



Your social security rights in Latvia



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Your social security rights in Latvia

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Sometime in your life you may be in need of the support provided by social security benefits. If you are living in the country where you were born and satisfy the qualifying conditions, you will be entitled to receive support. But you also have the right to receive benefits if you are a national of any EU country and move to another part of the EU. The information below sets out when you are eligible for benefits, what you are entitled to and how to go about claiming it.

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Family

Benefits for families with children

Here you will find information about benefits and leave for families with recently born children. This chapter will examine:

- childbirth allowance;
- maternity/paternity benefit;
- child raising allowance;
- parental benefit;
- state family benefits.

The amounts and conditions for granting each benefit differ depending on the child's age and the social insurance contributions you have paid.

In what situation can I claim?

You can be entitled to various benefits after the birth in order to compensate the loss of income from work and be supported during the period of childcare. The amount and conditions of benefits vary according to the child's age and your employment status.

What conditions do I need to meet?

The [childbirth allowance](#) (*bērna piedzimšanas pabalsts*) is granted to:

- one parent for each child;
- the child's guardian, if the child has been placed under guardianship before reaching 1 year of age.

Claiming this benefit does not depend on paid social insurance contributions.

[The child raising allowance](#) (*bērna kopšanas pabalsts*) for a child aged up to 2 years is paid to one parent or another person caring for the child (a guardian, foster family or adopter).

[Parental benefit](#) (*vecāku pabalsts*) is paid to one parent or another person who is socially insured and is raising the child up to 8 years of age.

If twins or more children are born in a single birth, a supplement is paid.

Parental benefit and the child raising allowance may be paid simultaneously for caring for the same child, if one of the parents is not already claiming maternity benefit. Parental benefits may be paid not only to persons on maternity/paternity leave but also to working parents, but in this case the benefit amount will be lower.

Only one parent may claim the child raising allowance and parental benefits for caring for the same child during the same period. But the non-transferable part of the child raising allowance granted to each parent may be taken simultaneously by both.

[State family benefit](#) (*ģimenes valsts pabalsts*) is granted to one of the parents or another person caring for and raising a child from age 1 to 16. If the child continues his or her studies and has not married, the benefits can be claimed until the child reaches 20 years of age. A supplement is paid for a disabled child under 18 years of age.

Here you will find [more information about the childbirth allowance and child raising allowance](#) that are available for socially insured persons and those who can also be claimed if a person has not worked or paid social insurance contributions.

What am I entitled to and how can I claim?

Childbirth allowance

The childbirth allowance is a one-off payment amounting to EUR 421.17 for each child.

Child raising allowance

Amount of benefits:

- If you are caring for a child up to 18 months old - EUR 171 per month.
- If you are caring for a child aged from 18 months to 2 years - EUR 42.69 per month.
- If you are caring for several children born in a single birth, a supplement is paid for each subsequent child. This amounts to EUR 171 per child up to 18 months old and EUR 42.69 per child from 18 months to 2 years.

Parental benefits

You can choose for how long and in what amount you receive parental benefits. Once the benefit has been granted, you cannot change your selection.

Duration and amount of the benefits:

- If you wish to receive the benefit for 13 months, the monthly pay-out will amount to 60% of your average insurance contribution wage.
- If you wish to receive the benefit for 19 months, the monthly pay-out will amount to 43.75% of your average insurance contribution wage.

If you are working or go back to work and terminate your maternity leave, you will be paid 50% of the granted benefit amount.

Your average contribution wage is calculated for the 12-month period ending 2 months (3 months for self-employed persons) before the benefit is granted.

State family benefits

Amount of benefits:

- EUR 25 per month in the case of one child;
- EUR 100 per month in the case of two children;
- EUR 225 per month in the case of three children;
- EUR 100 per month for each child in the case of four or more children;
- if you take care of a child with disability under the age of 18, you also receive a supplement of EUR 106.72 per month.

Applying for benefits

You can apply for the childbirth allowance, child raising allowance, parental benefits and state family benefits and supplements by:

- filling out a form in person at any [State Social Insurance Agency \(SSIA\) branch](#);
- posting a completed form to the SSIA;
- emailing a completed form signed with an e-signature to the SSIA;
- [e-application](#).

If the child has gone to school outside Latvia, a statement from the educational institution must be submitted together with your application for state family benefits.

Children from needy families could be entitled to social assistance benefits (see also page on Minimum resources benefit).

Documents issued outside the European Union, European Economic Area or Swiss Confederation or the UK must be [legalised](#).

The portal [Latvija.lv](#) has information in [e-service format](#) regarding your social insurance payments and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

The [insurance contribution wage](#) is the amount of income from which social insurance contributions have been paid. The average contribution wage is calculated over a 12-month period.

[Social insurance contributions](#) are legally mandated payments paid into a special budget account which give the right to socially insured persons to receive social insurance benefits stipulated by law, including unemployment, maternity, paternity, illness and parental benefits, disability, old age and survivor's pensions, and compensation for workplace accidents and work-related illnesses, and healthcare services.

Forms you may need to fill in

- [Form for claiming benefits](#) to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature).
- [Form for claiming benefits](#) for caring for parents and children if one of the parents has worked/is working or lived/is living in the EU/EEA Member State/UK to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature).

Know your rights

See the links below for information on your rights to claim family benefits. These are not European Commission websites and do not reflect the views of the European Commission.

- [Family benefits in the European Union](#) - information on benefits and social insurance contributions if you have worked/lived in another EU country.

Latvian laws and regulations on granting benefits:

- [Law on State Social Insurance](#)
- [Law on State Social Allowances](#)
- [Law on Maternity and Sickness Insurance](#)
- Cabinet regulations on claiming the [childbirth allowance](#), claiming the [child raising allowance](#), calculating the contribution wage and claiming [parental benefits](#), and on claiming [state family benefits](#).

European Commission publication and website:

- [Family benefits: your rights in other European Union Member States](#)

Who do you need to contact?

[State Social Insurance Agency](#)

Lacplesa iela 70a, Riga, LV-1011

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv, twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

[Ministry of Welfare](#)

Skolas iela 28, Riga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

If you have any problems regarding your rights in the European Union, please contact the [EU assistance service](#).

Maternity and paternity benefits and leave

Here you will find information about benefits and leave for pregnant women as well as mothers and fathers after the birth of their child. This chapter will examine:

- maternity benefits;
- maternity and childbirth leave;
- paternity benefits;
- paternity leave.

In what situation can I claim?

If you are a female employee or civil servant, you have the right to claim maternity leave and maternity benefits. Self-employed persons also have the right to claim maternity benefits.

Pregnant women have the right to request that their employer grant them annual paid leave before or after maternity leave. Pregnant women are granted paid annual leave regardless of how long they have been employed by their employer.

If you are a male employee or a civil servant, you have the right to claim paternity leave and paternity benefit. This leave of 10 working days must be taken within 6 months of the birth of your child.

If the paternity of the child has not been acknowledged (determined) or the child's father has died, or the custody right of the child's father has been terminated, another person who is not the child's mother may be entitled to paternity benefit and leave if she/he is involved in the care for the child upon request of the mother.

Self-employed persons also have the right to claim paternity benefits.

What conditions do I need to meet?

[Maternity benefits](#) (*maternitātes pabalsts*) are paid in two parts.

The first part is paid for 56 or 70 calendar days of your maternity leave. Benefits for 70 calendar days are paid if you have been medically registered as pregnant up to the 12th week of pregnancy.

The second part of the benefits is paid for 56 or 70 calendar days after the birth of your child. Benefits for 70 calendar days are paid if you have experienced health problems during pregnancy, birthing or in the post-natal period or two or more babies have been born.

The longest period for which maternity benefits can be received is 140 calendar days.

Maternity benefits are granted on the basis of a work incapacity form issued by a doctor.

[Paternity benefits](#) (*paternitātes pabalsts*) are granted to the child's father. They are paid for the ten working days of leave which the father's employer has granted to the father after the birth of his child.

Paternity benefit is granted also to one of the two adopters of a child under 18 years.

Learn more about what [benefits related to childbirth and child care](#) are available to socially insured persons and which benefits are available to persons who have not worked or paid social insurance contributions.

What am I entitled to and how can I claim?

Amount of maternity and paternity benefits

Maternity and paternity benefits are granted in the amount of 80% of the average insurance contribution wage.

Your average contribution wage is calculated for the 12-month period ending 2 months (3 months for self-employed persons) before the month in which the leave started.

Applying for benefits

To apply for maternity benefits, you must receive work incapacity form B from a doctor.

To apply for paternity benefits, a father must submit a statement from his employer stating that he is on leave due to a child's birth.

You can apply for maternity and paternity benefits by:

- filling out a form in person at any [State Social Insurance Agency \(SSIA\) branch](#);
- posting a completed form to the SSIA;
- e-mailing a completed form signed with an e-signature to the SSIA;
- [using e-service](#).

Work incapacity forms are issued electronically in the e-health system. If you apply for the benefit not using an e-service, you need to know the number and issuing date of your incapacity form. You can find it in the e-health portal or ask your doctor.

The portal [Latvija.lv](#) has information in [e-service format](#) regarding your social insurance payments and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

A [work incapacity form](#) is issued electronically by a doctor or doctor's assistant at a medical institution after examining the patient, justifying the adopted decision with medical documentation.

The [insurance contribution wage](#) is the amount of income from which social insurance contributions have been paid. The average contribution wage is calculated over a 12-month period.

[Social insurance contributions](#) are legally mandated payments paid into a special budget account which give the right to socially insured persons to receive social insurance benefits stipulated by law, including unemployment, maternity, illness and parental benefits, disability, old-age and loss of breadwinner pensions, and compensation for workplace accidents and work-related illnesses and healthcare services.

Forms you may need to fill in

- [Form for claiming/recalculating maternity benefits](#) to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature)
- [Form for claiming/recalculating paternity benefits](#) to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature)

Know your rights

See the links below for information on your rights to maternity/paternity leave. These are not European Commission websites and do not reflect the views of the European Commission:

Latvian laws and regulations on leave and benefits:

- [Labour Law](#)
- [Law on State Social Insurance](#)
- [Law on Maternity and Sickness Insurance](#)

- Cabinet regulations: on [issuing work incapacity forms](#), as well as calculating average contribution wages and [granting maternity benefits](#)

European Commission publication and website:

- [EU Social Security Coordination](#)

Who do you need to contact?

State Social Insurance Agency
Lacplesa iela 70a, Riga, LV-1011
Tel.: +371 64507020
Email: pasts@vsaa.gov.lv
Email for consultations: konsultacijas@vsaa.gov.lv
[twitter.com/Vsaa_LV](#)
[Branches in Riga and elsewhere](#)

[Ministry of Welfare](#)
Skolas iela 28, Riga, LV-1331
Tel.: +371 80205100
Email: lm@lm.gov.lv

If you have any problems regarding your rights in the European Union, please contact the [EU assistance service](#).

Benefits for guardians, foster families and adopters

This chapter presents information on benefits for persons who become guardians or adopt children as well as for foster families.

In what situation can I claim?

If you have become a child's guardian, you can apply for monthly support payments and child support benefits.

If your family is performing foster family duties, you can apply for monthly support payments.

If your family is caring for an adopted child, you can apply for monthly support payments.

If you have adopted a child, you can receive a one-off child adoption support payment.

