

In the Event of Disability

Disability benefits under the Québec Pension Plan



It's all online

The information contained in this document is also available on our Web site. There you can find the most up-to-date information and amounts.

You can consult your file at any time using our My Account online service.

Take advantage of our other online services:

- Statement of Participation in the Québec Pension Plan;
- CompuPension, SimulR and LIF Quick Calc, our retirement income simulator tools;
- Application for a Retirement Pension Under the Québec Pension Plan;
- Application for Survivors' Benefits Under the Québec Pension Plan;
- Electronic bulletins.

www.retraitequebec.gouv.qc.ca

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The Québec Pension Plan

The Québec Pension Plan is a compulsory public insurance plan. Its purpose is to provide workers and their families with basic financial protection in the event of retirement, death or disability. The Plan is funded by contributions made by workers and employers.

If you have made sufficient contributions and meet all of the eligibility requirements, you could be entitled to one or more of the following benefits under the Québec Pension Plan:

In retirement:

- retirement pension.

In the event of death:

- death benefit;
- surviving spouse's pension;
- orphan's pension.

In the event of disability:

- disability pension;
- pension for a disabled person's child;
- additional amount for disability for retirement pension beneficiaries.

Disability benefits

Has your state of health permanently deteriorated to the point where you can no longer work? If you are under age 65 and you have contributed sufficiently to the Québec Pension Plan, you could be entitled to disability benefits.

Important!



- The fact that an insurance company or other agency or government department considers you to be disabled does not automatically mean that you will be entitled to a disability pension under the Québec Pension Plan, since the eligibility requirements may be different.
- Factors such as the language spoken, availability of employment and place of residence are not taken into consideration when a contributor's ability to work is assessed from a medical standpoint.
- Temporary disability (or temporary incapacity to work) is not covered under the Québec Pension Plan.
- Your application for disability benefits must be received within a specific time frame. Contact us as soon as possible for more information.

The disability pension

If you have a severe and permanent disability that prevents you from returning to work, and you have contributed sufficiently to the Québec Pension Plan, you could be entitled to a disability pension.

Eligibility requirements for a disability pension

To be eligible for a disability pension, you must meet the following **four requirements**.

1. You must have a disability deemed to be severe and permanent by our medical advisors

Your disability is considered severe if you are unable, because of your state of health, to do any type of full-time work.

Your disability is not considered severe if you can do work that takes your limitations into account and your employment earnings are more than 14 500 \$ a year.

If you are age 60 to 65, your disability could also be considered severe if you had to stop your usual work because of your state of health and you are no longer able to do that work.

Your severe disability must also be permanent. A severe disability is permanent if it is expected to **last indefinitely**, without any possibility for improvement.

2. You must have contributed sufficiently to the Québec Pension Plan

To determine whether you have made sufficient contributions, we take into account contributions you made between the age of 18 and the month in which we deem you to be disabled. This is what we call your contributory period.

If you are under age 65 and we deem you to be disabled because you are unable to do any type of full-time work, you must have contributed for at least:

- two of the last three years in your contributory period;
_____ **or** _____
- five of the last 10 years in your contributory period;
_____ **or** _____
- half of the years in your contributory period, but for a minimum of two years.

If you are age 60 to 65 and we have deemed you to be disabled because you are unable to do your usual work, you must show that you recently worked, that is, you must have contributed for at least **four of the last six years in your contributory period.**

If you have contributed to the Canada Pension Plan, we take those contributions into account when determining entitlement to benefits and calculating the amount of your pension.

If you have participated in the pension plan of a country with which Québec has a social security agreement, those years of contribution can be added to your participation in the Québec Pension Plan, possibly making you eligible for a disability pension.

To find out if you have made sufficient contributions and for an estimate of the disability benefits you could receive, **consult your Statement of Participation in the Québec Pension Plan.**

3. You must be under age 65

You must be under age 65 to be eligible for a disability pension. As of age 65, a disability pension is automatically replaced by a retirement pension.

4. You must not be receiving an unreduced income replacement indemnity from the Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST)

No disability pension can be paid to you if you are receiving an unreduced income replacement indemnity from the Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST).

Important!

If you are the **beneficiary of a retirement pension** and we deem you to be disabled within **six months after your first retirement pension payment**, you could ask that your retirement pension be cancelled so that you can receive a disability pension. However, you will have to repay the retirement pension amounts that you received.

How much is a disability pension?

The amount of the disability pension is determined on the basis of your contributions and years of participation in the Plan. The monthly amount varies between roughly 450 \$ and 1 200 \$. The disability pension is indexed every year.

However, if you are receiving an income replacement indemnity from the Société de l'assurance automobile du Québec (SAAQ), certain rules apply to pension payment. To find out more, contact us.

If you are receiving an indemnity from an insurance company, the insurance company may deduct an amount equal to the disability pension you receive under the Québec Pension Plan. For more information, contact your insurance company.

