



# Pension and benefits statistics 2026.

Knowledge and insights



## Pension statistics

	2026	2025	Comments
<b>Canada/Quebec pension plan</b>			
Retirement pension (maximum starting at 65)	\$1,507.65	\$1,433.00	Payable monthly. Reduced for early retirement between 60 and 65.
Death benefit (maximum)	\$2,500.00	\$2,500.00	Lump sum.
Survivor pension (maximum, age 65 and over)	\$904.59/\$881.48	\$859.80/\$844.24	Payable monthly.
Survivor pension (maximum under age 65)	\$803.54/\$1,173.58	\$770.88/\$1,134.61	Payable monthly. See note 1.
Orphan benefit (per child)	\$307.81	\$301.77	Payable monthly.
Year's Maximum Pensionable Earnings (YMPE)	\$74,600.00	\$71,300.00	
Year's Additional Maximum Pensionable Earnings (YAMPE)	\$85,000.00	\$81,200.00	
Maximum employee contribution to CPP/QPP	\$4,646.45/\$4,895.30	\$4,430.10/\$4,735.20	See note 2.
<b>Old age security</b>			<b>OAS, GIS and Allowance are indexed quarterly to CPI.</b>
OAS (maximum from ages 65 to 74 at Jan. 1)	\$742.31	\$727.67	Payable monthly from 65, increased by 10% at 75 onward. Subject to residency test.
Lower threshold for OAS clawback	\$95,323.00	\$93,454.00	Income at which OAS clawback begins. See note 3.
Upper threshold for OAS clawback (ages 65 to 74 and 75 and over)	\$154,708/\$160,647	\$152,062/\$157,923	Income at which OAS is completely clawed back. Amounts are preliminary for 2026.
GIS and allowance (maximum)			Payable monthly. Subject to income test. Benefits are paid tax-free.
• GIS for single person	\$1,108.74	\$1,086.88	
• GIS for pensioner with spouse also receiving OAS	\$667.41	\$654.23	
• Allowance	\$1,409.72	\$1,381.90	
• Allowance for survivor	\$1,680.47	\$1,647.34	
<b>Income tax act limits</b>			<b>See note 4.</b>
Maximum contribution to an RRSP	\$33,810.00	\$32,490.00	Limited further to 18% of earned income in the previous year. See note 5.
Maximum contribution to a TFSA	\$7,000.00	\$7,000.00	See note 6.
Maximum contribution to a DC RPP	\$35,390.00	\$33,810.00	Combined employee/ employer contribution limit.
Maximum employee contribution to a DB RPP	\$25,353.00	\$24,247.00	Applies to required contributions; further limited to 9% of pay.
Maximum annual DB pension in an RPP	\$3,932.22	\$3,756.67	Limit for each year of pensionable service.



	2025	2024	Average (geometric)		Comments
Economic and capital markets			5-Year	10-Year	
Change in CPI for Canada (Oct. to Oct.)	2.16%	2.02%	3.8%	2.7%	Not seasonally adjusted.
Change in average earnings (Sept. to Sept.)	3.10%	5.20%	3.6%	3.3%	Statistics Canada, Table 14-10-0223-01.
3-month T-Bill rate (Dec.)	2.15%	3.15%	s.o	s.o	CANSIM Series V122531.
Yield on long-term Canada bonds (Dec.)	3.85%	3.37%	s.o	s.o	CANSIM Series V122544.
Discount rate for CIA transfer values (Dec.)	3.5/5.0%	3.9/4.5%	N/A	N/A	First 10 years/thereafter; see note 7.

## Benefit statistics

	As of Jan 1, 2026	As of Jan 1, 2025	Comments
<b>Employment insurance</b>			
Benefit formula (as a % of insurable earnings)	55%	55%	Lower-income families may qualify for additional benefit.
Maximum insurable earnings (annual)	\$68,900	\$65,700	
Maximum benefit (weekly)	\$729	\$695	
<b>Employee premium</b>	Canada/Quebec	Canada/Quebec	See note 8.
• rate as a % of insurable earnings	1.63%/1.30%	1.64%/1.31%	
• maximum annual dollar amount	\$1,123.07/\$895.70	\$1,077.48/\$860.67	
<b>Employer premium</b>			See note 8.
• rate as a % of insurable earnings			
> without registered WLRP	2.282%/1.820%	2.296%/1.834%	WLRP: Wage Loss Replacement Plan.
> with registered WLRP	1.9022%/1.4402%	1.9235%/1.4615%	See note 9.
• maximum annual dollar amount			
> without registered WLRP	\$1,572.30/\$1,253.98	\$1,508.47/\$1,204.94	
> with registered WLRP	\$1,310.62/\$992.44	\$1,263.88/\$960.51	
<b>Disability benefits</b>	CPP/QPP	CPP/QPP	See note 10 .
Formula for benefit amount (monthly)	\$610.46/\$610.43	\$598.49/\$598.46	Plus 75% of employee's retirement pension. However this portion is optional between 60 and 65 for QPP.
Maximum benefit (monthly)	\$1,741.20/\$1,737.67	\$1,673.24/\$1,672.62	
Child benefit (monthly amount per child)	\$307.81/\$97.74	\$301.77/\$95.82	Payable over and above the Maximum Benefit amount shown.
<b>Quebec parental insurance plan</b>			See note 11.
Maximum insurable earnings	\$103,000	\$98,000	
<b>Employee premium</b>			
• rate as a % of insurable earnings	0.430%	0.494%	
• maximum annual dollar amount	\$442.90	\$484.12	
<b>Self-employed premium</b>			
• rate as a % of insurable earnings	0.764%	0.878%	
• maximum annual dollar amount	\$786.92	\$860.44	
<b>Employer premium</b>			
• rate as a % of insurable earnings	0.602%	0.692%	
• maximum annual dollar amount	\$620.06	\$678.16	



1. The maximum survivor pension shown for QPP is valid for spouses aged 45 to 64. The QPP survivor pension for spouses under age 45 depends on whether the spouse is disabled or has dependent children.
2. The QPP base contribution rate for 2026 is 6.3% while the CPP base contribution rate is 5.95%, applicable to earnings between \$3,500 and the YMPE. Since 2024, an additional contribution of 4% is required on earnings between YAMPE and YMPE.
3. 2026 clawback refers to the July 2027-June 2028 period and is based on 2026 calendar year income. Increased maximums applicable for ages 75 and above.
4. "RPP" means Registered Pension Plan. "DB" means defined benefit. "DC" means defined contribution. "TFSA" means Tax-Free Savings Account. All amounts indicated in this section are annual.
5. Any carry-forward from previous years will be added to an individual's RRSP contribution room as will any Pension Adjustment Reversals. Any Pension Adjustment declared for the prior year and any Past Service Pension Adjustments will decrease the amount.
6. Any carry-forward from previous years will be added to an individual's TFSA contribution room.
7. Rates shown reflect CIA standard for pension commuted values.
8. Quebec rates are lower, but additional premiums are required for the Quebec Parental Insurance Plan (QPIP)
9. To be registered, the WLRP must be a qualifying insured or self-insured short-term disability plan. A smaller reduction applies for qualifying Cumulative Paid Sick Leave plans
10. Disability benefits commence in the 4th month following the date of disability.
11. Quebec Parental Insurance Plan benefits vary depending on the type of plan, type of leave, and whether the leave is shared between parents.