This chapter will look at:

- support payments for performing guardian duties;
- child support benefits for guardians;
- support payments for performing foster family duties;
- support payments for caring for an adopted child;
- support payment for adopting a child;
- child adoption benefit.

What conditions do I need to meet?

[Support payments for performing guardian duties](#) (*Atlīdzības par aizbildņa pienākumu pildīšanu*) are a monthly payment granted for children under guardianship.

[Child support benefit for guardians](#) (*Pabalsts aizbildnim par bērna uzturēšanu*) is a monthly payment granted for children under guardianship.

[Support payments for performing foster family duties](#) (*Atlīdzības par audžuģimenes pienākumu pildīšanu*) is a monthly payment granted to families or persons who have obtained foster family status and who in accordance with an Orphans Court ruling and a contract concluded between the municipality and the foster family are caring for a child. They are insured for old-age, disability and unemployment.

Support payments for caring for an adopted child (*Atlīdzība par adoptējamā bērna aprūpi*) is a monthly payment granted to adopters caring for children in accordance with an Orphans Court ruling before adoption is approved by a court ruling.

Support payment for adopting a child (*Atlīdzība par bērna adopciju*) is a one-off payment granted to the adopter after a court ruling approving the adoption comes into force. The support payment is paid for each child who has been cared for outside his or her biological family but is not paid if the child of a spouse is adopted.

Child adoption benefit (*Bērna adopcijas pabalsts*) is granted to one of the adoptive parents after the court judgment approving the adoption has entered into force. The allowance is paid for each child who, before adoption, was in care outside the family (institution, guardianship, foster family) and who has not reached the age of 18.

What am I entitled to and how can I claim?

The amount of support payments for performing guardian duties is EUR 54.07 per month irrespective of the number of children under guardianship.

The amount of child support benefit for guardians is equal to the minimum amount of the maintenance allowance set for each child:

- from the birth of the child till he/she reaches the age of 7 years – EUR 107.5 per month;
- from the child's age of 7 years till the age of 18 years – EUR 129 per month.

If a survivor's pension (*apgādnieka zaudējuma pensija*) or state social security benefit (*valsts sociālā nodrošinājuma pabalsts*) in case of the loss of provider (*valsts sociālā nodrošinājuma pabalsts apgādnieka zaudējuma gadījumā*), child maintenance payments (*bērna uzturlīdzekļi*) from the Maintenance Guarantee Fund or state family benefit (*ģimenes valsts pabalsts*) have been granted for the child, the amount of the child support benefit is reduced by the amount of the aforementioned benefits received.

The amount of support payments for performing foster family duties depends on the number of foster children in the foster family:

- one child – EUR 171 per month;
- two children – EUR 222.30 per month;
- three and more children – EUR 273.60 per month.

The amount of support payments for caring for an adopted child depends on the age of the child to be adopted and the employment status of the adopter. For those who are on child care leave or work less than 20 hours per week and take care of a child aged less than 8, the amount corresponds to 70% of the average state social insurance contribution wage. In the other cases, this is EUR 171 per month. The adopter, who is taking care of a child under the age of 1.5 years and who is on leave can choose either to receive the compensation for taking care of an adopted child (*Atlīdzība par adoptējamā bērna aprūpi*), or to receive the parental benefit. Those who take care of 2 or more children (to be adopted) receive the compensation for taking care of adopted child and an additional payment amounting to EUR 171 per month for every next child.

The amount of a one-off payment for adopting a child is EUR 1,422.87.

The amount of child adoption benefit is:

- for a child up to the age of 7 – EUR 107.50 per month;
- from the age of 7 until reaching the age of 18 – EUR 129 per month.

Support payments and benefits can be claimed by:

- filling out a form in person at any [State Social Insurance Agency \(SSIA\) branch](#);
- posting a completed form to the SSIA;
- emailing a completed form signed with an e-signature to the SSIA.

The court which has approved the adoption shall inform the SSIA of this decision within 3 workdays of the ruling coming into force.

The SSIA shall submit information regarding a child's placement with a foster family, adoption or establishment of guardianship to the Family Tribunal.

The portal [Latvija.lv](#) has information in [e-service format](#) regarding your social insurance payments and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

A child's guardian is a person appointed to protect the rights and interests of a child left without parental care. The guardian substitutes for the child's parents and represents the child's personal and property interests.

A foster family is a family or person caring for a child who has temporarily or permanently been removed from his or her family environment or whose interests are not served by remaining in his or her family, until such time when the child can return to his or her family, or if this is not possible, then be adopted, placed under guardianship or enrolled in an institution for children.

Adoption ensures a stable and harmonious family environment for children left without parental care. An adopted child has the same personal and property rights under the law as natural born children in relation to his or her adopters and their relatives. Adoption is approved or denied by a court of law.

Forms you may need to fill in

- [Application form for support payments for adopting a child](#) to be submitted in person to the SSIA, by post or e-mail (with e-signature)
- [Application form for support payments for performing foster family duties](#) to be submitted in person to the SSIA, by post or e-mail (with e-signature)
- [Application form for child support for an adopted child](#) to be submitted in person to the SSIA, by post or e-mail (with e-signature)
- [Application form for support payments for performing guardian duties](#) to be submitted in person to the SSIA, by post or e-mail (with e-signature)
- [Granting of child support benefits to guardians](#) to be submitted in person to the SSIA, by post or e-mail (with e-signature)
- [Application form for child adoption benefit](#) to be submitted in person to SSIA, by post or by e-mail (with an e-signature)

Know your rights

See the links below for information on the rights of guardians, foster families and adopters. These are not European Commission websites and do not reflect the views of the European Commission:

- Ministry of Welfare: [Care](#) outside the family. [Adoption step by step](#)

Latvian laws and regulations on support payments and benefits for adopters, foster families and guardians:

- [Law on State Social Allowances](#)

- [Law on the Protection of Children's Rights](#)
- Cabinet regulations on support payments for [foster families](#), support payments for [performing guardian's duties](#), benefits to the [guardian for child maintenance](#), support payments for [caring for an adopted child](#), support payments for [adoption and child adoption benefit](#).

European Commission publication and website:

- [Family benefits: your rights in other European Union Member States](#)

Who do you need to contact?

[State Social Insurance Agency](#)

Lacplesa iela 70a, Riga, LV-1011

Tel.: +371 64507020

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

[Ministry of Welfare](#)

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Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

If you have any problems regarding your rights in the European Union, please contact the [EU assistance](#) service.

Health

Healthcare

This chapter presents information about receiving healthcare services in Latvia.

In what situation can I claim?

The following have the right to receive state-funded healthcare services (*veselības aprūpes pakalpojumi*):

- citizens and non-citizens of Latvia and their children by the age of 18;
- citizens of the United Kingdom, European Union Member States, European Economic Area countries and Switzerland who live in Latvia and work as employees or self-employed persons, and their family members;
- foreigners with permanent residence permits in Latvia and their children by the age of 18;
- stateless persons who have been granted stateless status in the Republic of Latvia and their children by the age of 18;
- refugees and persons granted alternative status and their children by the age of 18;
- persons who are arrested, detained or sentenced to imprisonment and their children by the age of 18;
- asylum seekers and their children by the age of 18.

Spouses of citizens and non-citizens of Latvia with temporary residence permits in Latvia have the right to receive state-funded childbirth care.

Persons with the right to receive state-funded healthcare services in Latvia also have the right in accordance with set procedures to receive healthcare in another Member State.

What conditions do I need to meet?

Registering with a general practitioner (GP)

The central role in the healthcare system is played by the GP, who delivers essential primary healthcare services and provides overall coordination of your healthcare. You have the right to choose your GP and register on his or her list of patients.

To register with a [GP](#), choose the GP closest to your home, contact him or her and arrange a registration visit at which you and the doctor will conclude a contract on healthcare provision. You can register with a GP also electronically in the [e-health portal](#) or [latvija.lv](#).

A doctor's referral

In most cases, you need to obtain a referral from a GP or specialist in order to access state-funded healthcare services. Without a referral you will have either to pay the full-service price out of your own pocket or to pay voluntary health insurance.

Referrals for state-funded healthcare services may be given by doctors who have concluded a contract with the [National Health Service](#).

Without a referral you have the right to receive state-funded emergency medical assistance and consultations with a [direct access specialist](#), for example a gynaecologist, ophthalmologist, paediatrician, endocrinologist (if you have diabetes) and other specialists.

Healthcare when moving within the EU

If you have the right to receive state-funded healthcare services in Latvia, you also have the right to receive healthcare services in another EU/EEA country or Switzerland/UK. You have the right:

- to receive planned healthcare services in another EU/EEA country or Switzerland if such services are unavailable in Latvia and the respective service is included in the range of state-funded healthcare services (confirmed by form S2 'Confirmation of rights to planned medical treatment');
- to receive essential or emergency healthcare in the event of a short-term stay in another EU/EEA country or Switzerland/UK (confirmed by an EHIC - European Health Insurance Card);
- to receive guaranteed healthcare services in another EU/EEA country or Switzerland/UK if the person lives in the respective country or is sent to another country on a short-term work assignment (for a maximum of 12 months) (confirmed by form S1 'Confirmation of rights to receive healthcare');
- to complete treatment already in progress if the person is a retired border zone employee who previously worked as an employee or self-employed person (confirmed by form S3 'Confirmation of rights to healthcare').

The National Health Service rules on issuing the aforementioned documents.

What am I entitled to and how can I claim?

The following are funded from the state budget:

- assistance from emergency medical teams;
- outpatient healthcare (for example healthcare provided by GPs and specialists, [services by dentists and dental hygienists](#) for persons up to 18 years and certain other categories of persons, [healthcare at home](#), [laboratory](#) and visual diagnostic examinations, etc.);
- [inpatient healthcare](#);
- medications and medical devices purchased by the National Health Service;
- [reimbursable medications](#) and [medical devices](#).

More details about which healthcare are [not funded from State budget](#).

In order to receive state-funded treatment from specialists, outpatient treatment or treatment in a hospital, you may have to [get on a waiting list](#). You have the right to apply to the institution with the shortest waiting time. You may choose a place to receive state-funded healthcare services regardless of where you live.

Patient's fees and co-payments

When receiving state-funded healthcare services, you must co-pay a [patient's fee](#). Patient's fees are charged for visits to GPs and specialists, treatment in inpatient day clinics and hospitals as well as for certain diagnostic examinations.

Inpatient facilities have the right to charge also a patient's fee for surgical operations performed during admission. The maximum amount of a patient's co-payment in this case is EUR 31.

Children up to 18 years, pregnant women and women in the post-natal period (up to 70 days), 1st category disabled persons, poor persons as well as [other categories of persons](#) are exempted from patient's fees and co-payments.

If you have accrued patient's fees amounting to EUR 570 in a given year, you will be exempted from further patient's fees and co-payment in the respective year (application to National Health Service is required). Based on documents you have submitted

confirming payment, [regional branches of the National Health Service](#) will issue a statement of exemption from patient's fees.

The total amount of patient's fees for each treatment event in a hospital may not exceed EUR 355.

