

**A KEY QUESTION:
 Could you live on the income of a social assistance recipient?
 FIND OUT WITH THIS TEST**

Using the worksheet in Table 1, fill in how much total income you have **DURING ONE MONTH**. Then, using the same form, fill in how much you spend **DURING ONE MONTH** for your **fixed expenses** and for your **variable expenses**. If the cost of some items are for 3 months, 6 months or 12 months, calculate what they are for one month.

Table 1. “Do the Math” Worksheet

CALCULATE YOUR INCOME		(\$)
	Salary	
	Allowances/benefits	
	Pensions	
	Other sources of income	
	TOTAL	
CALCULATE YOUR EXPENSES		(\$)
F I X E D	Rent or mortgage	
	Electricity	
	Telephone	
	Cable	
	Heat and water	
	Taxes	
	Insurance for house and alarm if you have one	
	Insurance for car if you have one	
	Repayment of debts	
V A R I A B L E E X P E N S E S	Grocery	
	Meals (at restaurant, school, work)	
	Soap, toilet paper and other personal items	
	Tobacco/alcohol	
	Clothing purchase	
	Clothing upkeep	
	Car expenses plus gas if you own one	
	Public transit	
	Taxi or rental	
	Prescriptions/items from the drug store	
	Other health care expense	
	Outings/Sports	
	Lottery tickets	
	Other expenses: gifts, newspapers, church offerings, etc.	
	Total	

2. COMPARISON OF MY INCOME WITH THAT OF A SOCIAL WELFARE RECIPIENT (see Table 2 below)

My income is _____ compared to _____ if I were on social assistance.
(Write your total income) (Write total welfare income)
(Consult Table 2)

3. COMPARISON OF MY EXPENSES WITH WHAT I WOULD RECEIVE IF I WAS ON SOCIAL ASSISTANCE (see Table 2 below)

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Table 2. Total welfare income for four types of households (dollars per month)

	Basic Social Assistance	Additional Soc. Asst. Program Benefits	Federal Child Benefits	Provincial Child Benefits	GST Credit	Total Income
1. Single Employable or on "Transitional Assistance"	537	-	-	-	21	558
2. Person with disability with the "Extended Benefit Program"	618	83	-	-	21	722
3. Lone Parent, One Child	809	85	381	21	52	1,348
4. Couple, Two Children	908	93	543	42	62	1,648

4. WHAT WOULD I HAVE TO CUT IF I HAD TO SURVIVE ON SOCIAL ASSISTANCE?

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5. WHAT HAS THIS EXERCISE REVEALED TO YOU?

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