

Quebec Hidden Benefits

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INCOME ASSISTANCE:

The Ministère du Travail, de l'Emploi et de la Solidarité sociale (MTESS) administers the Social Assistance Program, the Social Solidarity Program and the Aim for employment Program. These programs allow low-income people used to pay for food, shelter, and so on.

1. **Social Assistance Program** - The Social Assistance Program is intended for a single adult or for families WITHOUT severely limited capacity for employment.

The amount allocated varies according to the composition of the family and other criteria, such as the presence or absence of temporalily limited capacity, type of accommodation, income, etc.

2. **Social Solidarity Program** - single adult or for families in which one or more adults have severely limited capacity for employment.

Severely Limited Capacity for Employment - serious health problems that limit an adult's opportunities to work. Must be noted by a doctor in a medical report.

Examples:

- mental disorders, such as neurosis or psychosis;
- intellectual disability, mental retardation or amnesia;
- chronic illness;
- hearing impairment;
- the aftermath of an accident;
- the inability to move around;
- inability to understand linguistic symbols due to language disruption.

Temporarily Limited Capacity - constraints that prevent an adult from holding a job for a limited time. These constraints may be caused by a health problem or life event.

Examples:

- be a victim of a foot fracture;
- provide constant care for a person with a loss of autonomy;
- experience depression or anxiety;
- have reached 20 weeks of pregnancy;
- being abused and staying in a shelter.

Eligibility:

18 years of age or older:

- show that your resources (money, property, earnings, benefits and income) are equal to or less than the scales set by regulation (How the benefit is calculated);
- reside in Quebec.

18 years old or younger:

- demonstrate that your resources (money, property, earnings, benefits and income) are equal to or less than the scales set by regulation (How the benefit is calculated);
- reside in Quebec;
- be married or have already been married or be the parent of a dependent child.

HOW: Access the forms

Go to a Services Québec office with the completed forms and make sure you have photo identification issued by a public agency.

Call 1 877 767-8773 if you need help

You may be able to get money ontop of your basic benefit this is called “special benefits”

The special benefits are as follows:

- Dental care and dentures
- Drug addiction: Living expenses
- Eye exam, glasses or contact lenses
- Funeral expenses
- Healthy baby and mother
- Medical transportation
- Medicines: Cost estimate
- Relocation

HOW:

They will allow you to obtain authorization from a Services Québec office to receive a special benefit. Contact them to find out further about which documentation will be required.

EMPLOYMENT

Work Premium Benefits

Tax credit refundable by Revenu Québec to workers to motivate them to join or stay in the labour market. If or your spouse has a severely limited capacity for employment, the adapted work premium may be more advantageous for you. (See below)

To receive any of these benefits for a given year, you must meet **all** the following basic requirements:

- On December 31 of the year, you were resident in Québec and:
 - a Canadian citizen,
 - an Indian,
 - a permanent resident, or
 - a person on whom Canada has conferred refugee protection.
- On December 31 of the year, you were 18 or older. If you were under 18, you are still eligible if:
 - you had a spouse on December 31,
 - you are the father or mother of a child who lives with you, or
 - you have been recognized as an emancipated minor by a competent authority.
- You (or your spouse on December 31) are reporting:
 - employment income,
 - a research grant,
 - Wage Earner Protection Program (WEPP) payments, or
 - income from a business that was carried on by you and/or your spouse, either independently or as a partner actively engaged in the business.
- You did not transfer an amount as a child 18 or over enrolled in post-secondary studies to your father or mother (line 20 of Schedule S for the year).
- No one received the family allowance from Retraite Québec with regard to you, unless you turned 18 before December 1 of the year.
- No one designated you as a dependent child for purposes of the work premium or adapted work premium.
- You were not a full-time student (if you were a full-time student, you are not entitled to the tax credits respecting the work premium unless you were the mother or father of a child living with you on December 31 of the year).