Reimbursement of expenses

You may be reimbursed for healthcare which you have received in another EU/EEA country or Switzerland/UK and for which you paid out of your own pocket in the following cases:

- 1) For essential/emergency healthcare received during a brief visit to an EU/EEA country or Switzerland/UK. The competent institution in the country where the healthcare services were provided determines whether the healthcare expenses are reimbursable and for what amount.
- 2) For planned healthcare services in an EU/EEA country or Switzerland. Expenses are reimbursed if the healthcare services are included in the range of state-funded services, and the amount of reimbursement is calculated in accordance with rates in force in Latvia. Certain medical services require [prior approval](#), which is granted by the National Health Service.
- 3) For planned healthcare services in an EU/EEA country or Switzerland, if you have not received healthcare services in the country or from the healthcare service provider indicated on form S2. Expenses are reimbursed if the healthcare services are included in the range of state-funded services, and the amount of reimbursement is calculated in accordance with rates in force in Latvia.

Medical Treatment Risk Fund

If medical treatment has caused harm to your life and health, you have the right to claim compensation for damages and reimbursement of medical expenses. You have the right to seek compensation from the [Medical Risk Fund](#) not later than 2 years after the date of discovering the harm, but not later than 3 years after the date the harm was incurred.

Application for services

Apply to the [National Health Service](#) to receive:

- an exemption from patient's fees, in case you have accrued patient's fees amounting to EUR 570 in a given year, appending documents confirming payment to the application;
- a [European Health Insurance Card](#);
- [S1, S2 or S3](#) forms;
- prior approval to receive certain healthcare services and reimbursement of expenses for healthcare services received in another EU country.

Apply to the [Health Inspectorate](#) to receive:

- [compensation](#) from the Medical Treatment Risk Fund, appending documents confirming payment and medical documents to the application.

See your electronical health record or apply for the European Health Insurance Card on the [e-health portal](#) or portal [latvija.lv](#). You can also access the electronical health record of your minor child, a person who is under your guardianship, as well as of people who have authorised you to access their electronic health record. If you are registered in the [Register of Natural Persons of Latvia](#), you can access this information using your internet bank, e-signature or e-ID.

Jargon busters

A [general practitioner](#) is a primary healthcare doctor who performs preventative check-ups, vaccinations and simple examinations, diagnoses and treats illnesses, and if necessary refers patients to specialists, for further examinations, day clinics or hospitals.

A medical specialist is a doctor specialising in a particular field who on an inpatient (hospital) or outpatient basis performs examinations, diagnoses and treats illnesses, and if necessary refers patients to other specialists, for further examinations, day clinics or hospitals.

The [patient's fee](#) is a payment made by the patient for state-funded healthcare services.

Hospitals have the right to charge patients a co-payment in addition to the patient's fee for certain operations performed in the hospital's operating theatre.

Forms you may need to fill in

- [Exemptions from patient's fees](#)
- [Application for an EHIC](#)
- [Application to the Medical Treatment Risk Fund](#)
- Requesting [S1 forms](#), [S2 forms](#) and [S3 forms](#) from the National Health Service

Know your rights

See the links below for information on state-funded healthcare. These are not European Commission websites and do not reflect the views of the European Commission:

- [Information about healthcare services](#) if you live/work in another EU Member State, European Economic Area country or the Swiss Confederation or the UK.

Latvian laws and regulations on the provision of healthcare services:

- [Medical Treatment Law](#)
- [Health Care Financing Law](#)
- [Law on the Rights of Patients](#)
- Cabinet regulations: [Procedures for organising and funding healthcare](#)

European Commission publication and website:

- [Social security: your rights in other European Union countries](#)

Who do you need to contact?

[National Health Service](#)

Cēsu iela 31 k-3 (entrance 6, floors 2, 3 and 4)

Riga, LV-1012, Latvia

Secretariat: +371 67043700

Toll free information number: +371 80001234 (Mon. 8.30-18.30, Tue.-Thu. 8.30-17.00, Fri. 8.30-15.00).

e-mail: nvd@vmnvd.gov.lv

twitter.com/vmnvd

[National Health Service regional branches](#)

GPs' consultation number (weekdays 17.00 to 8.00, weekends and public holidays - 24 hours): +371 66016001

e-mail: medkonsultacija@gmail.com

"Skype" (medkonsultacija)

[General practices](#) throughout Latvia

[State Emergency Medical Service](#)

Laktas iela 8
Rīga, LV-1013
Administration: +371 67337000 (8.30- 17.00)
e-mail: nmpd@nmpd.gov.lv
<https://twitter.com/NMPdienests>

[Health Inspectorate](#)

Klijānu iela 7
Rīga, LV-1012, Latvia
Information number: +371 67819671
For medical care quality issues: +371 67221244
e-mail: vi@vi.gov.lv
twitter.com/veselibasinspek

[Ministry of Health](#)

Brīvības iela 72
Rīga, LV-1011, Latvia
Tel.: +371 67876000, Fax +371 67876002
E-mail: vm@vm.gov.lv
twitter.com/veselibasmin

If you have any problems regarding your rights in the European Union, please contact the [EU assistance](#) service.

Sickness benefits

This chapter presents information about cases in which you can claim sickness benefits (*Slimības pabalsti*) in Latvia.

In what situation can I claim?

Sickness benefits may be claimed by socially insured persons. Benefits are granted if an employee or self-employed person does not show up for work or cannot perform his or her job and as a result loses income due to the following reasons:

- loss of work capacity due to illness or injury;
- receiving essential medical treatment or preventative measures;
- isolation in quarantine;
- treatment in a medical institution during the recovery period from illness or injury, if this is required for regaining work capacity;
- caring for a sick child who is younger than 14 years or until the 30th day, if the child is cared for due to an injury related to a bone fracture.
- For children aged under 18 with a serious illness that requires continuous presence of the parents, the benefit is paid for a maximum period of 26 weeks, or three years within a five-year period.
- prosthetics or orthotics in a hospital.

What conditions do I need to meet?

While you are sick you are entitled to receive both paid sick days from your employer as well as [sickness benefits](#) (*Slimības pabalsti*) from the social insurance system.

You are entitled to sickness benefit, if you have paid social insurance contributions for at least 3 months within the period of the last 6 months or at least 6 months within the period of the last 24 months before the month when the insurance case occurred.

Sickness benefits are granted based on a work incapacity electronic form issued by a doctor.

Your employer must pay you sick pay from the second to the 9th day of the illness.

If you are sick for an uninterrupted period, the State Social Insurance Agency grants and pays sickness benefits from the 10th day of the illness until you regain work capacity for a maximum of 26 weeks. In particularly serious cases the period of benefit payments may be extended up to 52 weeks on the basis of a ruling by the [State Medical Commission for the Assessment of Health Condition and Working Ability](#) (SMCAHCWA).

If during the illness period the employment relationship has terminated, but the period of work incapacity continues, the sickness benefit will be paid for the 30 calendar days following the end of the employment relationship.

If your illness is intermittent, benefits are paid for a maximum of 52 weeks over a 3-year period.

If you are looking after a sick child under 14 years at home, sickness benefits are granted and paid from the first to the 14th day of the child's illness. If you are caring for a sick child in hospital, sickness benefits are paid until the 21st day.

What am I entitled to and how can I claim?

Amount of sickness benefits

The employer must pay sick pay from the second to the 9th day of the illness period (no payment for the first day). For the second and third day of illness the amount is not less than 75% of your average daily earnings, and for the fourth to the 9th day not less than 80% of your average earnings.

From the 10th day of illness the State Social Insurance Agency grants sickness benefits amounting to 80% of your average earnings from which social insurance contributions have been paid. The average contribution wage is calculated over the 12-month period which ended 2 months (for self-employed persons 3 months) before the onset of the illness.

Applying for benefits

You may apply for sickness benefits by:

- filling out a form in person at any [State Social Insurance Agency \(SSIA\) branch](#);
- posting a completed form to the SSIA;
- emailing a completed form signed with an e-signature to the SSIA;
- [using e-service](#).

Work incapacity forms are issued electronically in the e-health system. If you apply for the benefit not using an e-service, you need to know the number and issuing date of your incapacity form. You can find it in the [e-health portal](#) or ask your doctor.

If a document proving work incapacity has been issued outside the UK, the European Union, the European Economic Area or Switzerland it must be [legalised](#).

The portal [Latvija.lv](#) has information in [e-service format](#) regarding your social insurance payments and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

[Work incapacity forms](#) are issued electronically by doctors or doctor's assistants in medical institutions after examining the patient, justifying their decision with medical documentation.

The [insurance contribution wage](#) is the amount of income from which social insurance contributions have been paid. The average contribution wage is calculated over a 12-month period.

[Social insurance contributions](#) are legally mandated payments paid into a special budget account which give the right to socially insured persons to receive social insurance benefits stipulated by law, including unemployment, maternity, paternity, illness and parental benefits, disability, old-age and loss of breadwinner pensions, and compensation for workplace accidents and work-related illnesses and healthcare services.

Forms you may need to fill in

- [Form for granting/recalculating sickness benefits](#) to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature)

Know your rights

See the links below for information on your rights if you get sick. These are not European Commission websites and do not reflect the views of the European Commission:

- [Social security in the European Union](#) - information on social insurance contributions and benefits if you have worked/lived in another EU country

Latvian laws and regulations on claiming sickness benefits:

- [Law on State Social Insurance](#)
- [Law on Maternity and Sickness Insurance](#)
- Cabinet regulations on issuing [work incapacity forms](#), on calculating the average contribution wage and granting [sickness benefits](#)

European Commission publication and website:

- [EU Social Security Coordination](#)

Who do you need to contact?

[State Social Insurance Agency](#)

Lacplesa iela 70a, Riga, LV-1011

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv, twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

[Ministry of Welfare](#)

Skolas iela 28, Riga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

If you have any problems regarding your rights in the European Union, please contact the [EU assistance](#).

Incapacity

Invalidity benefit

This chapter provides information about invalidity benefit (*Invaliditātes pensija*) in Latvia.

In what situation can I claim?

If you have a declared disability or work incapacity and you are not receiving the old age pension (*vecuma pensija*) or compensation for loss of work capacity (*atlīdzība par darbspēju zaudējumu*), you have the right to claim an invalidity benefit if:

- you have been socially insured for at least 3 years; and
- the State Medical Commission for the Assessment of Health Condition and Working Ability (SMCAHCWA) has made a ruling declaring a disability.

If you have not been socially insured or have been insured for less than 3 years, you may be entitled to State Social Security benefit.

What conditions do I need to meet?

To claim a invalidity benefit (*invaliditātes pensija*), you must obtain a SMCAHCWA ruling declaring your disability group.

On reaching retirement age, the old age pension is paid instead of the invalidity benefit. The old age pension may not be less than the invalidity benefit amount received previously.

If you have not been socially insured in the last 5 years, you are eligible for the minimum invalidity benefit amount.

You can continue receiving the invalidity benefit if you move to live abroad.

If you were insured against invalidity in Latvia for at least 5 years before the onset of the disability, you will be granted a group I or II invalidity benefit based on the insurance period and contribution wage in Latvia. If you were not insured against invalidity in Latvia for at least 5 years before the onset of the disability, your invalidity benefit will be calculated in proportion to the Latvian insurance period and the total insurance period in Member States.

Group III invalidity benefit is granted by the Member State under whose jurisdiction the person was at the time of onset of their disability. If the person was under the jurisdiction of several countries, the benefit is granted by each of the Member States involved, stipulating rights in accordance with national laws and regulations or adding together insurance periods.

What am I entitled to and how can I claim?

