



Disabilities and Finance

Part 1: Debt Management Resources

How to Check your Credit Report

Anytime you look for personal information and submit personal information, it is important to use reputable sources. To get your credit report, you can follow the links provided through the Government of Canada Website or directly through Equifax or Transunion.

- [CRA - Getting your credit report and credit score](#)
- [Equifax](#)
- [Transunion](#)

How to Figure out Monthly Payments

To help find out what your monthly, bi-weekly, or weekly payments will be use this tool to help

- [Personal Loan Payment Calculator](#)

Two main types of debt repayment

We discussed using either the snowball method or avalanche method for debt repayment.

- Snowball method: pay off the smallest debt first while still making minimum payments on other debts, then take what you were paying on that debt and add it to your next smallest debt
- Avalanche method: pay off the highest interest debt first while still making minimum payments on other debts, then take what you were paying on that debt and add it to your next highest interest debt load

Consumer Proposals and Debt Consolidation Support

Here is a link to the Credit Counseling Society which can help with other options

- [Credit Counseling Society](#)