Specifically, for Work Premium:

- Your annual work income is:
 - o over \$2,400 if you are a person living alone or a single parent,
 - o over \$3,600 when added to that of your spouse, whether or not you have any children
- Maximum family income to be eligible for the work premium – 2020 taxation year
 - o Person living alone - \$20,005.00
 - o Couple without children - \$31,081.00
 - o Single parent - \$36,256.00
 - o Couple with one child - \$49,842.00

Specifically, Supplement to the Work Premium

Payment of \$200 per month for up to 12 consecutive months. (In addition to Work Premium)

You may be eligible for the supplement to the work premium if, in addition to the basic requirements, you meet all of the requirements below:

- You are claiming the supplement for a month that is included in a period of transition to work.
- You received last-resort financial assistance or financial assistance under the Youth Alternative Program or the Aim for Employment Program during at least 24 of the 30 months immediately before the start of the period of transition to work;
- For the first month of your period of transition to work, you held a claim booklet issued by the Ministère du Travail, de l'Emploi et de la Solidarité sociale that entitled you to certain dental and pharmaceutical services
- Your work income is at least \$200 for the month for which you are claiming the supplement to the work premium.

This supplement can reach a maximum of:
 of \$2,400 for a single person;
 of \$4,800 for a couple where each spouse has entered the labour market.

HOW: Contact Services Québec office for further information.

The work premium supplement is managed by Revenu Québec. It can be paid to you in two ways:

- once a year when you file your tax return;
- once a month when you complete the Work Premium Supplement - Request for Advance

Payments form

Specifically, for Adapted Work Premium

In addition to the basic requirements, you meet both of the requirements below:

- Your or your spouse's annual work income is over \$1,200.
- Maximum family income to be eligible for the adapted work premium – 2020 taxation year
 - o Person living alone \$33,558.00
 - o Couple without children \$50,799.00
 - o Single parent \$50,872.00
 - o Couple with one child \$66,462.00
- During the year or in one of the last five years, you or your spouse received an allowance under the Social Solidarity Program because of a severely limited capacity for employment.
- For the year, you or your spouse is entitled to the amount for a severe and prolonged impairment in mental or physical functions (provided you have filed a Certificate Respecting an Impairment [form TP-752.0.14-V] or a copy of a Disability Tax Credit Certificate [federal form T2201])

Note: If you are entitled to both the work premium and the adapted work premium, you will receive benefit that gives more money.

Employment Retention Bonus

\$1,000 job maintenance bonus if you cease to benefit from the Social Assistance Program or the Social Solidarity Program and if you have held a full-time job for 12 consecutive months?

The \$1,000 Job Retention Bonus may also be paid to you if you stop participating in the Aim for Employment Program because of your work income and have been employed on a full-time basis for 12 consecutive months

To whom can this bonus be paid?

- The bonus may be paid to you if you meet the following conditions:
- you have been a beneficiary of the Social Assistance Program or the Social Solidarity Program or have participated in the Aim for Employment Program for at least 12 months in the 24 months before your benefits end;
- you have held a full-time job or jobs for 12 consecutive months;
- you ceased to be eligible for one of these programs as of February 1, 2018, because of your employment income;
- you were not eligible for the Work Premium Supplement, a refundable tax credit paid by Revenu Québec, when you stopped receiving financial assistance under one of these programs;
- you are not attending an educational institution on a full-time basis during the period covered by the application;

- you are not participating in an active measure of the public employment services, with the exception of the Work Integration Contract measure or the Subsidy Program for Adapted Businesses;
- you have not already benefited from a job maintenance bonus.

To be eligible, your employment must meet the following conditions:

- be a full-time job, i.e. at least 30 hours per week, unless severe limitations to the job justify a reduced number of hours;
- be insurable employment within the meaning of the Employment Insurance Act;
- be employment that meets the minimum working conditions set out in the Act respecting labour standards and that is not likely to endanger your health and safety or harm your integrity.

HOW: you will automatically receive a letter and a form to apply for a job maintenance bonus.

Aim for Employment Program

In addition to the basic benefit, you will also receive a participation allowance for carrying out the activities in a personalized labour market entry plan.

Depending on the activities, the participation allowance is:

- \$165 a month (\$38 a week) for active job search activities
- \$260 a month (\$60 a week) for skills development activities. The amount is \$390 a month (\$90 a week) for single-parent families
- \$165 a month (\$38 a week) for activities related to the development of social skills

Certain fees you must pay while you are carrying out your labour market entry plan can also be reimbursed, including childcare, transportation and tuition.

CHILDREN:

1. The Family Allowance payment

The Family Allowance payment is a form of financial assistance paid to all eligible families with one or more dependent children under the age of 18.