The pension for a disabled person's child

If you receive a disability pension under the Québec Pension Plan, your children or any children that have been living with you for at least one year could be entitled to a pension for a disabled person's child until they turn 18.

How much is the pension for a disabled person's child?

The amount of this pension, which is roughly 70 \$ a month, is the same for each child. The benefit is indexed each year.

The additional amount for disability

Beneficiaries of a retirement pension who cannot cancel that pension in favour of a disability pension could receive the additional amount for disability. The additional amount for disability is added to the retirement pension.

Eligibility requirements for the additional amount for disability

To be eligible for the additional amount for disability, you must meet the following **four requirements**:

1. You must have a disability deemed to be severe and permanent by our medical advisors

You must be unable to do any type of full-time work. Your disability is not considered severe if you can do work that takes your limitations into account and for which you would earn more than 14500\$ a year.

Your severe disability must also be permanent. A severe disability is permanent if it is expected to **last indefinitely**, without any possibility for improvement.

2. You must have contributed sufficiently to the Québec Pension Plan

You must show that you recently worked, which is to say that you contributed for at least four of the last six years in your contributory period.

3. You must be under age 65

You must be under age 65 to be eligible for the additional amount for disability. When you turn 65, payment of the additional amount ceases although you will continue to receive your retirement pension.

4. The time period for cancelling your retirement pension has expired

If we determine that you became disabled after your first six retirement pension payments were made, you could be entitled to the additional amount for disability.

How much is the additional amount for disability?

The **additional amount for disability** is the same for each beneficiary. It is about 450\$ a month. It is indexed each year and added to your pension until you turn 65.

Important!

- Children of a beneficiary of the **additional amount for disability** are not entitled to the pension for a disabled person's child.
- Beneficiaries of a retirement pension under the Canada Pension Plan are not entitled to the **additional amount for disability**.

How to apply

If you would like to apply for one of the disability benefits, you must file a written application. The Application for Disability Benefits form is available on our Web site or by calling us, and you can check the status of your application using the online My Account service.

Your attending physician must complete the Medical Report form that is provided with the application form, and send it to us as soon as possible. You are responsible for paying any related medical fees.

Send us your application form as soon as you have filled it out. Do not wait for the completed Medical Report from your physician. The date on which we receive your application can have an impact on the type of disability benefit that will be payable as well as the starting date of the benefit. For further information, contact us as soon as possible.



What to do if...

You do not live in Québec

If you no longer live in Québec but do live elsewhere in Canada and you have contributed to both the Québec Pension Plan and the Canada Pension Plan, contact Service Canada toll-free at **1 800 277-9914**. If you now live outside Canada, you must apply for your pension under the plan that applies in your last place of residence in Canada. The benefits accumulated under both plans are taken into consideration.

You worked outside Canada

If you worked in another country, you may be entitled to a disability pension from that country.

Important!

Receiving benefits from another country will in no way reduce the amount of your disability pension under the Québec Pension Plan. However, pensions from some countries may be reduced if you are receiving a pension under the Québec Pension Plan.

For further information about the social security agreements that Québec has with some 30 countries, see our Web site or call:

Montréal region: **514 866-7332, ext. 7801**

Toll-free: **1 800 565-7878, ext. 7801**

You have participated in a supplemental pension plan

If you have participated in a supplemental pension plan (also called a “pension fund”), it is important to know whether the plan offers a disability pension or a refund. To find out about your benefits, call the plan administrator.

Important!

To find the contact information for your plan administrator, see our Web site.

Your disability was caused by an accident

If your disability was caused by a **work-related accident**, you must contact the CNESST. If your disability was caused by an **automobile accident**, you must contact the Société de l'assurance automobile du Québec (SAAQ).

Your disability is temporary

Contact your insurance company because you may be entitled to salary insurance or disability benefits.

The Québec and Canadian governments offer other assistance programs. To find out more, call:

Services Québec: **1 877 644-4545**

Service Canada: **1 800 622-6232**

Our commitments

We are committed to providing the quality services you expect. To find out more about our commitments and our service standards, see our *Service Statement* on our Web site or call us.

Protection of personal information

We obtain personal information from citizens, government departments and public agencies. We protect that information and make sure that it is used by duly authorized personnel in carrying out their duties.

However, we can transmit the information to certain government departments and public agencies in accordance with written agreements approved by the Commission d'accès à l'information du Québec.

Commissaire aux plaintes et à l'amélioration des services

If you are not satisfied after dealing with us

The Commissaire aux plaintes et à l'amélioration des services handles complaints and comments with complete independence and confidentiality, and can make recommendations to improve our programs and services.

To reach the Commissaire aux plaintes et à l'amélioration des services, simply call us. You can also use the direct email service on our Web site.

How to reach us



Online

My Account

Access your file **24/7**

www.retraitequebec.gouv.qc.ca



By telephone

Québec region: **418 643-5185**

Montréal region: **514 873-2433**

Toll-free: **1 800 463-5185**

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