

OW & ODSP Rates and the Ontario Child Benefit

Current to July 2023

For the **fifth** year in a row, Ontario Works (OW) incomes remain stagnant and well below the official poverty line for every family type. The provincial government did not make any increases to OW benefit rates.

The Ontario Disability Support Program (ODSP) benefit rates have increased by 6.5% based on the cost of living formula determined by the Ontario Government, which will guide future annual ODSP increases based on inflation. Despite this inflation-related increase, ODSP incomes are still far too low to adequately cover food, housing, transportation, medication, costs related to disability, and other necessities of life.

Families with children will also see an inflation-related increase in their monthly Ontario Child Benefit (OCB) amounts – of around \$8 per month (approximately \$98 per year) per child.

The table below shows previous and new Basic Needs and Maximum Shelter amounts for different family types receiving OW or ODSP. It also shows the previous and new maximum OCB amounts. For more information, please read the notes on the following pages.

OW	OW – Previous				OW – As of July 2023			
Family Type	Basic Needs	Max Shelter	Max OCB	Total	Basic Needs	Max Shelter	Max OCB	Total
Single	\$343	\$390	\$0	\$733	\$343	\$390	\$0	\$733
Single Parent - 1 child	\$360	\$642	\$125.75	\$1,127.75	\$360	\$642	\$133.91	\$1,135.91
Single Parent - 2 children	\$360	\$697	\$251.50	\$1,308.50	\$360	\$697	\$267.82	\$1,324.82
Couple	\$494	\$642	\$0	\$1,136	\$494	\$642	\$0	\$1,136
Couple - 1 child	\$494	\$697	\$125.75	\$1,316.75	\$494	\$697	\$133.91	\$1,324.91
Couple - 2 children	\$494	\$756	\$251.50	\$1,501.50	\$494	\$756	\$267.82	\$1,517.82
ODSP	ODSP – Previous				ODSP – As of July 2023			
Family Type	Basic Needs	Max Shelter	Max OCB	Total	Basic Needs	Max Shelter	Max OCB	Total
Single	\$706	\$522	\$0	\$1,228	\$752	\$556	\$0	\$1,308
Single Parent - 1 child	\$849	\$821	\$125.75	\$1,795.75	\$895	\$875	\$133.91	\$1,903.91
Single Parent - 2 children	\$849	\$889	\$251.50	\$1,989.50	\$895	\$947	\$267.82	\$2,109.82
Couple	\$1,018	\$821	\$0	\$1,839	\$1,085	\$875	\$0	\$1,960
Couple - 1 child	\$1,018	\$889	\$125.75	\$2,032.75	\$1,085	\$947	\$133.91	\$2,165.91
Couple - 2 children	\$1,018	\$964	\$251.50	\$2,233.50	\$1,085	\$1,027	\$267.82	\$2,379.82



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The 6.5% rate increase applies to the:	Yes	No
Amounts for services provided by a long-term care home or specialized residence	X	
Board and lodge amounts for singles and families	X	
Assistance for Children with Severe Disabilities (ACSD) maximum benefit	X	
Special Diet Allowance		X
Pregnancy/breast-feeding Nutritional Allowance		X
Special Boarder Allowance		X
Personal needs payments		X
Work-related expenses		X
Remote and Northern Communities Allowance		X
Guide Dog Benefit		X
Employment and training start up assistance		X

NOTES:

- The rate table rounds ODSP and OW amounts to a whole number.
- The amounts shown are maximums and may not apply in every situation. For example, people who pay less for their housing than the maximum shelter amount will only receive the amount they pay. People on OW or ODSP should ask their caseworker about the particular amounts that apply in their case.
- Children in the examples in the rate table are under the age of 18.
- The amounts shown for couples on ODSP apply only to situations where one person in the couple has a disability.
- Social assistance rules for sponsored immigrants living with their sponsors can be complicated. The 6.5% change in rates may have implications.
- Couples on ODSP who both have a disability get basic needs and shelter rates that ODSP caps at a specified maximum. This “double-disabled” maximum rate has increased from \$2,070 to \$2,205 per month.
- Other benefits that “double-disabled” couples on ODSP may be eligible for, like the Special Diet Allowance or the Remote Communities Allowance, are added on top of the “double-disabled” rate. Benefits for any dependent children are also added on top.



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- People on OW or ODSP who do not pay for shelter or shelter-related costs (e.g. who are houseless) do not receive any shelter allowance.
- People on OW and ODSP may be eligible for other provincial and federal benefits, such as the Ontario Trillium Benefit, the GST/HST credit, or the Canada Child Benefit (CCB). They may also qualify for other benefits through OW or ODSP. These additional benefits are not shown in the rates charts because amounts vary depending on each person or household's situation.

ABOUT THE ONTARIO CHILD BENEFIT (OCB):

- The OCB is a tax-free amount paid to moderate-low-income families to provide for their children. Typically, these payments are delivered on the same cheque as the Canada Child Benefit (CCB). The OCB provides a maximum of \$1606.92 per child per year (or \$133.91 per month). This benefit is paid out from July of the current year to June of the following year for each child under the age of 18.
- The actual amount of the OCB that a family receives may be lower than the maximum. Families with children must file their income tax returns to receive the OCB, and the actual amount a family receives is dependent on their net income tax return.

MORE INFO ABOUT BENEFITS OUTSIDE OF OW / ODSP:

Ontario Trillium Benefit: <https://www.ontario.ca/page/ontario-trillium-benefit>

Canada Child Benefit: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

Ontario Child Benefit: <https://www.ontario.ca/page/ontario-child-benefit>

GST/HST Credit: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/goods-services-tax-harmonized-sales-tax-gst-hst-credit.html>

Canada Dental Benefit for Children: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit.html>

If you are a social assistance recipient and you have questions about your benefits, your local community legal clinic may be able to provide support. Find your local community legal clinic at this link: <https://www.legalaid.on.ca/legal-clinics/>. You may also find relevant information on the Steps to Justice website here: <https://stepstojustice.ca/>.