



ST. MICHAEL'S
UNITY HEALTH TORONTO

Canada Pension Plan

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There are four kinds of Canada Pension Plan (CPP) pensions (where you can receive money each month):

Canada Pension Plan Retirement – You may receive it for your retirement

Canada Pension Plan Disability – You may receive if you are disabled and unable to work

Canada Pension Plan Survivors benefit – You may receive if your spouse or common-law partner dies

Canada Pension Plan – Children's Benefits – a child can receive if their parent dies or is disabled

Canada Pension Plan Retirement (CPP-R)

- Monthly benefit you could receive for your retirement
- Based for the most part on how much you have worked and contributed to CPP before retiring
- Maximum amount (at age 65) is 1,364.60 per month (most people will receive less)
- Most people start collecting CPP-R at age 65
- You can start collecting it as early as aged 60 (you'll receive a lower pension) or as late as age 70 (you'll receive a higher pension)

Canada Pension Plan Disability (CPP-D)

Monthly payment you can get if:

- You are under age of 65
- Have made enough contributions into CPP through your work (for the most part, contributed for at least 4 out of the last 6 years before onset of your disability)
- Have a mental or physical disability that stops you from doing any substantially gainful work
- Have a disability that is long-term and of indefinite duration, or is likely to result in death
- Maximum monthly amount you can presently receive: \$1,606.78 (most people will receive less)

Canada Pension Plan Survivor's benefits

To qualify you must:

- Be a widow or widower (including common-law), and your deceased spouse had contributed to CPP through their work

How much you receive depends on:

- if you are under or over age 65
- how much the deceased person worked and contributed to CPP

Average survivor's monthly pension for those older than 65: \$315.77

Average survivor's monthly pension for those younger than 65: \$498.66

Canada Pension Plan Children's Benefit

- Monthly payment for the children of either a deceased CPP contributor or a recipient of CPP-Disability Benefits.

- Children must be under 18 or between ages of 18 and 25 and going to school full-time
- Monthly rate is a flat rate of: \$294.12

For more Information on the various kinds of Canada Pension Plan mentioned in this handout, including how to apply, go to:

<https://www.canada.ca/en/employment-social-development/programs/pension-plan.html>

Or call: 1 800 277 9914