

Money Cents for Adults

Quick Reference Guide

Benefits Programs

Canada Pension Plan Disability Pension:

- For individuals who have severe and prolonged disabilities that prevent them from working at any job on a regular basis.
- Application process takes time so apply as soon as possible.
- must have made contributions to CPP in four out of the last six years before you became disabled,
- A doctor must fill out a portion of the application form.
- Contact **Service Canada** at: **1-800-277-9914**

B.C. Disability Assistance:

- Assistance and supplements for people with disabilities.
- Subject to both income and asset eligibility criteria.
- Apply online using the following link:<https://www.iaselfserve.gov.bc.ca/HomePage.aspx>

Medical Service Plan- Premium Assistance and

Pharmacare/Fair Pharmacare: Helps B.C. residents with the cost of medical premiums, prescription drugs, medical supplies, and pharmacy supplies based on their income level.

- For information on these two programs contact Health Insurance B.C. 1-800-663-7100.

Subsidized Housing: Affordable housing options for low income B.C. residents.

- Can apply online or by paper application.
- Income must be below Housing Income Limits.

Revelstoke Community Housing Society: Provides affordable housing options within Revelstoke.

For information and application call

- Revelstoke Property Services at 250-837-7000.
- The Revelstoke Community Housing Society at 250-837-5345.

Employment Insurance-Compassionate Care Benefit:

- Must apply online for this benefit.
- Can receive benefits for caring for a variety of family members including that of your spouse or common-law partner.
- Can receive benefits for a maximum of 26 weeks.

Contact Service Canada for information on these benefits: 1-800-227-9914 for CPP/OAS benefits, 1-800-206-7218 for Employment Insurance.

www.servicecanada.gc.ca

B.C. Employment Assistance Program: aids B.C. residents by providing income assistance to those who are unable to fully participate in the workforce.

- Provides money for food and shelter costs, plus a variety of other assistance.
- For more information on these benefits call:
1-866-866-0800

<http://www.sdsi.gov.bc.ca/programs/index.htm>



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Banking

Budgeting:

- Budget worksheet
http://www.cba.ca/contents/files/misc/cba_budgetworksheets_en.pdf
- Budget calculator
- <http://www.mymoneycoach.ca/budgeting/budgeting-calculators-tools/budgeting-spreadsheet>

Pay Day Loans: a very expensive way to borrow money.

- High interest rate and service charges can apply.
- These charges can get higher if you do not pay the loan back on time.

Cheque Cashing outlets:

- Charge a percentage of your cheque plus a service fee to cash your cheque!
- You don't need a bank account to cash a government cheque? You can bring it into any bank (even if you don't have an account there) and they will cash it for free.

Retirement Savings:

- Contributions are tax deductible
- Savings grow tax free
- You can convert your RRSP to get regular payments when you retire.
- You can borrow from your RRSP to buy your first home.



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Life Events

Buying Your First Home: one of the largest financial investment people make.

- A realistic budget is very important.
- Should consider how much of a down payment you can afford.
- Price range of houses you can afford.
- Costs of owning home.

Owning A Vehicle: consider all costs associated with owning a vehicle.

- Canadian Automobile Association has a brochure on the cost of driving: http://www.caa.ca/wp-content/uploads/2012/06/CAA_Driving_Cost_English_2013_web.pdf
- Consider options to buy or lease
- Kootenay Car Share-gives access to a vehicle without owning one <http://www.carsharecoop.ca/car-locations/revelstoke/>

Fraud Protection: Fraud can be committed by anyone even immediate and extended family.

- Never give out personal information over the phone, at the door, or online.
- Keep important personal documents in a safe place do not carry them around with you.
- Never feel pressured to sign an agreement or contract in the moment.

For more information on fraud and fraud protection visit <http://www.fcac-acfc.gc.ca/Eng/forConsumers/topics/fraud/Pages/home-accueil.aspx>



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