



Calgary housing

Rent Update Guide

What You
Need to Know

Overview

What's Changing and Why

The Government of Alberta is making changes to how rent is calculated for residents living in community housing or receiving rent assistance.

What's Changing

Right now, rent is based on different program rules and exemptions.

Starting soon, rent will be calculated using the **same formula for everyone**:

30% of your total household income

This means income from work, AISH, Income Support, and most other sources will all be treated the same when calculating rent.

When the Change Happens

- For new residents:
 - If you move into a new home on or after October 1, 2025, your rent will be based on the new formula.
- For current residents:
 - Your rent will change at your next Annual Rent Review on or after January 1, 2026. You'll get written notice before that happens.

Why This Is Happening

The Government of Alberta made this change to create a fairer and simpler way to calculate rent across the province. All housing providers are required to follow the new rules.

We're Here to Help

We know change can feel stressful — but you're not alone. Calgary Housing will make sure you get clear information and support throughout this process.

If you have questions, please contact us.

Rent Calculation Changes

% What is the new formula?

Rent will be based on **30% of your total household income** — no matter where the income comes from (work, AISH, Income Support, etc.).



Does this affect me?

Yes, if you:

- Live in a Calgary Housing community housing unit, or
- Receive a Rent Assistance Benefit (RAB)



When will my rent change?

- **New residents** (moving in on or after October 1, 2025) will be on the new rent formula right away.
- **Current residents** will switch to the new formula at their next Annual Rent Review (ARR) on or after January 1, 2026

You'll get a written notice before any changes happen.

Rent Calculation Examples

Individual receiving AISH only: *Maria receives \$1,901/month from AISH. She has no other income.*

Before January 1, 2026:

- Part of her AISH wasn't counted for rent.
- Her rent was about \$349/month.

After January 1, 2026:

- All of her AISH is now counted.
- Rent is 30% of \$1,901 = \$570/month.

Rent Assistance Benefit (RAB) recipient with children: *Robin has two kids and earns \$35,000/year.*

Before January 1, 2026:

- Rent was based on a set rate tied to her family size.
- Her rent was about \$240/month.

After January 1, 2026:

- The child deduction is removed.
- Her benefit is \$645/month.
- Her portion of rent is \$875/month.

Where to Get Help

Talk to Us Early

If you think your rent may become unaffordable:

- Let us know as soon as possible.
- We can walk you through your options.
- The earlier we talk, the more support we can offer.

Where to Get Support

- Call 211 for help finding financial supports, food, counselling, or other services in your area.
- Visit Alberta Supports:
- www.alberta.ca/alberta-supports

Remember

You don't have to figure this out alone. We're here to support you, answer your questions, and help you understand what's changing — and what it means for you.

What If My Income Changes?

You Don't Have to Wait

If your income changes before your next Annual Rent Review, you can contact us any time. You don't need to wait for your scheduled review to have your rent adjusted.

If your income has changed:

- Let us know as soon as possible.
- We'll ask for documents to confirm your new income (like pay stubs or benefit letters).
- We'll review your rent amount and let you know if it can be adjusted.

What Counts as an Income Change?

- You start or stop receiving ALSH, Income Support, or other benefits
- You begin or leave a job
- Your hours or pay change
- Someone moves in or out of your household who earns income