Amount of the invalidity benefit

The benefit amount depends on:

- your disability group: Group I - very severe disability, Group II - severe disability, Group III - moderate disability;
- the time of onset of the disability - since childhood or later.

The amounts of Group I and II invalidity benefits are calculated taking into account:

- your average insurance contribution wage, which can be stipulated as any uninterrupted period of 36 months during the 5 years before disability was declared;
- the duration of your insurance history;
- the maximum possible insurance history, which is calculated from 15 years of age to reaching the age of retirement.

For persons having Group III disability, the amount is determined in accordance with the invalidity pension calculation basis (*invaliditātes pensijas aprēķina bāze*).

The minimum amounts payable are based on the invalidity pension calculation basis of EUR 136 per month (or EUR 163 per month for disabled persons since childhood):

- Group I: 1.6 x invalidity pension calculation basis
- Group II: 1.4 x invalidity pension calculation basis
- Group III: 1 x invalidity pension calculation basis

The invalidity benefit is paid monthly. [Personal income tax](#) is withheld from the invalidity benefit.

Applying for invalidity benefit

You can apply for an invalidity benefit by:

- filling out a form in person at any [State Social Insurance Agency \(SSIA\) branch](#);
- posting a completed form to the SSIA;
- e-mailing a completed form signed with an e-signature to the SSIA;
- [e-application](#).

To have a disability declared, your GP will refer you to the SMCAHCWA. A medical doctor-expert will examine and evaluate your disability or loss of ability to work without you being present. An appointment for an expert evaluation can be made by contacting a SMCAHCWA regional office.

If you worked up to 31 December 1995, you must also submit documents proving your employment history.

In order to continue receiving the invalidity benefit if you move to a foreign country, every year from 1 October to 15 December, you must submit a request by post to continue receiving compensation, to which must be added a declaration from a notary public that the recipient is still living, or in person to the SSIA.

The portal [Latvija.lv](#) has information in [e-service format](#) regarding your social insurance payments and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

A [disability group](#) is the level of severity of a disability. Persons aged 18 and over are assigned to a group depending on the level of limitation imposed by their physical or mental disability: group I - very severe disability; group II - severe disability; group III - moderate disability. Persons up to 18 years of age are declared disabled without being assigned a group.

A [disability](#) is a long-term or chronic very severe, severe or moderate functional limitation, caused by a disease, trauma or congenital defect, which affects a person's mental or physical capabilities, work capacity, self-care and integration into society.

[Social insurance contributions](#) are legally mandated payments paid into a special budget account which give the right to socially insured persons to receive social insurance benefits stipulated by law, including unemployment, maternity, paternity, illness and parental benefits, disability, old age and loss of breadwinner pensions, and compensation for workplace accidents and work-related illnesses and healthcare services.

Forms you may need to fill in

- [Form for claiming/recalculating invalidity benefit](#) to be submitted to the SSIA in person, by post, e-mail (signed with an e-signature), or [e-application](#)
- [Application to the SMCAHCWA for expert evaluation of disability](#)

Know your rights

See the links below for information on your rights in case of disability. These are not European Commission websites and do not reflect the views of the European Commission.

Latvian laws and regulations on granting invalidity benefit:

- [Law on State Pensions](#)
- [Disability Law](#)
- Cabinet regulations: on [insurance](#) periods, on [state social security benefits](#), on [invalidity benefit amounts](#), as well as [payment](#) of the invalidity benefit if you go to live abroad.

European Commission publication and website:

- [EU Social Security Coordination](#)

Who do you need to contact?

[State Social Insurance Agency](#)

Lacplesa iela 70a, Rīga, LV-1011

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv, twitter.com/VSAALV

[Branches in Riga and elsewhere](#)

State Medical Commission for the Assessment of Health Condition and Working Ability

Ventspils iela 53, Rīga, LV-1002T

Tel.: +371 67614885, Fax: +371 67602982

Email: pasts@vdeavk.gov.lv

Email for consultations: konsultacijas@vdeavk.gov.lv

[Regional offices](#)

[Ministry of Welfare](#)

Skolas iela 28, Rīga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

If you have any problems regarding your rights in the European Union, please contact the [EU assistance service](#).

Benefits for people with disabilities

This chapter provides information about benefits for people with disabilities (*Pabalsti personām ar invaliditāti*) in Latvia:

- disabled child care allowance (*bērna ar invaliditāti kopšanas pabalsts*);
- person with disability care allowance (*pabalsts personai ar invaliditāti, kurai nepieciešama kopšana*);
- transport allowance for disabled persons with reduced mobility (*pabalsts transporta izdevumu kompensēšanai personai ar invaliditāti, kurai ir apgrūtināta pārvietošanās*);
- benefit for assistance services for persons with group I visual disability (*pabalsts par asistentu izmantošanu personām ar I grupas redzes invaliditāti*);
- State social security benefit (*Valsts sociālā nodrošinājuma pabalsts*).

In what situation can I claim?

If you or your child has a disability and requires care, you can apply for a special care benefit for a person with disability (i.e. the benefit for disabled persons requiring care and the disabled child care allowance).

If you or your child has a disability and restricted mobility, you can apply for benefits to compensate transport expenses.

If you have a group I visual disability and are not receiving assistance services or allowance to a disabled person who needs care, you can be entitled to benefit for assistance services for persons with group I visual disability.

If you are unable to work and earn income due to work incapacity or disability, you have lost your job or your income is very low, and you are not entitled to the invalidity benefit, you can receive the State social security benefit under certain conditions.

What conditions do I need to meet?

To receive benefits for persons with disabilities, you must obtain a statement from the State Medical Commission for the Assessment of Health Condition and Working Ability (SMCAHCWA) declaring that you have a disability (for adults - a disability group) and specific ruling indicating the basis for granting the benefits - restricted mobility or requiring special care.

Disabled child care allowance is granted to a parent or another person (guardian, foster family or adopter) caring for a child up to 18 years of age, while [persons with disability care allowance](#) is granted to adults.

To receive [transport allowance for disabled persons with reduced mobility](#), you must obtain a statement from the SMCAHCWA certifying that your child has reduced mobility. This benefit is granted to adult disabled persons or disabled persons up to 18 years of age.

To receive benefit for assistance services for persons with Group I visual disability, you must obtain a statement from the SMCAHCWA certifying that you have Group I visual disability and that you are not receiving assistance services or allowance to a disabled person who needs care.

In order to receive state social security benefit in case of disability, you need to have resided permanently in Latvia for at least 5 years, of which the last 12 months have been uninterrupted residency. In addition, you must have no right to receive a pension or compensation in connection with workplace accidents or work-related illnesses.

What am I entitled to and how can I claim?

Amount of benefits

The amount of disabled child care allowance is EUR 313.43 per month.

The amount of the person with disability care allowance is EUR 213.43 per month; for persons with severe disability since childhood it is EUR 313.43 per month.

The amount of compensation for transport is EUR 79.68 per 6-month period. It is paid out twice a year.

The amount of the benefit for assistance services for persons with group I visual disability is EUR 17.07 a week (for 10 hours a week).

If a person with disability does not qualify for an invalidity benefit, the State Social Security Benefit may be granted.

- Group I: EUR 152.96 per month (EUR 198.38 per month for those not working),
- Group II: EUR 130.80 per month (EUR 156.96 per month for those not working),
- Group III: EUR 109 per month.

For person with disability since childhood:

- Group I: EUR 190.40 per month (EUR 247.52 per month for those not working),
- Group II: EUR 163.20 per month (EUR 195.84 per month for those not working),
- Group III: EUR 136 per month.

Applying for benefits

You can apply for benefits for persons with disabilities by:

- filling out a form in person at any [State Social Insurance Agency \(SSIA\) branch](#);
- posting a completed form to the SSIA;
- emailing a [completed form](#) signed with an e-signature to the SSIA;
- [e-application](#).

To have a disability declared, your GP will refer you to the SMCAHCWA. Generally disability assessment is done based on submitted documents, but you can make an appointment for an expert evaluation by contacting a [SMCAHCWA regional office](#).

The portal [Latvija.lv](#) has information in [e-service format](#) regarding your social insurance payments and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

A [disability group](#) is the level of severity of a disability. Persons aged 18 and up are assigned to a group depending on the level of limitation imposed by their physical or mental disability: group I disability - very severe disability; group II disability - severe disability; group III disability - moderate disability. Persons up to 18 years of age are declared disabled without being assigned a group.

A disability is a long-term or chronic very severe, severe or moderate functional limitation, caused by a disease, trauma or congenital defect, which affects a person's mental or physical capabilities, work capacity, self-care and integration into society.

Forms you may need to fill in

- [Form for claiming disabled child care allowance](#) to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature)
- [Form for claiming disabled child care allowance if one of the parents has worked/is working in the EU/EEA](#) to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature)
- [Form for claiming the person with disability care allowance](#) to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature)
- [Form for claiming benefits to compensate transport expenses](#) to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature)
- [Form for claiming state social insurance benefits](#) to be submitted in person by post or email to the SSIA (signed with an e-signature)

Know your rights

See the links below for information on your rights in case of disability. These are not European Commission websites and do not reflect the views of the European Commission.

Latvian laws and regulations on benefits for persons with disabilities:

- [Law on State Social Allowances](#)
- [Disability Law](#)

- Cabinet regulations on [benefits for caring for a disabled child](#), [benefits for disabled persons who require care](#), [benefits for compensating transport expenses](#), [the benefit for assistance services for persons with group I visual disability](#) and the [State social security benefit](#).

European Commission publication and website:

- [EU Social Security Coordination](#)

Who do you need to contact?

[State Social Insurance Agency](#)

Lacplesa iela 70a, Rīga, LV-1011

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv

twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

State Medical Commission for the Assessment of Health Condition and Working Ability

Ventspils iela 53, Rīga, LV-1002

Tel.: +371 67614885, Fax: +371 67602982

Email: pasts@vdeavk.gov.lv

Email for consultations: konsultacijas@vdeavk.gov.lv

[Regional offices](#)

[Ministry of Welfare](#)

Skolas iela 28, Rīga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

Compensation in case of accidents at work or occupational diseases

This chapter provides information on benefits and compensation available in Latvia in relation to accidents at work and occupational diseases (*Kaitējuma atlīdzība sakarā ar nelaimes gadījumu darbā vai arodslimību*):

- sickness benefits;
- compensation for loss of work capacity;
- compensation for the loss of a breadwinner due to a workplace accident or work-related illness (*apdrošināšanas atlīdzība par apgādnieka zaudējumu sakarā ar nelaimes gadījumu darbā vai arodslimību*);
- compensation for medical treatment, purchase of technical equipment and travel expenses (*atlīdzība par ārstēšanās, tehnisko palīgīdzekļu iegādes un ceļa izdevumiem*).

In what situation can I claim?

If you have temporarily lost work capacity due to an accident at work or occupational disease, you have the right to claim sickness benefits.

In the event of serious and long-term loss of work capacity you will receive compensation for loss of work capacity. For occupational diseases, compensation is awarded to persons who have been socially insured for at least 3 years.

If an insured person dies due to an accident at work or occupational disease, his or her family members have the right to claim compensation for the loss of their breadwinner and funeral benefits (*apdrošināšanas atlīdzība par apgādnieka zaudējumu un apbedīšanas pabalsts*).

Socially insured persons also have the right to claim compensation for medical treatment and rehabilitation expenses (*atlīdzība par ārstēšanās un rehabilitācijas izdevumiem sakarā ar nelaimes gadījumu darbā vai arodslimību*).