Eligibility:

- be responsible for the care and education of a child under the age of 18
- live with the child or, if the child has been placed in a youth centre, pays the contribution required by the centre
- live in Québec (in accordance with the Québec Taxation Act)
- The beneficiary or his or her spouse has one of the following statuses:
- Canadian citizen
- permanent resident
- temporary resident who has been living in Canada for the last 18 months
- protected person.

There is no entitlement to the Family Allowance payment for:

- the child's foster family
- a person who is exonerated from paying tax by Revenue Québec
- a person who is waiting for a protected person status (refugee claimant)
- a child who is married or in a de facto (common law) union and the child's spouse was entitled to a transfer from one spouse to the other.

HOW: If child is born in Quebec- this is automatic

You must file an Application for Family Allowance if :

- you adopt a child
- you are an immigrant or become a resident of Québec
- your child arrives in or returns to Québec
- you live in Québec but your child was born outside Québec
- you obtain custody of a child
- you obtain shared custody of a child
- you retain custody of a child following the breakdown of your union and you were not previously receiving the Family Allowance payments in your name.

2. The supplement for the purchase of school supplies

This annual financial assistance of \$105 per child aged 4 to 16 on 30 September is intended for all families who receive Family Allowance payments. The beneficiary must have custody of the child for the month in which the supplement is paid.

HOW: Automatic when you receive family allowance

3. The supplement for handicapped children

\$200 a month for parents to help with the care and education of a handicapped child.

Eligibility:

- you are eligible for the Family Allowance
- you have a dependent child under 18 who has an impairment or a mental function disability that significantly limits him or her in the accomplishment of life habits for a period expected to last for at least one year.
 - o Life habits encompass the activities that a child must carry out, depending on his or her age, with respect to personal care and social life. The following life habits are taken into consideration for the study of applications:
 - nutrition
 - personal care
 - moving about
 - communication
 - interpersonal relations
 - responsibilities
 - education.

HOW: Access the forms [here](#)

4. The Supplement for Handicapped Children Requiring Exceptional Care

The measure provides parents with financial assistance in assuming extraordinary responsibilities in administering care to or being constantly present for a child who has severe and multiple disabilities that prevent the child from carrying out his or her life habits, or whose medical condition requires specified complex medical care at home. The disabilities or care are expected to last for at least one year.

Eligibility:

- o MUST be receiving: Family Allowance and the Supplement for Handicapped Children
- o He or she has **physical impairments** or a **mental function disability** causing **severe and multiple disabilities** that prevent him or her from carrying out the life habits of a child of his or her age.

OR

- He or she requires complex **medical care** at home for which parents have received training at a specialized centre in order to learn the specific techniques for using the required equipment. The care must be administered by the parents. They must also be able to respond to any potentially life-threatening change in their child's clinical condition. Expected duration of the disabilities or care: at least 1 year

SPECIFIC ELIGIBILITY:

Tier 1 - Monthly payment of \$1 008, for an annual amount of \$12 096

Tier 2 Monthly payment of \$671, for an annual amount of \$8 052

Option 1: Life Habits restricted

Children aged 2 or over, but under 4

Life Habits: Nutrition, Moving about, Communication

Tier 1 - Absolute limitations respecting 3 life habits

Tier 2 An absolute limitation respecting 1 life habit + 1 serious or absolute limitation in at least 1 other life habit

Children aged 4 or over, but under 18

Tier 1

Absolute limitations respecting 4 life habits + 1 serious or absolute limitation respecting one other life habit

OR

Absolute limitations respecting 3 life habits + serious or absolute limitations respecting 2 other life habits

Tier 2

Absolute limitations respecting 2 life habits + 1 serious or absolute limitation respecting one other life habit

OR

An absolute limitation of moving about + 1 serious or absolute limitation respecting one other life habit

Option 2: Medical Care needed

Tier 1

- Respiratory care:
 - tracheostomy with mechanical ventilation

- for children under age 6 OR for children aged 6 or over who have an absolute limitation respecting one life habit or two serious limitations respecting two life habits, not including personal relationships, and be receiving one of the following types of care:
 - § tracheostomy without mechanical ventilation
 - § daily non-invasive mechanical bi-level positive airway pressure ventilation using BPAP.

