, by telephone, or online: ontario.ca/page/ontario-disability-support-program 	<p>6. You'll have to give information about your finances to the government.</p> <p>7. Your disability must affect your ability to work or care for yourself. Most people must have medical proof of their disability. But some may not, for example, people 65 and older who can't get Old Age Security or who already qualify for Canada Pension Plan disability benefits.</p>

For more information about these programs, visit stepstojustice.ca. This is general information for people in Ontario, Canada. It is not legal advice.

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