

ODSP and Work

Can I work and still get ODSP income support?

Yes! You can work while you are getting financial help from ODSP. And you will always have more money while working than you would from ODSP income support alone.

If you are on ODSP and you want to work, we can help with the costs of getting ready for, finding, and starting a job.

Is working while on ODSP worthwhile?

Absolutely! Getting a job can be the next step towards a better life. Not only will it mean more money for you, but working can also improve your health and well-being, help you build skills and confidence, and lead to greater independence.

Having a job is also a great way to broaden your network and get involved in your community, which can help improve your overall quality of life.

How can I end up with more money by working?

People who work while they are on ODSP are always better off financially than people who don't.

Here's how it works:

- You – and each adult in your family – can earn up to \$200 each month without it changing your ODSP income support
- Every dollar over \$200 only reduces your ODSP income support by 50 cents

You can keep even more of your income support if you are a working parent who pays for child care, or if you need disability-related items like specialized equipment to do your job.

If you're attending full-time secondary or post-secondary school, your earnings won't change your income support at all.

Whatever your situation is, having a job will always mean more money for you.

For example:

Pierre, a single ODSP recipient, was not working and was receiving \$1110 a month in ODSP income support. Then he got a job. His take home pay was \$1,300.

This month he gets \$1,300 from working, and receives \$660 from ODSP, for a total of \$1,960.

That's an increase of about 77% in his monthly income.

Will I lose my health benefits if I work?

No. As long as you get income support from ODSP, you will continue to get health, dental and vision care benefits, even if you are working.

And if you leave ODSP for paid work, you can still keep these benefits, if you don't get them from your employer.

What if my new job pays enough to leave ODSP, but the job doesn't work out?

If you lose your job, stop working or your earnings decrease, you will be able to come back to ODSP for financial help quickly and easily, as long as you meet certain conditions.

What are ODSP employment supports?

ODSP employment supports can help you prepare for, get and keep a job -- even if you have never worked before, or have been out of work for some time.

Can ODSP help me find work?

Yes! ODSP can help you prepare for, get and keep a job if you:

- are 16 years of age or older
- live in Ontario
- are legally allowed to work in Canada, and
- have a physical or mental disability that is expected to last a year or more, making it hard for you to find or keep a job.

You don't need to be receiving ODSP income support to get employment help.

Start by talking to a caseworker at your local ODSP office. They will help you pick a service provider in your community. That service provider will make sure you're ready to work. When you are ready, they will work with you to find a job that matches your skills, and can help support you to succeed on the job.



For more information:

Talk to your caseworker, call your local ODSP office, or check the ministry's website:

ontario.ca/socialassistance