Nutritional care:

- parenteral alimentation (intravenous hyperalimentation)

Cardiac care:

- intravenous inotropic therapy
- ventricular assist device (artificial cardiac pump)

Renal (kidney) care:

- peritoneal dialysis

Tier 2

· Respiratory care:

- for children over age 6 who do not have limitations in carrying out their life habits:
 - § tracheostomy without mechanical ventilation;
- oxygen therapy or mechanical ventilation (CPAP, BPAP, high-flow oxygen therapy systems) on a daily basis, 24 hours per day

Nutritional care:

- gastrojejunal or jejunal feeding tube

Other care:

- daily skin care for severe and generalized dermatologic conditions at high risk of pressure wounds, webbing and contractures.

HOW:

Complete the [Application for the Supplement for Handicapped Children Requiring Exceptional Care](#). If you have medical or school documents (individual education plan, report card, etc.) on hand, enclosed them with your application.

Assistance for Pregnant Minors

The amount granted is: a maximum of \$848 a month

Eligibility:

- To be eligible for the Pregnant Minor Financial Assistance Program, you must, among other requirements,
- be at least 20 weeks pregnant

- have a referral from a local community service centre (CLSC)
- reside in Québec

To be eligible, you must not be living

- with your parents
- with someone who has custody of you
- in a resource covered by the Act respecting health services and social services
 - o rehabilitation centres
 - o foster homes
 - o foster families

HOW:

Step 1: Using your postal code or the name of your region, easily find a [CLSC](#) , how to get there, access times and services offered.

Step 2: You will need to have the [CLSC Follow-Up Sheet – Financial Assistance for Pregnant Minors \(SR-2438A\) \(PDF 114 Kb\)](#) from the CLSC, signed by the CLSC worker in charge of your file.

Step 3: Fill out your application for financial assistance

You will need to fill out the [Application for Financial Assistance - Financial Support for Pregnant Minors form \(SR-2437A\) \(PDF 146 Kb\)](#).

Step 4: Submit your application for financial assistance

You must submit the completed form, along with the required supporting documents, to

a [Services Québec office](#) .

If you need information or help with your application, you can contact the Client Contact Centre at 514 873-4000 for the Montreal area or 1 877 767-8773 (toll-free) elsewhere in Quebec.

DISABILITY:

General Disability Pension

In order to receive a disability pension, a person must meet the following eligibility requirements:

- be under age 65
- have a severe and permanent disability recognized by Retraite Québec's medical advisors
- have contributed sufficiently to the Québec Pension Plan when he or she worked
- not be entitled to an unreduced income replacement indemnity from the Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST).

Pension for a disabled person's child

Eligibility:

- his or her biological or adopted child
- a minor child who has lived with him or her for at least one year when Retraite Québec deems the person to be disabled, if the person serves as mother or father to the child.

Additional amount for disability to retirees

A person who believes that he or she is entitled to a disability pension, but who has already been receiving a retirement pension for more than 18 months, could be entitled to the additional amount for disability. The person must be between ages 60 and 65, have made sufficient contributions to the Québec Pension Plan in the last years and have a disability that is deemed to be severe and permanent by Retraite Québec

HOW:

Follow these 4 easy steps:

1. Download the *Application for Disability Benefits Under the Québec Pension Plan*.
2. Complete the form onscreen, following the instructions carefully. Be sure to give your Social Insurance Number.
3. Print the form. Mail the first two parts (Application for Disability Benefits Under the Québec Pension Plan and Consent Regarding the Release of Medical and Psychosocial Information) to:

Retraite Québec
Case postale 5200
Québec (Québec) G1K 7S9

4. Complete section 1 of the Medical Report form and send it to your attending physician, who will write the report and send it to Retraite Québec.

For a pension for a disabled person's child - Don't forget to fill out the section "Application for a pension for a disabled person's child" on the Application for Disability Benefits Under the Québec Pension Plan.

