

Important: This Form Support does not contain legal advice. You may wish to talk to a lawyer for help in making or responding to an application.

Notes

One person may be required to pay support to the other in certain situations. For example, a person may claim what is commonly referred to as spousal support from the Respondent or an adult child may claim support from a parent. The law can be complicated and different laws and rules may apply, depending on your situation.

In very general terms, a court will look at the following questions when it decides these issues:

- What did each of them do in the family and what were their roles?
- Did they agree or have an understanding that one would support the other?
- What are the child care responsibilities, if any?
- Are they both able to support themselves?
- What are their economic circumstances (for example, income, property and assets/debts)?

This Form tells the court about your life. The court will use the information you provide to determine whether you should receive support and, if so, how much support you should receive and for how long you should receive it. Remember that there are no guarantees. Asking for support does not mean the court will agree with your request.

Support claims for yourself are complicated, and you may wish to speak to a lawyer.

Tips

- The Forms you submit as part of your application will organize your information for the court. You should include as much information as possible so that the court can make an informed decision.
- If you are making your application under provincial or territorial ISO legislation, you must complete either Form A.1 or A.2. If you are making your application under the *Divorce Act*, then you must complete either Form A.3 or A.4.
- Use the tables included in the Form Support Introduction and General Information Guide or consult your provincial or territorial website to determine the additional Forms you need to complete.
- Use a working copy and a final copy when completing these Forms. To ensure that the final copy is neat and legible, only complete the final copy when satisfied with your responses.
- Include all copies of receipts, documents and other evidence that will help prove statements and claims you make. Documents provided will form part of the evidence for the matter and cannot be returned.
- Receipts and documents may contain address information that you may wish to remain confidential. If you choose to conceal the address information, ensure that you keep the originals in case the court requires that you provide them.
- After completing all of your Forms, you must swear to the accuracy of all the information that you provided – just like if you were in court providing the evidence in person.

For more information on family justice matters, visit www.justice.gc.ca or your province or territory's family justice website.

Filling out the Form

Section 1

Support for myself (amount and date)

At the top of page one, you will see a statement that you are asking for support for yourself, followed by a space for you to write how much support you are requesting to receive per month. Completing Form I will help you to determine the amount you are seeking.

Section 2

Facts about my claim

Begin by filling in your date of birth and why you are claiming support. Attach additional pages, if necessary.

If you are seeking support from your parent or from another family member, you should indicate that here and fill out Form J. Consult the Introduction and General Information Guide for more information about the other Forms that you will need to complete.

Next, check one of boxes to describe the relationship you had with the Respondent.

- **The Respondent and I were married to each other**

Check this box if you were legally married to the Respondent.

- **The Respondent and I were not married to each other but we were in a registered relationship with legal rights and obligations according to**

Check this box if you and the Respondent had a registered civil union and went through formal steps to register your relationship with a government authority (not a church or other religious institution). Often, you will also have a document to prove the registration. If you do have a certificate, attach a copy to this Form.

- **The Respondent and I were not married but we lived together as a couple. Our relationship was not registered but I believe I am entitled to claim support from the Respondent according to**

Check this box if you lived with the Respondent but were not married or did not register the relationship with him/her. You will have to specify the law which you are claiming applies to you, as well as the jurisdiction in which the law applies. If you check this box, you may wish to speak to a lawyer for advice.

Continue filling in information about yourself and your child(ren) with the Respondent, if applicable.

Section 3

Education

This section tells the court about the education you have completed.

Section 4

Work experience

In this section, you are asked to describe your work experience while you were with the Respondent and since your separation from the Respondent.

If you check the first statement, you can skip the next options and go directly to Section 4.B.

As more than one statement in this Section can apply, be sure to check all the statements that apply.

Section 5

Medical

If you are unable to fully support yourself because of a medical condition you or another person has, check the appropriate boxes and attach all documents to support your claim(s).

Section 6

The present and the future

Topics include your work situation, income sources and your plans to make yourself self-supporting, if any.

Remember that information you give on this Form is evidence which you are swearing is true. Be clear, accurate and realistic with the information you give on this Form as it is evidence, and the court will take it very seriously.

Finish the Form

If you are attaching more documents or Forms to support claims you make while filling out this Form, make sure you check the last box on the last page. Indicate on each document or Form the section in which it is referred to. When you have done this, sign the Form where indicated.