What conditions do I need to meet?

If you have a work-related illness, you will receive [sickness benefits](#) from the first day of the illness, while in case of accident at work benefits are paid starting from the 11th day following the injury.

You can claim [compensation for loss of work capacity](#) if you have lost at least 25% of your work capacity. The extent of loss of work capacity is determined by the State Medical Commission for the Assessment of Health Condition and Working Ability.

If an insured person dies due to accident at work or occupational disease, the following non-work-capable family members who were provided for by the deceased have the right to claim [compensation for the loss of a breadwinner](#):

- children younger than 18 years;
- adult children declared disabled before the age of 18;
- brothers, sisters and grandchildren younger than 18 years without work-capable parents;
- adult brothers, sisters and grandchildren declared disabled before the age of 18 and without work-capable parents;
- spouses and parents if they are not already receiving old-age pensions;
- persons caring for a child of the deceased who is younger than 8 years old (a spouse, one of the parents regardless of their age, an adult brother/sister).

Persons studying full time who are not older than 24 years of age have the right to claim a loss of breadwinner pension after reaching the age of 18.

The following [medical and rehabilitation expenses](#) are compensated in relation to workplace accidents or work-related illnesses:

- medical treatment and purchase of medication;
- medical and social rehabilitation;
- technical aids and prosthetics;
- travel expenses while visiting a medical institution;
- companion's expenses;
- professional rehabilitation and retraining.

What am I entitled to and how can I claim?

Sickness benefits

Sickness benefits amount to 80% of the wage from which social insurance contributions have been paid. The average contribution wage is calculated based on the previous 12-month period excluding the 2 months (3 months for a self-employed person) preceding the month in which the work-related illness was discovered.

Compensation for loss of work capacity

Compensation is paid monthly. Compensation is calculated depending on the evaluated percentage loss of work capacity (starting from 25%) and your average contribution wage.

| Loss of work capacity | Compensation - proportion of average contribution wage |
|-----------------------|--|
| 100% | 80% |
| 90-99% | 75% |
| 80-89% | 70% |
| 70-79% | 65% |
| 60-69% | 60% |
| 50-59% | 55% |
| 40-49% | 50% |
| 30-39% | 45% |
| 25-29% | 35% |

Compensation may be received simultaneously with a retirement or old-age pension, if the pension is smaller than the granted compensation. In this case the pay-out will be the pension plus the difference between the compensation and the pension.

Compensation for loss of breadwinner

Compensation is paid monthly. The amount of compensation for the loss of a breadwinner depends on the number of dependents and the average contribution wage:

| Dependents | Compensation - percentage of average contribution wage |
|-----------------------|--|
| One child | Up to 25% |
| | For orphans up to 40% |
| Two children | Up to 35% |
| | For orphans up to 50% |
| Three children | Up to 45% |
| | For orphans up to 60% |
| Four or more children | Up to 55% |
| | For orphans up to 70% |
| Spouse, parents, etc. | Up to 25% |

Compensation for medical expenses

Compensation for medical treatment and rehabilitation expenses may not exceed EUR 2,725 per event.

Application for benefits and compensation

You can apply for sickness benefits, compensation for loss of work capacity and compensation for refunding of medical expenses by completing a form in person at any [State Social Insurance Agency \(SSIA\) branch](#) (or by sending the completed form to the SSIA).

You must also submit a [statement regarding an accident at work or a report on the occupational disease](#).

To receive sickness benefits, work incapacity forms are issued electronically in the e-health system. If you apply for the benefit not using an e-service, you need to know the number and issuing date of your incapacity form. You can find it in the e-health portal or ask your doctor.

To receive compensation for loss of a breadwinner, you must submit a statement from a medical institution regarding the connection between the cause of death and the workplace accident or work-related illness, a marriage or birth certificate or a court ruling on the fact

of dependency, and a statement from an educational institution regarding children who have reached 18 years of age.

To receive compensation for medical treatment and rehabilitation, you must submit documents affirming the necessity and amount of the expenditure (printouts from your medical card, invoices and receipts).

In order to continue receiving compensation for loss of work capacity if you move to a foreign country, every year from 1 October to 15 December you must submit a request by post or in person to the SSIA, to which must be added a declaration from a notary public that the recipient is still alive.

The portal Latvija.lv has information in [e-service format](#) regarding your social insurance payments and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

A [work incapacity form](#) is issued electronically by a doctor or doctor's assistant at a medical institution after examining the patient, justifying the adopted decision with medical documentation.

The [insurance contributions wage](#) is the amount of income from which social insurance contributions have been paid. The average contribution wage for compensation for loss of work capacity and for compensation for the loss of a breadwinner is calculated for 36 consecutive months within the five years period before the risk occurred.

[Social insurance contributions](#) are legally mandated payments paid into a special budget account which give the right to socially insured persons to receive social insurance benefits stipulated by law, including unemployment, maternity, paternity, illness and parental benefits, disability, old-age and loss of breadwinner pensions, and compensation for workplace accidents and work-related illnesses and healthcare services.

A breadwinner is a person with the obligation to provide for his or her dependents: his or her spouse, children, grandchildren, parents or grandparents.

A dependent is a non-work-capable person who is fully or partially supported by the breadwinner.

Forms you may need to fill in

- [Form for claiming/recalculating sickness benefits](#) to be submitted to the SSIA in person, by post, e-mail (signed with an e-signature) or [e-application](#)
- [Form for claiming insurance compensation \(loss of work capacity/breadwinner\)](#) to be submitted to the SSIA in person, by post, e-mail (signed with an e-signature) or [e-application](#)
- [Form for claiming compensation for losses \(loss of work capacity/breadwinner\)](#) to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature)
- [Form for claiming compensation for medical treatment and rehabilitation expenses](#) to be submitted to the SSIA in person, by post or e-mail (signed with an e-signature if no cheques are submitted)

Know your rights

See the links below for information on your rights in relation to workplace accidents and work-related illnesses. These are not European Commission websites and do not reflect the views of the European Commission.

- [Social security in the European Union](#) - information on social insurance periods if you have worked/lived in another EU country, as well as pensions and benefits you can continue to claim if you move to another Member State.

Latvian laws and regulations on claiming benefits and compensation:

- [Law](#) on Compulsory Social Insurance in respect of Accidents at Work and Occupational Diseases
- Cabinet regulations on [procedures](#) for issuing work incapacity forms, on [calculating contribution wages and claiming sickness benefits](#), on calculating [mandatory social insurance in case of workplace accidents and work-related illnesses](#).

European Commission publication and website:

- [EU Social Security Coordination](#)

Who do you need to contact?

[State Social Insurance Agency](#)

Lacplesa iela 70a, Riga, LV-1011

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv, twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

State Medical Commission for the Assessment of Health Condition and Working Ability

Ventspils iela 53, Riga, LV-1002

Tel.: 67614885, Fax: 67602982

Email: pasts@vdeavk.gov.lv.

Email for consultations: konsultacijas@vdeavk.gov.lv

[Regional offices](#)

[State Labour Inspectorate](#)

Krisjana Valdemara 38k-1, Riga, LV-1010

Tel. for consultations: +371 67186522, +371 67186523, Fax: +371 67021718

Email: vdi@vdi.gov.lv, twitter.com/darbainspekcija, twitter.com/darbaizsardziba

[Regional offices](#)

[Ministry of Welfare](#)

Skolas iela 28, Riga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

If you have any problems regarding your rights in the European Union, please contact the [EU assistance](#) service.

Old-age and survivors

Old-age pension

This chapter will provide information about the old-age pension (*Vecuma pensija*) in Latvia.

In what situation can I claim?

In 2023 you can claim an old-age pension if you have reached 64 years and 6 months of age and your social insurance record (employment period) is at least 15 years. The retirement age is the same for women and men.

Persons whose insurance record is not less than 30 years can claim a pension 2 years before the set retirement age (early-retirement option).

A pension can be claimed 5 years before the set retirement age by the following persons:

- a person whose insurance record is not less than 25 years and who for the period until the children reached 18 years of age spent at least 8 years caring for 5 or more children or a disabled child;
- politically repressed persons whose insurance record is not less than 30 years;
- participants in the clean-up of the Chernobyl nuclear power station disaster whose insurance record is not less than 15 years.

An early old-age pension can also be claimed by women with lifetime disabilities, people suffering from growth retardation, people suffering from dwarfism, blind persons and persons who have worked in difficult and hazardous conditions.

There is no special social assistance scheme for the elderly. However, those who have a very low income and are not entitled to Old-age Pension (*Vecuma pensija*) but have resided permanently in Latvia for at least 5 years, of which the last 12 months have been uninterrupted residency, can receive the State social security benefit (*Valsts sociālā nodrošinājuma pabalsts*).

What conditions do I need to meet?

In Latvia the [old-age pension](#) (*Vecuma pensija*) is granted to persons who have reached the set retirement age and accrued the required social insurance contribution periods. In 2023, the retirement age for both men and women is 64 years and 6 months, and the minimum period for which social insurance contributions must be made is 15 years.

The retirement age is gradually increased by 3 months every year, reaching 65 years on 1 January 2025. Starting from 1 January 2025 the minimum insurance record necessary to receive an old-age pension will be 20 years.

Latvia has a [three-tier pension system](#) (*trīs līmeņu pensiju sistēma*):

- The first tier comprises mandatory social insurance contributions, and all payers are participants.
- The second tier consists of mandatory social insurance contributions which are invested by an intermediary (a bank) in the financial market. The profits thus earned remain as part of the accrued pension. The second tier is mandatory for all social insurance contributors born after 1 July 1971. Persons born between 2 July 1951 and 1 July 1971 can voluntarily join the second tier.
- The third tier comprises voluntary contributions made by the employer and employee into a private pension fund, which are then further invested in the financial market. The contributor can receive this pension at age 55, i.e. before reaching the legally mandated retirement age.

You can continue receiving the old-age pension if you move abroad.

What am I entitled to and how can I claim?

Amount of the old-age pension

The pension amount depends on the person's social insurance contribution period, the amount of social insurance contributions made and the person's age.

The amount of the minimum old-age pension is calculated by considering each year of insurance record, i.e. by applying a coefficient 1.1 to the basis of the minimum old age pension (EUR 136 in 2023) and increasing this amount by 2% of the base for each subsequent year exceeding the required minimum insurance period for granting the old age pension (i.e. 15 years).

The old-age pension is paid monthly. [Personal income tax](#) is withheld from the old-age pension.

If you have worked in another EU country, [this insurance period may be taken into account](#) in determining rights to old-age pensions in Latvia.

Application for the old-age pension

You can apply for the old-age pension by filling out a form in person at any [State Social Insurance Agency \(SSIA\) branch](#) (or by sending the completed form signed with an e-signature to the SSIA, or by [e-application](#)).

If you worked up to 31 December 1995, you must additionally submit documents proving your employment history.

In order to continue receiving the old age pension if you move to a foreign country, every year from 1 October to 15 December you must submit a request by post (to which a declaration from a notary public that the recipient is still alive must be attached) or in person to the SSIA.

The portal [Latvija.lv](#) has information in [e-service format](#) regarding your social insurance payments and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

The [insurance contribution wage](#) is the amount of income from which social insurance contributions have been paid.

