

OW & ODSP Rates and the Ontario Child Benefit

Current as of July 2026

2026 marks the eighth consecutive year that Ontario Works (OW) rates have been frozen, with no adjustment for inflation. Since rates were last set in 2018, prices have risen by 25%, meaning recipients' real purchasing power has steadily eroded. This year's inaction continues that trend.

Ontario Disability Support Program (ODSP) recipients will see a 1.9% increase in core rates starting in July 2026, reflecting an inflation-based adjustment. Note that this adjustment applies only to core rates. Other allowances such as the Special Diet Allowance remain frozen. Families with children will also see a modest increase in their Ontario Child Benefit (OCB) of approximately \$3 per month per child.

The table below sets out the previous and updated Basic Needs and Maximum Shelter amounts for different family types receiving OW or ODSP, along with the corresponding OCB amounts. Notes on the following pages provide further detail.

OW	OW – Previous				OW – As of July 2026			
Family Type	Basic Needs	Max Shelter	Max OCB	Total	Basic Needs	Max Shelter	Max OCB	Total
Single	\$343	\$390	\$0	\$733.00	\$343	\$390	\$0	\$733.00
Single Parent - 1 child	\$360	\$642	\$143.91	\$1,145.91	\$360	\$642	\$146.66	\$1,148.66
Single Parent - 2 children	\$360	\$697	\$287.82	\$1,344.82	\$360	\$697	\$293.32	\$1,350.32
Couple	\$494	\$642	\$0	\$1,136.00	\$494	\$642	\$0	\$1,136.00
Couple - 1 child	\$494	\$697	\$143.91	\$1,334.91	\$494	\$697	\$146.66	\$1,337.66
Couple - 2 children	\$494	\$756	\$287.82	\$1,537.82	\$494	\$756	\$293.32	\$1,543.32
ODSP	ODSP – Previous				ODSP – As of July 2026			
Family Type	Basic Needs	Max Shelter	Max OCB	Total	Basic Needs	Max Shelter	Max OCB	Total
Single	\$809	\$599	\$0	\$1,408	\$825	\$611	\$0	\$1,436
Single Parent - 1 child	\$952	\$941	\$143.91	\$2,036.91	\$968	\$959	\$146.66	\$2,073.66
Single Parent - 2 children	\$952	\$1,018	\$287.82	\$2,257.82	\$968	\$1,038	\$293.32	\$2,299.32
Couple	\$1,166	\$941	\$0	\$2,107	\$1,189	\$959	\$0	\$2,148
Couple - 1 child	\$1,166	\$1,018	\$143.91	\$2,327.91	\$1,189	\$1,038	\$146.66	\$2,373.66
Couple - 2 children	\$1,166	\$1,105	\$287.82	\$2,558.82	\$1,189	\$1,126	\$293.32	\$2,608.32
Couple where both spouses are disabled	\$1,613	\$941	\$0	Capped at \$2,370	\$1,644	\$959	\$0	Capped at \$2,416

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The 1.9% rate increase applies to the:	Yes	No
ODSP Basic Needs	X	
ODSP Shelter	X	
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 amount	X	
Special Diet Allowance		X
Pregnancy/breast-feeding Nutritional Allowance		X
Special Boarder Allowance		X
Personal needs allowance		X
Work-related expenses		X
Remote Communities Allowance		X
Guide Dog Benefit		X
Employment and training start up assistance		X

NOTES:

- 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 basic needs amounts for single ODSP recipient parents in the rate table include sole-support parent supplement of \$143. The supplement applies if **all** of their dependents are under 18 years of age. The benefit is not indexed to inflation.
- Unless otherwise stated, all 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 1.9% change in rates may have implications.
- The “double-disabled” maximum rate has increased from \$2,370 to \$2,416 per month.
- Other social assistance 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. Assistance for any dependent children is also added on top.
- 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.

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- People on OW and ODSP may be eligible for other provincial and federal social assistance, such as the Ontario Trillium Benefit, the Canada Groceries and Essentials Benefit (formerly the GSH/HST credit), Disability Tax Credit, the Canada Child Benefit (CCB) or the Canada Disability Benefit which started in July 2025. They may also qualify for other assistance through OW or ODSP. These additional benefits are not shown in the rate table because amounts vary depending on each person or household's situation.
- The ACSD maximum amount has increased to \$678 per month.

ABOUT THE ONTARIO CHILD BENEFIT (OCB):

- The OCB is a tax-free amount paid to moderate-low-income families to provide for their children. These payments are usually delivered on the same date the Canada Child Benefit payment is delivered, and not according to OW/ODSP payment schedules.
- The OCB provides a maximum of \$1,759.92 per child per year (or \$146.66 per month). This social assistance 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 SUPPORTS / PROGRAMS OUTSIDE OF OW AND ODSP:

Assistance for Children with Severe Disabilities (ACSD) Program: <https://www.ontario.ca/page/assistance-children-severe-disabilities-program>

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

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

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

Canada Groceries and Essentials Benefit (CGEB): <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-groceries-essentials-benefit.html>

Canada Disability Benefit (CDB): <https://www.canada.ca/en/services/benefits/disability/canada-disability-benefit.html>

Canadian Dental Care Plan (CDCP): <https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>

Disability Tax Credit (DTC): <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

If you are a social assistance recipient and you have questions about your assistance, 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/>.