Mobility Assistance Dog Reimbursement Program

- Accommodation of a mobility assistance dog (service dog)
- Dog care, including food, grooming and veterinary care
- \$210 after 6 months
- annual reimbursement of \$2,240

Eligibility:

- Hold a valid health insurance card (RAMQ)
- Have a permanent physical impairment resulting in significant and persistent disability
- Already have a mobility assistance dog from a specialized training school
- Know the applicable laws and regulations and what behaviour is acceptable in public with your mobility assistance dog
- Know how to maintain and take care of your dog's health
- Be able to take care of your dog with or without technical or human help
- Be able to use your mobility assistance dog in an autonomous and efficient manner, respecting program requirements

To be eligible for the program, mobility assistance dogs must:

- Respond in a consistent and sustained manner to commands both at home and in public places
- Meet the requirements for mobility assistance dogs both at home and in public places:
- Be clean, groomed and have no bad odour
- Not seek attention from people
- Not interrupt people's daily activities
- Not bark, growl or snarl unnecessarily
- Remain calm when meeting people and other animals
- Not claim or steal food or other items
- Work calmly and quietly with the help of a harness, leash or other command item
- Be able to lie down and stay quiet near its master without blocking paths, entrances, etc.
- Urinate or defecate on command in appropriate places
- Always stay within 24 inches (or 60 centimetres) of its master; the dog can be farther if a task requires it
- Have an ID card, that includes its photo and its master's name, issued by a specialized training school accredited by Assistance Dogs International (ADI) or the International Guide Dog Federation (IGDF)
- Be sterilized and vaccinated. The vaccination certificate must be updated and signed by a veterinarian during a mandatory visit at least once a year
- Wear a distinctive sign, such as a scarf, a harness or other item, when circulating in public places. This allows people to easily and clearly recognize that it is a mobility assistance dog
- Obey basic commands, such as "sit," "down," "stay," "heel" and "come"
- Be trained to compensate for its master's disabilities

HOW:

submit a written assessment request to your region's designated institution. If you have questions about the [eligibility criteria](#), you can call or email that institution.

- The [Mobility Assistance Dog Reimbursement Program assessment request form](#)

Please provide the following information in the appropriate sections of the form:

- Proof of your permanent physical disability, completed by a physician (Annex 1 of the form). You can also provide any other equivalent medical certificate already included in your medical record. You will need to provide this certificate only with your first application to the program;
- Authorization to disclose information to relevant persons and organizations, including the training school ("consent" section in part 5 of the form).
- A copy of the dog's laminated ID card with photo
- An up-to-date copy of the dog's vaccination certificate

Send these documents by mail to the institution that corresponds with where you live: see here for [locations](#).

Visual Devices Program

you can access visual devices and receive an amount to take care of a guide dog if you qualify for one. The visual devices lent compensate for a partial or total loss of vision and help you carry out your daily activities.

The program covers the loan, replacement and repair of visual aids.

Examples of loaned aids:

- Reading: Video magnifier, optical system, calculator
- Writing: Braille
- Mobility: White cane, electronic obstacle detector, night vision goggles

Eligibility:

To qualify for the program, you must be insured by the Health Insurance Plan. You must also have a permanent visual impairment that prevents you from carrying out one of the following activities:

- Read or write
- Move around in an unfamiliar environment

- Carry out activities in keeping with your lifestyle or social roles (e.g. student, worker, parent)

HOW:

1. Submit an application for a visual device to an accredited facilities specializing in the rehabilitation of persons with a visual impairment.
2. Have your visual impairment and needs assessed by this facility.
3. Present your valid Health Insurance Card (the cost of the assessment is covered and therefore **free**).

If you qualify, the facility will lend you the required visual devices and show you how to use them correctly.

Hearing Devices Program

The program covers the purchase, repair and replacement of hearing aids.

Examples:

- Telephone amplifier
- Door or telephone detector
- Adapted alarm clock
- Teletypewriter (TTY)

Age	Eligibility requirements
Age 11 and under	Have a hearing impairment that could compromise speech and language development : a comprehensive assessment of the impairment(s) and functional limitations is required
Age 12 to 18	Have an average hearing loss of at least 25 decibels in one ear for the required frequencies
Student aged 19 or over	<ul style="list-style-type: none"> · Have an average hearing impairment of at least 25 decibels in one ear for the required frequencies · Be pursuing studies leading to a diploma, certificate or attestation recognized by the Ministère de l'Éducation et de l'Enseignement supérieur
Age 19 and over	Have an average hearing loss of at least 35 decibels in the better ear for the required frequencies
Everyone	<ul style="list-style-type: none"> · Have a hearing loss in addition to other impairments