[Social insurance contributions](#) are legally mandated payments paid into a special budget account which give the right to socially insured persons to receive social insurance benefits stipulated by law, including unemployment, maternity, paternity, illness and parental benefits, disability, old-age and loss of breadwinner pensions, and compensation for workplace accidents and work-related illnesses and healthcare services.

Forms you may need to fill in

- [Form for claiming the old-age pension](#) to be submitted in person to the SSIA, e-mail (with e-signature) or [e-application](#)
- [Form for recalculating the old-age pension](#) to be submitted in person to the SSIA, by post, e-mail (with e-signature) or [e-application](#)

Know your rights

See the links below for information on old-age pensions. These are not European Commission websites and do not reflect the views of the European Commission:

- [Social security in the European Union](#) - information on social insurance periods if you have worked/lived in another EU country, as well as pensions and benefits you can continue to claim if you move to another Member State.
- [My pension](#): website about pension tiers (schemes) in Latvia.

Latvian laws and regulations on old-age pensions:

- [Law on State Pensions](#)
- Cabinet regulations: on [insurance periods](#), on calculating [old-age pensions](#) and pay-out timeframes, on the [European Union pension scheme](#), on [state social insurance benefit](#) amounts, and on [old-age pension payments](#) if you move abroad.

European Commission publication and website:

- [Retiring abroad: your rights in other European Union countries](#)

Who do you need to contact?

[State Social Insurance Agency](#)

Lacplesa iela 70a, Riga, LV-1011

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

[Ministry of Welfare](#)

Skolas iela 28, Riga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

If you have any problems regarding your rights in the European Union, please contact the [EU assistance](#) service.

Survivor's pension

This chapter provides information about the survivor's pension (*Apgādnieka zaudējuma pensija*) in Latvia.

In what situation can I claim?

If one of your parents or a family member who was your breadwinner has died, you may claim a survivor's pension. The pension is granted to non-work-capable family members of the deceased, i.e. children, as well as sisters, brothers or grandchildren without work-capable parents.

Children have the right to receive the survivor's pension regardless of whether or not they were dependent on the deceased.

What conditions do I need to meet?

The [survivor's pension](#) (*Apgādnieka zaudējuma pensija*) may be claimed by the following non-work-capable family members:

- children younger than 18 years;

- adult children declared disabled before 18 years of age;
- brothers, sisters and grandchildren younger than 18 years without work-capable parents;
- adult brothers, sisters and grandchildren declared disabled before 18 years of age without work-capable parents.

Persons studying full time and aged between 18 and 24 years also have the right to claim survivor's pensions.

In case your breadwinner was not a socially insured person, children may be entitled to state social security benefit.

What am I entitled to and how can I claim?

Amount of the survivor's pension

The survivor's pension is calculated from the possible old-age pension of the deceased:

| Dependents | Proportion of breadwinner's possible old-age pension |
|------------------------|--|
| One child | 50% |
| Two children | 75% |
| Three or more children | 90% |

The survivor's pension is paid once a month.

If the deceased was not socially insured, the children are granted a state social security benefit: EUR 136 per month for those aged under 7, EUR 163 per month otherwise.

If after the breadwinner's death the children are living with a number of families, each shall receive its share of the pension.

For orphans this amount is calculated for each parent separately and it cannot be below the above mentioned amounts. [Personal income tax](#) is withheld from the survivor's pension.

Application for this pension

You can apply for a survivor's pension by filling out a form in person at any [State Social Insurance Agency \(SSIA\) branch](#) (or by sending the completed form signed with an e-signature to the SSIA, or by [e-application](#)).

Together with the form you must also submit: the breadwinner's death certificate; documents proving the deceased's employment history up to 31 December 1995; a marriage or birth certificate or a court judgment on the fact of dependency; and a statement from an educational institution for any child who has reached 18 years of age or is studying full time and is aged between 18 and 24 years.

In order to continue receiving the survivor's pension if you move to a foreign country, every year from 1 October to 15 December you must submit an application by post or in person to the SSIA, to which a declaration from a notary public must be attached stating that the recipient is still alive.

The portal [Latvija.lv](#) has information in [e-service format](#) regarding your social insurance payments and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

[Social insurance contributions](#) are legally mandated payments paid into a special budget account which give the right to socially insured persons to receive social insurance benefits stipulated by law, including unemployment, maternity, paternity, illness and parental benefits, disability, old-age and loss of breadwinner (survivor's) pensions, and compensation for workplace accidents and work-related illnesses and healthcare services.

A breadwinner is a person obliged to provide for his or her dependents: spouse, children, grandchildren, parents or grandparents.

A dependent is a non-work-capable person who is partially or fully supported by the breadwinner.

Forms you may need to fill in

- [Form for claiming survivor's pension](#) to be submitted in person to the SSIA, e-mail (with e-signature) or [e-application](#)
- [Form for paying out part of survivor's pension](#) to be submitted in person to the SSIA or e-mail (with e-signature)
- [Form for recalculating survivor's pension](#) to be submitted in person to the SSIA or e-mail (with e-signature)
- [Form for granting state social security benefits](#), if the breadwinner was not socially insured, to be submitted in person to the SSIA, by post, e-mail (with e-signature) or [e-application](#).

Know your rights

See the links below for information on survivor's pensions. These are not European Commission websites and do not reflect the views of the European Commission:

- [Social security in the European Union](#) - information on social insurance periods if you have worked/lived in another EU country, as well as pensions and benefits you can continue to claim if you move to another Member State.

Latvian laws and regulations on survivor's pensions:

- [Law on State Pensions](#)
- Cabinet regulations [on insurance periods](#), on the amount of [state social security benefits](#) for [the survivor's pension](#) and on [payment of the survivor's pension](#) if you move to live abroad.

European Commission publication and website:

- [EU Social Security Coordination](#)

Who should I contact?

[State Social Insurance Agency](#)

Lacplesa iela 70a, Riga, LV-1011

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv

twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

[Ministry of Welfare](#)

Skolas iela 28, Riga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

If you have any problems regarding your rights in the European Union, please contact the [EU assistance service](#).

Funeral benefits

This chapter provides information on benefits you can claim in the event of the death of a family member (*Apbedīšanas pabalsti*):

- funeral benefits;
- widow's/widower's benefit.

In what situation can I claim?

In the event of the death of a family member, you can claim funeral benefit and allowance for the deceased's spouse (*pabalsts mirušā laulātajam*).

Funeral benefits are granted to socially insured persons if the deceased was their dependent. Funeral benefits are also granted to family members or a person who is arranging the funeral if the deceased was a socially insured person or the recipient of an old-age pension, compensation for loss of work capacity, unemployment benefits or state social security benefits.

The funeral benefit is a lump sum/one-off payment benefit.

If you and your spouse are pensioners, you have the right to claim allowance in the event of your spouse's death.

The allowance for the deceased's spouse is paid out for 12 months.

What conditions do I need to meet?

[Funeral benefits](#) are granted:

- to socially insured persons if the deceased was their dependent (a child or other non-work-capable person);
- to family members or a person who is arranging the funeral if the deceased was a socially insured person or the recipient of an old-age pension, compensation for loss of work capacity, unemployment benefits or [state social security benefits](#);
- to family members of a socially insured person or a person who is arranging the funeral.

Funeral benefits are also paid out if the socially insured person or his or her family member has died within 1 month of the expiry of the social insurance contribution period.

[Allowance for the deceased's spouse](#) is granted if on the day of death both the deceased and his or her spouse were recipients of old-age, disability, retirement or special state pensions.

What am I entitled to and how can I claim?

Amount of benefits

Funeral benefits as well as allowance for the deceased's spouse are paid one time only.

Amounts of funeral benefits:

- in the event of the death of an insured person - double the average contribution wage of the deceased;
- in the event of the death of a pensioner or recipient of benefits for the loss of work capacity - double the pension and supplement (if such determined) or benefits;
- in the event of the death of a dependent family member or unemployed person - triple the amount of state social security benefits (EUR 327);
- in the event of the death of a recipient of state social security benefits - double the amount of state social security benefits (EUR 218).

If the insured person was the recipient of a pension, compensation or state social security benefits, the pay-out is one benefit amount - in the largest amount.

Allowance for the deceased's spouse is paid out to the amount of 50% of the pension and supplement (if such determined) of the deceased.

Application for benefits

You can apply for funeral benefits by:

- filling out a form in person at any [State Social Insurance Agency \(SSIA\) branch](#);
- posting a completed form to the SSIA;
- emailing a completed form signed with an e-signature to the SSIA;
- [e-application](#).

The portal [Latvija.lv](#) has information in [e-service format](#) regarding your social insurance payments and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

A breadwinner is a person obliged to provide for his or her dependents: spouse, children, grandchildren, parents or grandparents.

A dependent is a non-work-capable person who is partially or fully supported by the breadwinner.

The insurance contribution wage is the amount of income from which social insurance contributions have been paid.

[Social insurance contributions](#) are legally mandated payments paid into a special budget account which give the right to socially insured persons to receive social insurance benefits stipulated by law, including unemployment, maternity, paternity, illness and parental benefits, disability, old-age and loss of breadwinner pensions, and compensation for workplace accidents and work-related illnesses and healthcare services.

Forms you may need to fill in

- [Form for claiming/recalculating funeral benefits](#) to be submitted in person to the SSIA, by post, e-mail (with e-signature) or [e-application](#)
- [Form for one-off benefit for spouses](#) to be submitted in person to the SSIA, by post, e-mail (with e-signature) or [e-application](#)

Know your rights

See the links below for information on funeral benefits. These are not European Commission websites and do not reflect the views of the European Commission.

- [Social security in the European Union](#) - information on social insurance periods if you have worked/lived in another EU country, as well as pensions and benefits you can continue to claim if you move to another Member State.

Latvian laws and regulations on funeral benefits:

- [Law on State Social Allowances](#)
- [Law on State Pensions](#)
- [Law on Compulsory Social Insurance in respect of Accidents at Work and Occupational Diseases](#)
- [Law on Maternity and Sickness Insurance](#)
- [Law on Unemployment Insurance](#)
- Cabinet regulations on [mandatory social insurance](#) against workplace accidents and work-related illnesses, and on the amount of state social insurance benefits and funeral benefits

European Commission publication and website:

- [Funeral benefits: your rights in other European Union Member States](#)

Who do you need to contact?

[State Social Insurance Agency](#)

Lacplesa iela 70a, Riga, LV-1011

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv

twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

[Ministry of Welfare](#)

Skolas iela 28, Riga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

If you have any problems regarding your rights in the European Union, please contact the [EU assistance service](#).

Social assistance

Long-term social care services

This chapter presents information about groups of persons who are eligible for long-term social care services (*Ilgstošās sociālās aprūpes pakalpojumi*) in Latvia.

In what situation can I claim?

If you or a family member has physical difficulties caring for yourselves, you can apply for social care services. Social care must be claimed from the municipal social services office in the municipality where the person is registered as residing.

Social care services meet the essential needs of persons who have difficulties caring for themselves due to their age or physical or mental disability.

Depending on the type of disorder, its level of severity and the person's age, social care can be provided at home, in a day centre or in a long-term social care institution (children's home, nursing house, etc.).

Social care services, financed from State budget or municipal budget are provided to Latvian citizens, non-citizens, nationals from third countries who have been granted a permanent residence permit, to nationals of EU Member States, European Economic Area, the UK and Confederation of Switzerland, who have acquired a permanent right of residence and their family members according to an assessment of the individuals' need for care.

