



# MOVING FORWARD

## FAMILY MEDIATION & PARALEGAL SERVICES

### **Spousal Support**

Spousal support is money paid by one spouse to the other after they separate or divorce. The purpose of spousal support is to:

- help a spouse become financially self-sufficient
- prevent a spouse from experiencing serious financial difficulty due to the breakdown of the relationship
- share the costs of caring for the children
- compensate one spouse for being financially disadvantaged during the relationship, for example, if one person stopped working to take care of children

When ordered, spousal support is paid by the spouse with the higher income to the spouse with the lower income.

### **Are you eligible?**

You may be entitled to spousal support if you were either:

- married
- lived together as a couple for at least three years
- were in a relationship of some permanence for any length of time and had a child together

You will need to demonstrate at least one of the following:

- You had responsibilities during the relationship that prevented you from building your own career, such as taking care of children or helping your spouse build their career.
- Your separation or divorce left you in need of financial support and the other spouse has enough income and assets to pay support.
- You have a legal agreement that says you will get spousal support if you separate.

The court may also consider factors, such as your age, health and childcare requirements.