Age	Eligibility requirements
	<ul style="list-style-type: none"> · Have other functional limitations that hamper integration into society, the school environment or the workplace: a comprehensive assessment of the impairment(s) and functional limitations is required

HOW:

Documents required can be found [here](#)

With the required documents in hand, see the specialist best suited to meet your needs:

A [Québec audioprosthesis](#) [This link will open in a new window.](#) (French only) to obtain a hearing aid

A [specialized facility in Québec](#) to obtain an assistive listening device

You must see the specialist **no later than 1 year after the required documents have been issued** to make sure they remain valid.

Program for Devices That Compensate for a Physical Deficiency

This program covers the purchase, replacement and repair of certain technical aids. These aids compensate for a person’s motor disability. They include various types of orthotics, prosthetics, walking aids (e.g. crutch and cane), locomotor assists (e.g. wheelchair), posture assists and standing aids.

The program covers the following services at the rates in effect: purchase, adjustment, replacement and repair of an insured device, component or supplement.

Eligibility:

To qualify, you must be insured under the Health Insurance Plan and have a physical impairment. You must also fulfil the eligibility conditions related to the device you need.

HOW:

1. **Obtain a written medical prescription** issued by an authorized physician. The prescription must:
 - state your physical impairment and the resulting incapacity
 - indicate the necessity of obtaining a device
 - include recommendations for using the device

Eligible to give prescriptions:

- Medical specialists, such as geriatricians, neurologists, neurosurgeons, orthopedists, physiatrists (physical and rehabilitation medicine) and rheumatologists
 - Medical practitioners and pediatric medical specialists practising in a hospital or offering technical aid services
 - General surgeons practising in a hospital, for lower limb prostheses
 - Plastic surgeons, for upper- and lower-limb orthoses
 - Cardiologists or pneumologists, for goods and services provided due to severe cardiovascular or cardiorespiratory failure
2. Got to a public rehabilitation facility or a private orthosis and prosthesis laboratory authorized by the Minister of Health and Social Services. For a locomotor assist, posture assist or standing aid, go to an authorized public rehabilitation facility only.

Ostomy Appliances Program

Eligibility:

- Be insured by the Québec Health Insurance Plan
- Have undergone a permanent or temporary colostomy, ileostomy or urostomy

The program allows for an annual lump-sum payment of:

- \$1,251 for a permanent ostomy
- \$834 for a temporary ostomy

HOW:

1. Complete and print the form Registration for the Ostomy Appliances Program
2. Obtain a medical prescription
3. Mail the completed form and medical prescription to the following address:

Régie de l'assurance maladie du Québec
C. P. 6600, succ. Terminus
Québec (Québec) G1K 7T3

Program Regarding Bandages and Compression Garments Used to Treat Lymphedema

Eligibility:

All persons with Quebec public health insurance and suffering from primary or secondary lymphedema are eligible for this program.

Persons age 18 and over: 75% of the purchase cost before taxes and delivery charges, up to the maximum allowable amount

Person under 18 years of age and persons receiving last-resort financial assistance or assistance under the Aim for Employment Program: 100% of the purchase cost before taxes and delivery charges, up to the maximum allowable amount

HOW:

1. Obtain a medical prescription when you purchase an aid for the first time for which you may later apply for a reimbursement. This applies for each limb newly affected by lymphedema.
2. Go to a provider that has signed an agreement with RAMQ or to another provider to obtain the supplies required.

Your prescription must:

- Indicate the presence of lymphedema
- Specify which limb or area of the body is affected and, if applicable, which side (right or left)
- Be issued by one of the following persons:
 - a physician registered with the Collège des médecins du Québec This link will open in a new window. or an equivalent organization in another province or territory
 - the holder of a resident training card issued by the secretary of the Collège des médecins du Québec or by an equivalent organization in another province or territory, authorized to write such a prescription

Assistive Devices Programs for Persons with a Physical or Intellectual Disability or an Autism Spectrum Disorder (ASD)

Assistive devices are lent and provided by institutions in the health and social services network.

Eligibility: Assistive devices programs are reserved for people with a physical or intellectual disability or an ASD. Persons with a temporary handicap are not eligible for assistive devices programs.

