

Quebec family benefits: a preparation checklist

For families caring for a child under 18. This is a starting checklist, not a complete benefits inventory. Each agency decides eligibility; amounts and rules can change.

1. Check the two separate applications

- ☐ SEH (Quebec): read Retraite Québec's criteria and current parent/professional forms.
- ☐ DTC (federal): complete Part A of T2201; an authorized medical practitioner completes Part B. CRA decides the application.
- ☐ Ask the relevant professional about required information and any fees before booking a report.

2. Prepare and keep a record

- ☐ Check each form's document list; collect relevant existing reports.
- ☐ Describe everyday support needs accurately, with examples and dates.
- ☐ Keep a copy of everything submitted, the submission date and any reference number.

3. After a decision

- ☐ Read approval periods and any renewal instructions.
- ☐ Child disability benefit: if receiving the Canada child benefit and the child is DTC-eligible, CRA pays CDB automatically; otherwise check CCB eligibility/application.
- ☐ Keep required tax returns up to date. For a refusal, read the agency's review instructions and deadlines promptly.

4. Other help to ask about

Explore respite, childcare support and an RDSP where relevant. Different programs have different conditions. Use the Quebec navigator for official forms and local help.