

Appendix 4: Cost of living and shelter benefits breakdown

Recipients of provincial and territorial social assistance programs receive benefits for cost of living expenses, such as food and clothing, and for shelter and shelter-related costs, such as heating costs or home insurance. These amounts may be calculated separately or combined into a flat rate amount. Some are provided through separate programs administered outside of social assistance.

The table below indicates which jurisdictions provide cost-of-living and shelter components as separate allowances and which provide them as one combined benefit or, in some instances, as both depending on the benefit program. Specifics are included in the notes.

Note that the benefits discussed in the table below are only those that correspond to the methodology used to determine inclusion in this report. See the methodology section for more information.

Breakdown of Cost of Living and Shelter Components of Provincial / Territorial Social Assistance Benefits, 2021

	Separate or Combined	Notes
Alberta	Both	Alberta provides Core Essential Benefit and a Core Shelter Benefit separately through the Income Support program and a combined Living Allowance through the Assured Income for the Severely Handicapped (AISH) program. As well, the couple with two children receives a School Expenses allowance.
British Columbia	Separate	British Columbia provides a Basic Support Allowance and a Shelter Allowance separately in both the Income Assistance and Disability Assistance programs. As well, all households receive a Christmas Supplement and the couple with two children receives a School Supplement.
Manitoba	Separate	Manitoba provides a Basic Necessities Allowance within the Social Assistance program. Shelter benefits are provided through the Rent Assist program, which is administered outside social assistance. As well, the single parent with one child receives three supplementary allowances and the unattached single with a disability receives an Income Assistance for Persons with Disabilities benefit.

	Separate or Combined	Notes
New Brunswick	Combined	<p>New Brunswick provides a combined basic rate through both the Transitional Assistance Program and the Extended Benefits Program.</p> <p>As well, the unattached single with a disability receives a Disability Supplement and the two households with children receive an Income Supplement Benefit.</p>
Newfoundland and Labrador	Separate	<p>Newfoundland and Labrador provides a Basic Benefit and a Shelter Benefit separately within its basic benefits structure.</p> <p>As well, all households except the unattached single with a disability receive a Fuel Supplement and Additional Rent Assistance. The unattached single with a disability also receives top-up amounts for rent and utilities, which are administered outside social assistance.</p>
Northwest Territories	Separate	<p>The Northwest Territories provides separate Food, Utilities, Clothing, and Shelter allowances within its basic benefit structure. Note that the Northwest Territories pays actual accommodation costs for households with dependents as well as actual fuel and utilities costs for all households.</p> <p>As well, the unattached single with a disability receives a Disability Allowance and an Incidental Allowance.</p>
Nova Scotia	Combined	<p>Nova Scotia provides a combined Standard Household Rate for Basic Needs through its basic benefit structure. The unattached single with a disability receives an “enhanced” basic needs benefit.</p> <p>As well, the couple with two children receives a School Supplies Supplement.</p>
Nunavut	Separate	<p>Nunavut provides separate Basic and Shelter allowances as well as a Utilities Allowance. Note that the majority of households reside in public housing in Nunavut and that amounts included in this report are based on public housing rents and subsidized utilities amounts.</p> <p>As well, the unattached single with a disability receives an Incidental Allowance.</p>
Ontario	Separate	<p>Ontario provides a Basic Needs Benefit and a Shelter Benefit separately in both the Ontario Works and Ontario Disability Support Program programs.</p>
Prince Edward Island	Separate	<p>Prince Edward Island provides a Basic Allowance (for food, clothing, and household and personal requirements) and a Shelter Allowance separately in both the Social Assistance program and the Assured Income component of the AccessAbility Supports program. The unattached single with a disability also receives a community living expense benefit through basic benefits.</p> <p>As well, the couple with two children receives a School-Aged Allowance.</p>

	Separate or Combined	Notes
		Quebec provides a basic program allowance in the Aim for Employment, Social Assistance, and Social Solidarity programs and a separate Shelter Allowance to households with children as an additional benefit.
Quebec	Both	As well, all households receive a Monthly Adjustment. The couple with two children receives a benefit for children 12 and over and a School-Related Allowance. The unattached single considered employable and the couple with two children receive a Participation Allowance, and the single parent with one child receives a Temporarily Limited Capacity Allowance.
Saskatchewan	Both	Saskatchewan provides an Adult Basic Benefit and a Shelter Benefit separately through the Saskatchewan Income Support (SIS) program and a combined Living Income Benefit through the Saskatchewan Assured Income for Disability (SAID) program. As well, the unattached single with a disability also receives a Disability Income Benefit.
Yukon	Separate	Yukon provides separate Food, Shelter, Fuel and Utilities, Clothing, and Incidentals allowances within its basic benefit structure. As well, the unattached single with a disability receives a Supplementary Allowance, and all households receive allowances for Christmas, Winter Clothing, Telephone, Transportation, and Laundry Service.