

Types of financial help

	Who's eligible?	Amount and where to apply	Notes
Employment Insurance (EI) regular benefits	<ul style="list-style-type: none"> • you worked between 420 and 700 insurable hours¹ during the qualifying period² • you lost your job but not your fault • you went without work or income for at least 7 days in a row • you're ready, willing, and able to work • you're actively looking for work 	<ul style="list-style-type: none"> • 55% of your normal salary, up to \$729 a week • lasts up to 45 weeks depending on the hours you worked and the rate of unemployment in your region³ • apply online: canada.ca/en/services/benefits/ei/ei-regular-benefit/apply.html 	<ol style="list-style-type: none"> 1. The number of hours depends on the unemployment rate in your region: srv129.services.gc.ca/eiregions/eng/rates_cur.aspx 2. This is usually the 52 weeks before your claim. 3. Claims that start between June 15, 2025, and April 11, 2026, may get up to 65 weeks of EI regular benefits. Read when this applies: stepstojustice.ca/apply-ei
EI sickness benefits	<ul style="list-style-type: none"> • you worked at least 600 insurable hours during the qualifying period • your weekly earnings went down by more than 40% • you're not able to work because you're sick, injured, or in quarantine⁴ but you could work if you were not sick 	<ul style="list-style-type: none"> • 55% of your normal salary, up to \$729 a week • lasts for up to 26 weeks • apply online: canada.ca/en/services/benefits/ei/ei-sickness/apply.html 	<ol style="list-style-type: none"> 4. You'll need medical proof of your sickness or injury.

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Ontario Works (OW)	<ul style="list-style-type: none"> • you need money to pay for your basic expenses⁵ • you live in Ontario • you cannot work or find work, but willing to look for a job or do an employment program suggested by OW worker⁶ 	<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>5. You'll have to give information about your household's finances.</p> <p>6. 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"> • you need money to pay for your basic expenses⁷ • you must have a disability or fit within a specific class of people⁸ • you live in Ontario • you're 18 years of age or older 	<ul style="list-style-type: none"> • get up to \$1,408 a month as a single person, with more available for families • apply in person, by telephone, or online: ontario.ca/page/ontario-disability-support-program 	<p>7. You'll have to give information about your household's finances.</p> <p>8. Most people must have medical proof that their disability affects their ability to work or care for themselves. Some may not, for example, people 65 and older who cannot get Old Age Security.</p>

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

Cette publication est également disponible en français.

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