Other persons who have the right to enter and reside in the Republic of Latvia must require social care from the relevant service provider and pay the service costs themselves.

What conditions do I need to meet?

Decisions on granting social care services are made by municipal social services offices, based on evaluation of the person's level of functional disorders, resources and established level of care.

Municipalities provide and partially or fully fund social care for the following persons:

- social care at home or in institutions for senior citizens;
- social care at home or in institutions for disabled persons, if the disability is not of a mental nature;
- social care at home for children and adults with mental disabilities;
- social care in institutions for orphans and children without parental care aged from 2 to 18 years.

The state budget partially or fully funds social care in institutions for the following persons:

- children and adults with severe mental disabilities;
- orphans and children without parental care aged from birth to 2 years;
- children with mental and physical disabilities aged from birth to 4 years;
- adult blind persons.

Social care services must be provided in the person's place of residence or as near as possible to it (day centres). If the services provided in place of residence are not sufficient, social care is provided in an institution.

Out of family care for orphans or children without parental care must be provided in a family environment, i.e. in a foster family or by a guardian. If this is not possible, the child is placed in a long-term social care institution (a state social care centre or municipal orphanage).

What am I entitled to and how can I claim?

Social care services can be provided in different ways.

- At home: the social carer or family carer takes care of the person's needs, helps them perform routine tasks and delivers groceries or meals. If care is provided by family members, the municipality provides them with training, advice and, if necessary, material assistance.
- In day centres: social workers and specialists provide social care for children, adults with mental or physical disabilities, senior citizens, and persons recovering from long-term or severe illnesses. The municipality determines the number of hours spent in the day centre by each recipient, financed from the municipal budget.
- In long-term social care institutions: specialists, social workers and medical personnel provide housing and a full spectrum of services for senior citizens, persons with mental disorders, blind persons as well as orphans and children without parental care.

You can apply for social care services at your municipal social service office, after submitting the required documents:

- an application from the person in free form;
- a declaration of means of subsistence, if the requested social service is fully or partially funded from the municipal budget;
- a general practitioner's assessment of the level of severity of the person's functional disorder and the absence of any medical contraindications, if the person wishes to receive care at home, in a day centre or in a long-term social assistance institution;
- a psychiatrist's assessment of the absence of any special contraindications and the most suitable forms of social services, if the person requesting the service has a mental disability;
- a copy of a document proving disability, if the person requesting the service is disabled.

Jargon busters

- **Social care service** - a set of measures aimed at the satisfaction of the basic needs of those persons who have objective difficulties taking care of themselves due to old age or functional disorders; it includes services at the place of residence of the person as well as in long-term social care institutions.
- **Day care centre** - an institution which during the day provides social care and social rehabilitation services, development of social skills, education and opportunities for spending free time to persons with mental impairments, disabled persons, children from needy families and families with circumstances unfavourable to the development of the child, as well as persons who have reached the age that entitles one to receive the State old-age pension.
- **A long-term social care institution** - a social institution which provides a person who cannot take care of himself or herself due to old age or state of health, as well as orphans and children left without parental care with housing, full care and rehabilitation.
- **Functional disorder** - a disorder of a physical or mental nature caused by a disease, trauma or congenital defect which restricts the ability of a person to work, take care of himself or herself and makes it difficult for the person to integrate into society.

Know your rights

See the links below for information on your rights to long-term social care. These are not European Commission websites and do not reflect the views of the European Commission.

Latvian laws and regulations on receiving social assistance:

- [Social Services and Social Assistance Law](#)
- Cabinet regulations on the [receipt of social services and social assistance](#)

European Union publication and website:

- [EU Social Security Coordination](#)

Who do you need to contact?

[Contacts for Latvia's municipalities](#)

[Ministry of Welfare](#)

Skolas iela 28, Riga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

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Guaranteed minimum income

This chapter will present information on the benefit to ensure the guaranteed minimum income level (*Pabalsts garantētā minimālā ienākumu līmeņa nodrošināšanai*).

There is no special social assistance scheme for invalidity and for the elderly. However, those who are not entitled to Invalidity benefit or to Old-age pension can receive the State social security benefit (*Valsts sociālā nodrošinājuma pabalsts*) under certain conditions (see Chapters on Old-age and Invalidity for details).

In what situation can I claim?

You can claim social assistance (GMI benefit) if you are:

- a citizen or a non-citizen of Latvia;
- a foreigner with a permanent residence permit or EU permanent resident status in Latvia;
- a citizen of a EU Member State or a EEA or Swiss national and:
 - have obtained permanent residence rights,
 - have the right to reside in Latvia and have resided in Latvia at least for 3 months,
 - have resided in Latvia for at least 6 months for work reasons and there is evidence that you are continuing to look for job, attested by your registration with the State Employment Agency;
- a family member of the above mentioned persons;
- refugee or person who have been granted alternative (subsidiary protection) status as well as their family members who are residing in the Republic of Latvia.

If you have been granted the status of needy person or family, you have the right to claim benefits to ensure the guaranteed minimum income level. This needy status can be obtained if accumulated savings do not exceed EUR 272 per household.

Municipalities are obliged to provide material support to needy families (persons), low-income families and persons or families in crisis situations to meet their basic needs (food, clothing, housing, healthcare, compulsory education).

What conditions do I need to meet?

[A family or person shall be regarded as in need](#) when:

- the income threshold is EUR 272 for the first or only person in a household and EUR 190 for other persons in the household;
- the family or person does not have property except for its or his or her own home, household fittings, domestic items, one car, etc.;
- a person does not receive long-term social care and social rehabilitation services or is not in prison;
- the person has not concluded a support contract;
- the person is registered with the [State Employment Agency as unemployed](#).

The status of needy family or person is granted by the municipal social service office. A family or person granted a needy status has the right to apply for the guaranteed minimum income (GMI).

What am I entitled to and how can I claim?

Guaranteed minimum income benefits

The amount of benefit to ensure the guaranteed minimum income (GMI) level are calculated as the difference between the GMI level stipulated by the Cabinet or municipality for each family member and the total monthly income of the underprivileged family or person.

The GMI level set by the Cabinet of Ministers corresponds to EUR 109 for a single person or 1st person in the household, and to EUR 76 for the 2nd and each next person in the household.

Applying for benefits

To receive benefits to ensure the guaranteed minimum income level, a person must apply to the municipal social service office in their [municipality](#), submitting an application form and completing a declaration of means of support, using data from State and local government information systems. The benefits are granted for periods from 3 to 6 months.

Specialists from municipal social service office evaluate changes in the social situation of the family or person after the period for which the needy status has been granted and decide on further measures to be taken.

Jargon busters

Crisis situation - a situation in which a family (person) due to a catastrophe or other circumstances that do not depend on the will of the family (person) cannot ensure their basic needs through their own effort and they require a psychosocial or material assistance.

Forms you may need to fill in

- [Declaration of means for granting means tested municipal social assistance benefit for providing persons' basic needs and of support for granting underprivileged needy family \(person\) status](#) to be submitted to your municipal social service office.

Know your rights

See the links below for information on your rights to claim the benefit to ensure the guaranteed minimum income level. These are not European Commission websites and do not reflect the views of the European Commission.

Latvian laws and regulations on claiming minimum resources benefits:

- [Social Services and Social Assistance Law](#)
- [Law on State Social Allowances](#)
- [Regulations of the Cabinet of Ministers No. 809](#) (prot. No.84 §71) "Rules on the assessment of the material situation of the household and the receipt of social assistance" 17/12/2020.

European Commission publication and website:

- [EU Social Security Coordination](#)

Who do you need to contact?

[Contacts for Latvia's municipalities](#)

[State Social Insurance Agency](#)

Lacplesa iela 70a. Riga. LV-1011

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: vsaa@vsaa.lv

Email for consultations: konsultacijas@vsaa.lv

twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

[Ministry of Welfare](#)

Skolas iela 28. Riga. LV-1331

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Unemployment

Unemployment benefits

In this chapter you will find information on unemployment benefits (*Bezdarbnieka pabalsti*) in Latvia, social insurance contributions as well as formulas for calculating benefit amounts and pay-out periods.

In what situation can I claim?

If you have lost your job, you have the right to claim unemployment benefits (*Bezdarbnieka pabalsti*). Benefits are granted if you have worked for at least 1 year and social insurance contributions have been paid for at least 12 months during the last 16 months.

You can also claim unemployment benefits if you have regained work capacity after a disability or if you have been caring for a disabled child up to 18 years of age. In these cases the benefits are granted even if social insurance contributions have not been paid or have been paid for less than 12 months.

What conditions do I need to meet?

You can claim [unemployment benefits](#) if you have been granted [unemployed status](#) by the State Employment Agency (SEA) and you have been socially insured for at least 1 year and [social insurance contributions](#) have been paid for you for at least 12 months during the last 16 months.

If you have regained work capacity after a disability, in order to claim unemployment benefits you must obtain unemployed status within 1 month of regaining work capacity. If you are caring for a disabled child, you must obtain unemployed status within 1 month of the child reaching 18 years of age.

If you terminated employment relations on your own initiative or were dismissed due to an infringement, unemployment benefits shall be granted and paid not sooner than 2 months after obtaining unemployed status.

The unemployed are expected to cooperate with the State Employment Agency and carry out tasks listed in individual plan.

What am I entitled to and how can I claim?

Amount of unemployment benefits

Unemployment benefits are granted for 8 months.

The amount of benefits depends on your insurance (employment) history and the wage level from which social insurance contributions have been paid.

The average contribution wage is calculated based on your earnings for the 12-month period which ended 2 months before claiming unemployment benefits.

| Employment history in years (inclusive) | Benefit |
|---|----------------------------------|
| from 1 to 9 years | 50% of average contribution wage |
| from 10 to 19 years | 55% of average contribution wage |
| from 20 to 29 years | 60% of average contribution wage |
| 30 years and more | 65% of average contribution wage |

Unemployment benefits are gradually reduced by increments of 3 months.

| Period | Benefit amount |
|---------------------------------|-------------------------|
| First 2 months | 100% of granted benefit |
| Next 3rd-4th month | 75% of granted benefit |
| Next 5 th -6th month | 50% of granted benefit |

| | |
|---------------|------------------------|
| Last 2 months | 45% of granted benefit |
|---------------|------------------------|

If prior to obtaining unemployed status you have been caring for a child aged up to 18 months, regained work capacity after having a disability, or cared for a disabled child aged up to 18 years, your granted benefits will be 60% of the double amount of the [state social security benefit](#) in effect on the day when the unemployment benefit is claimed. Currently this is EUR 218 per month for the first 2 months (state social security benefit EUR 109 x2 x60% = EUR 130.80), and accordingly to the algorithm mentioned above the amount decreases for next months.

Application for benefits

You can apply for unemployment benefits by:

- filling out an application form in person at any [Branches in Riga and elsewhere](#);
- posting a completed form to the SSIA;
- emailing a completed form signed with an e-signature to the SSIA;
- along with requesting unemployed status, submitting a completed form in person at any [State Employment Agency](#) branch office, if it is no need for additional proof regarding your employment history;
- [e-application](#).

If you have been employed up to 31 December 1995, you must additionally submit documents proving your employment history to the SSIA.