As a guide, here is a list of assistive devices. (This list is subject to change without notice.)

Visual impairment	Assistive devices
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Reading and writing aids	<ul style="list-style-type: none"> · Braille display · Customized calculator · Braille embosser · Digital player and recorder · Specialty lenses · Screen reader · Magnifying glass · Braille typewriter · Braille ruler · Big-screen monitor · Video magnifier · Inclined surface to facilitate writing · Adapted geometry set
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Guidance and mobility aids	<ul style="list-style-type: none"> · White cane · Electronic obstacle detector · Mobility assistance dog
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Daily activities and domestic chores aids	<ul style="list-style-type: none"> · Adapted plates · Adapted knives · Liquid level indicator · Cheque guide · Adapted watch · Talking kitchen scale · Adapted measuring tape · Adapted pedometer (records number of steps) · Adapted wallet · Adapted alarm clock · Adapted thermometer
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Health aids	<ul style="list-style-type: none"> · Talking glucometer (monitors blood sugar levels) · Talking bathroom scale · Syringe holder
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Hearing impairment	Assistive devices
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Hearing aid	<ul style="list-style-type: none"> · Hearing aid
Increasing sound aids	<ul style="list-style-type: none"> · Amplifier · TV subtitle decoder · Baby crying detector · Visual or vibro-tactile phone and doorbell ring detector · Adapted alarm clock · Wireless TV audio listening system · Adapted teletypewriter · Visual or vibro-tactile fire alarm detector

Mobility impairment	Assistive devices
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Walking aids	<ul style="list-style-type: none"> · Walker
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Mobility impairment	Assistive devices
	<ul style="list-style-type: none"> · Crutches or canes, in addition to the use of an orthosis or prosthesis of the lower limb · Walking frame · Quadripod cane (four-legged cane) · Moulded orthotic shoes and shoe fittings · Mobility assistance dog
Mobility aids	<ul style="list-style-type: none"> · Reclining wheelchair · Manual and powered wheelchair (including posture supports) · Mobility assistance dog · Special-needs stroller · Four-wheeled electric scooter · Three-wheeled electric scooter
Childhood motor skills development aids	<ul style="list-style-type: none"> · Customization of children's bicycles or tricycles
Permanent orthosis and prosthesis	<ul style="list-style-type: none"> · Upper or lower limb orthosis · Upper or lower limb prosthesis
Controlling electronic and electric devices with a remote aids	<ul style="list-style-type: none"> · Specialized remote control · Environmental control unit (interior lighting system, for example)
Using computers aids	<ul style="list-style-type: none"> · Adapted keyboard · Adapted mouse · Keyboard cover skin · On-screen keyboard · Head-movement image-controlled computer mouse
Daily activities and domestic chores aids	<ul style="list-style-type: none"> · Technical assistance with meal preparation · Technical assistance with personal care · Support bars · Bumper pads · Adjustable wooden highchair (Tripp Trapp) · Bed rails (to prevent falls) · Serving table · Turntable · Lift chair · Mobility assistance dog · Patient lift · Adjustable bed · Specialized mattress (preventive or curative) · Transfer board · Portable mobility ramp · Blanket cradle · Bathtub seat · Adapted changing table · Over-bed table

Mobility impairment	Assistive devices
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- Bed trapeze

Elimination aids

- Adult incontinence briefs
- Urinary incontinence products
- Disposable and washable lap pads
- Urinary catheter
- Urinary bag
- Antiseptic wipes
- Urinary catheter straps
- External catheter
- Sterile syringes
- Irrigation solution
- Gloves
- Water-soluble lubricant
- Tracheotomy instruments

Language impairment	Assistive devices
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Natural-voice improvement aids

- Voice amplifier
- Voice amplifier with equalizer

Speech or speech replacement

- Communication board
- Specialized software
- Pointer

Phone communication aids

- Adapted phone with switch access
- Telephone with amplifier

Intellectual impairment	Assistive devices
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Safety aids

- Helmet
- Wander-management system

HOW:

If you would like more information about assistive devices or want to apply:

- Talk with your doctor or a social worker at your integrated health and social services centre (CISSS) or your integrated university health and social services centre (CIUSSS).
- Contact your local CISSS or CIUSSS directly. To find their contact information, go to [Finding Your CISSS or Your CIUSSS](#) page.

