

INCOME SUPPORTS

If chronic pain limits your ability to work, you may be eligible for provincial or federal income support.

POSSIBLE SOURCES OF INCOME SUPPORT FOR PEOPLE LIVING WITH CHRONIC PAIN:

- Income Assistance (IA)
- Persons with Persistent Multiple Barriers (PPMB)
- Persons with Disabilities (PWD)
- Canadian Pension Plan, Disability (CPPD)
 - CPP Disability Benefit
 - CPP Post-Retirement Disability Benefit

OTHER POSSIBLE SOURCES OF FINANCIAL SUPPORT FOR PEOPLE LIVING WITH CHRONIC PAIN:

- Monthly Nutritional Supplement (MNS)
- Registered Disability Savings Plan (RDSP)
- Disability Tax Credit (DTC)
- Canadian Disability Savings Grant
- Canadian Disability Savings Bond

The Disability Alliance of British Columbia (DABC) provides help sheets and comprehensive guides on applying for each of these supports. DABC also offers an Advocacy Access Program that helps people to apply for and appeal the denial of provincial and federal disability benefits.

View the DABC fact sheets here: <https://disabilityalliancebc.org/category/publications/help-sheets/>

APPLICATION PROCESS

To be eligible for many of these services, you and your doctor, nurse practitioner, or other health care worker will work together in the application process.

Tips for applications:

- Work with a health care provider you see regularly on the application process, so they have the best insight on your pain and who you are.
- Fill out the self-assessment areas of your application by describing your worst day, not your best.
- Describe how your pain interferes with daily living activities such as:
 - Sleep
 - Personal hygiene and grooming
 - Household duties (cooking, cleaning, etc.)
 - Employment
- Explain that chronic pain is an ongoing obstacle that has occurred for longer than three months. It is important to note acute pain is different than chronic pain in respects to applications for income supports.
- Share any psychological distresses that have emerged from living with chronic pain.
- Provide evidence of treatments that are helpful, including visits to specialists, counsellors, and other medical services to help treat your pain.

FOR MORE INFORMATION ON INCOME SUPPORTS, PLEASE VISIT THE WEBSITES BELOW:

- Income Assistance: <https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance>
- Persons with Disabilities: <https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/disability-assistance>
- Canadian Pension Plan, Disability: <https://www.canada.ca/en/services/benefits/publicpensions/cpp/cpp-disability-benefit/apply.html>
- Disability Tax Credit: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

- Canada Disability Savings Bond & Savings Grant: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp/canada-disability-savings-grant-canada-disability-savings-bond.html>