Travel Expense

- Transportation expenses by automobile (including parking costs, if applicable), taxi, or other modes of transportation
- Accommodation expenses
- Meal expenses
- Travel, accommodation, and meal expenses for the accompanying person

Eligibility:

The specific travel must meet all of the following conditions:

- The institution providing the services must be the one nearest the person's place of residence or be the most appropriate. It must offer adaptation-rehabilitation, diagnostic, or treatment services directly related to the impairment and provided for in the service or care plan;
- Travel between the residence and the institution providing the services must be greater than 50 km (round trip), except in the following cases:
 - A child age 0 to 5 who attends an early stimulation centre,
 - Repetitive haemodialysis treatments,
 - Medical treatment and rehabilitation services requiring intensive follow-up;
- The mode of travel chosen must be the most economical, taking into account the needs of the person and place of residence;
- Any travel must be prescribed in advance by the attending physician or by another responsible professional authorized by the institution.
- The disabled person may be accompanied if they cannot travel alone, or if the presence of another person is necessary to carry out their service or care plan.

HOW: contact your Integrated Health and Social Services Centre (CISSS) or your Integrated University Health and Social Services Centre (CIUSSS). For contact information, consult the following page: [Finding Your Integrated Health and Social Services Centre \(CISSS\) or Your](#)

[Integrated University Health and Social Services Centre](#) .

You will need to provide a medical certificate relating to the impairment.

OTHER:

Solidarity Tax Credit

Tax credit from Revenu Québec paid monthly and calculated according to various criteria, including your family income, the type of housing you live in, the fact that you live in a northern village.

To receive the payments, you must, among other things, produce your Québec income tax return and Schedule D. Visit the [Solidarity Tax Credit](#) page.

Eligibility:

- You were 18 or older or, if you were younger than 18, you:
 - had a [spouse](#);
 - were the father or mother of a child who lived with you; **or**
 - were recognized as an emancipated minor by a competent authority (such as a court).
- You were resident in Québec.
- You or your spouse was:
 - a Canadian citizen;
 - a permanent resident **or** a protected person within the meaning of the *Immigration and Refugee Protection Act*; **or**
 - a temporary resident or the holder of a temporary resident permit within the meaning of the *Immigration and Refugee Protection Act* who had been living in Canada for the last 18 months.

However, you are not entitled to the solidarity tax credit if either of the following situations applies to you:

- You were confined to a prison or similar institution on December 31, 2020, and, in 2020, you were confined for one or more periods totalling more than 183 days.
- Someone received a family allowance payment from Retraite Québec with regard to you for December 2020 (unless you turned 18 during that month).

HOW:

To be eligible for this credit, you must file your income tax return and meet all the applicable requirements. To receive all the amounts you could be entitled to for each component of the solidarity tax credit, you must claim the credit by filing Schedule D of your 2020 income tax return.

Shelter Allowance Program

You may be eligible for the shelter allowance program if the bulk of your budget goes to housing and at least one of the following situations applies to you:

- You live alone and are 50 or older.
- You have a spouse and one of you is 50 or older.
- You are part of a low-income household (composed of workers, students or income-security recipients, for example) with at least one dependent child.
- The shelter allowance program applies to: Homeowners, tenants, rooming house occupants, any individual who shares a dwelling with one or more other occupants

The shelter allowance program takes into account the number of people in your household, the type of household you live in, your income and your monthly rent.

You may receive a monthly allowance of up to \$80 by cheque or direct deposit.

Number of people in your household	Type of household	Your household's monthly rent* is more than or equal to**	Your household's annual income is less than or equal to***
One adult	Person 50 years or older living in a rooming house		
One adult and one child	Person with one child or more living in the rooming house	\$198	\$18,133
One adult	Individual aged 50 or over	\$308	\$18,133
Two adults One adult and one child	Childless couple in which at least one of the partners is aged 50 or over Single-parent family with one child	\$398	\$27,620
Two adults and one child One adult and two children	Couple with one child Single-parent family with two children	\$434	\$27,620
Two adults and two children One adult and three children	Couple with two children Single-parent family with three children	\$460	\$27,620
Two adults and three or more children One adult and four or more children	Couple with three or more children Single-parent family with four or more children	\$486	\$27,620