The portal [Latvija.lv](#) has information in [e-service format](#) regarding your social insurance contributions and the amount of benefits, pensions and support payments you can claim using internet banking or your [e-signature](#).

Jargon busters

[Social insurance contributions](#) are legally mandated payments paid into a special budget account which give the right to socially insured persons to receive social insurance benefits stipulated by law, including unemployment, maternity, paternity, illness and parental benefits, disability, old-age and survivor's pensions, and compensation for workplace accidents and work-related illnesses and healthcare services.

Insurance period - employment history and its aligned periods up to 31 December 1990, as well as the period from 1 January 1991, for which social insurance contributions have been paid for a person.

The following have rights to [unemployed status](#): persons who are not employed, are seeking work, are capable of working, are at least 15 years of age, have not reached retirement age or are not receiving the old-age pension, are not receiving primary or secondary education full time, are not engaged in commercial activities and are not under full state care. Unemployed status grants the right to participate in [State Employment Agency support activities](#).

Forms you may need to fill in

- [Form for claiming unemployment benefits](#) to be submitted in person to the SEA
- [Form for claiming/recalculating unemployment benefits](#) to be submitted to the SSIA in person, by post or email (signed with an e-signature)

Know your rights

See the links below for information on your rights if you become unemployed. These are not European Commission websites and do not reflect the views of the European Commission.

[Employment in other European Union countries](#): information about social insurance contributions and periods if you have worked/lived in another EU country.

Latvian laws and regulations on receiving unemployment benefits:

- [Law on Unemployment Insurance](#)
- [Law on Support for Unemployed Persons and Persons Seeking Employment](#)
- [Law on State Social Insurance](#)
- Cabinet regulations on [calculating contribution wages and granting unemployment benefits](#)

European Commission publication and website:

- [Unemployment and social security: your rights in other European Union Member States](#)

Who do you need to contact?

State Employment Agency

Administration: K. Valdemara iela 38 k-1, Riga, LV-1010

Tel.: +371 80200206

Email: pasts@nva.gov.lv

twitter.com/NVA_gov_lv

[Branches in Riga and elsewhere](#)

State Social Insurance Agency

Lacplesa iela 70a, Riga, LV-1011.

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

[Ministry of Welfare](#)

Skolas iela 28, Riga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

If you have any problems regarding your rights in the European Union, please contact the [EU assistance](#) service.

Moving abroad

Social insurance period in a foreign country

This chapter presents information about cases in which social insurance periods spent working in foreign countries are taken into account when granting benefits in Latvia, as well as what benefits you have received in a foreign country that you can continue receiving if you move permanently to Latvia.

For the UK, each case needs to be assessed individually to determine whether a person falls within the scope of Art 30 of the Withdrawal Agreement, and so the EU Coordination Regulations apply, or whether they fall within the scope of situations described in Art 32 of the Withdrawal Agreement and/or come under domestic legislation and the Protocol on Social Security Coordination attached to the Trade and Cooperation Agreement.

Social insurance regulations in the European Union

In general, persons moving to another country in the European Union only need to be socially insured in one state. This means that if you move to [work in another EU country](#), you will pay social insurance contributions there. This will give you entitlement to the right to receive local social insurance benefits.

If you have lived, worked and paid social insurance contributions in another EU country or Switzerland, Norway, Liechtenstein or Iceland, this insurance period is taken into account when [determining your rights to receive social insurance benefits in Latvia](#).

Key principles of social security in the European Union:

- citizens of other countries have the same rights and obligations as citizens of the specific country;
- insurance periods and contributions accrued in another Member State may be taken into account for granting benefits and pensions;
- benefits obtained in accordance with the laws of one country are also payable if the person moves to another country;
- social insurance contributions should only be paid in one country (the legal acts of one Member State only may be applied in relation to a person).

To which benefits do the conditions apply?

After returning to Latvia, the social insurance period in a foreign country is taken into account for persons who have worked in a European Union Member State or European Economic Area (EEA) (Norway, Liechtenstein, Iceland), Switzerland or the United Kingdom.

All the social insurance periods are calculated together, irrespective of the EU/EEA Member State (or the UK) where they have been accrued, and are summed up for the purpose of determining the entitlement to the following social security pensions and benefits in Latvia:

- old-age pension or retirement pension;
- survivor's pension;
- invalidity benefit;
- compensation for a workplace accident or work-related illness;
- unemployment benefits;
- sickness benefit;
- paternity, maternity benefits.

What am I entitled to and how can I claim?

If you have worked in another EU/EEA Member State or the UK and are returning to Latvia, you will need to submit:

- Evidence that you have worked and paid social security contributions there. You must submit form U1 to Latvia's [State Social Insurance Agency](#), which must be requested from the competent institution in the EU/EEA Member State (or the UK) where you have been working.

If you have received unemployment benefits in one of the EU/EEA countries, Switzerland for at least 4 weeks and are seeking work in Latvia, you have the right to continue receiving benefits for 3 to 6 months. In order to continue receiving unemployment benefits in Latvia:

- you must submit form U2 to Latvia's [State Social Insurance Agency](#), which must be requested from the agency paying unemployment benefits in the EU/EEA Member State where you have been working;
- you must [register with the State Employment Agency](#) within 7 days and participate in its support activities for unemployed.

Persons (frontier workers) who work in another EU/EEA Member State while habitually residing in Latvia only have the right to claim unemployment benefits in Latvia in specific cases (for example workers in border zones, seamen, seasonal workers). More detailed information on [receiving unemployment benefits in Latvia](#).

When requesting unemployment benefits in Latvia, you must indicate the EU/EEA Member State where you were employed, the employer's name and address, the date of commencing and ending employment, and your insurance number in the country where you were employed.

If you work in another EU/EEA Member State, you have the right also to claim family-related benefits.

In granting [family benefits](#) (*ģimenes pabalsti*), primary consideration is given to the country where the parents are employed, followed by the children's country of residence. Latvia grants family benefits in the following cases:

- if one of the parents is employed in Latvia and the children live in Latvia;
- if Latvia is the only country of employment but family members live in another EU/EEA Member State;
- if one of the parents is employed in Latvia and the children live in another EU/EEA Member State and the second relevant Member State is a country of employment where family benefits are lower than in Latvia.

In the last case, Latvia pays the difference in benefits if the family benefit in Latvia is more than that granted in the other EU/EEA Member State. More information on [family benefit payments](#) in Latvia.

For [old-age pensions](#) the social insurance period in another EU/EEA Member State (or the UK) is only taken into account if the insurance period (employment history) in Latvia is insufficient to receive a pension. It is possible that pensions for insurance periods in one EU/EEA Member State may be granted earlier than in others since the [retirement age](#) differs from country to country.

If your insurance period (employment history) in Latvia is at least 15 years, the pension amount shall be calculated in accordance with national laws and regulations. If the insurance period in Latvia is not sufficient, the insurance periods accrued in other EU/EEA Member States (or the UK) shall also be taken into account, but each state grants a pension regarding their social insurance periods.

Jargon busters

[Social insurance contributions](#) are legally mandated payments paid into a special budget account which give the right to socially insured persons to receive social insurance benefits stipulated by law, including unemployment, maternity, illness and parental benefits, disability, old-age and survivor's pensions, and compensation for workplace accidents and work-related illnesses and healthcare services.

Forms you may need to fill in

[European Union forms](#) issued by the State Social Insurance Agency or another competent institution of the relevant EU/EEA Member State to persons working/living in another EU/EEA country.

Know your rights

See the links below for information on your rights to move around the European Union. These are not European Commission websites and do not reflect the views of the European Commission.

- [Social security in the European Union](#) - information on social insurance contributions and benefits if you have worked/lived in another EU/EEA country
- [Unemployment benefits](#) after returning to Latvia
- [Family benefits](#) after returning to Latvia
- [EU pensions](#)

European Commission publication and website:

- [Social security: your rights in other European Union Member States](#)

Who do you need to contact?

[State Social Insurance Agency](#)

Lacplesa iela 70a, Riga, LV-1011

Tel.: +371 64507020 (working days 8.30- 17.00)

Email: pasts@vsaa.gov.lv

Email for consultations: konsultacijas@vsaa.gov.lv, twitter.com/VSAA_LV

[Branches in Riga and elsewhere](#)

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Administration: K. Valdemara iela 38 k-1, Riga, LV-1010

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[Ministry of Welfare](#)

Skolas iela 28, Riga, LV-1331

Tel.: +371 80205100

Email: lm@lm.gov.lv

twitter.com/Lab_min

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Main residence

Place of permanent residence

This chapter provides information about the requirements regarding place of permanent residence for receiving certain social benefits in Latvia.

Am I a permanent resident?

Only regulations of one EU/EEA Member State may be applied. Meaning that only one country can be responsible for paying social benefits. Benefits granted according to regulations of EU/EEA Member State are paid to the recipient also when the person or his or her family members live in another country.

Employed and self-employed persons are eligible to receive social security benefits in the country in which they work, while economically inactive persons (for example pensioners and students) are eligible to receive them in the Member State where they habitually reside.

Citizens of the EU/EEA (Norway, Liechtenstein and Iceland), the United Kingdom and Switzerland are considered permanent residents of Latvia from the moment they receive their European Union citizen's registration certificate and ID number. However, social security benefits in Latvia are payable to all entitled persons.

You are eligible to receive a [Registration Certificate for European Union Citizens](#) if you:

- are employed, self-employed or a service provider in Latvia;
- are receiving an education in Latvia and you have sufficient means of support;
- are a family member of a citizen of Latvia, a non-citizen of Latvia or a foreign citizen holding a permanent residence card and you have sufficient means of support;
- have sufficient means of support.

After 5 years of uninterrupted residence in Latvia, EU citizens are eligible for a [European Union citizen's permanent residence card](#).

If you are a third country national, you will be eligible to receive state social benefits in Latvia after you receive a [permanent residence](#) permit or you will be eligible to receive social security benefits if you have worked in Latvia and paid social insurance contributions.

Social security benefits granted to permanent residents of Latvia:

- birth of child benefit;
- child raising allowance;
- family state benefit;
- support payments for performing guardian duties;
- child support benefit for guardians;
- support payments for performing foster family duties;
- support payments for caring for an adopted child;
- support payment for adopting a child;
- child adoption benefit;
- benefit for caring for a child with disabilities;
- benefit for persons with disabilities who require care;
- benefit for compensating transport expenses for persons with disabilities;
- state social security benefit;
- benefit for assistance services for persons with Group I visual disability;

- and a municipal means-tested benefit to guarantee the minimum level of income (*pašvaldības pabalsts garantētā minimālā ienākumu līmeņa nodrošināšanai*);
- housing benefit (*dzīvokļa pabalsts*).

Social security benefits which are dependent on payment of social insurance contributions in Latvia or another EU/EEA country:

- unemployment benefit;
- sickness benefit;
- maternity and paternity benefit;
- parental benefit;
- invalidity benefit;
- compensation for a workplace accident or work-related illness;
- survivor's pension;
- old-age pension;
- funeral benefit;
- surviving spouse benefit.

Know your rights

See the links below for information on your rights when moving around the European Union. These are not European Commission websites and do not reflect the views of the European Commission.

Latvian laws and regulations on granting permanent resident status:

- [Law on State Social Insurance](#)
- [Law on State Social Allowances](#)
- [Law on State Pensions](#)
- Regulations of the Cabinet of Ministers on [Procedures of the Entry and Residence in the Republic of Latvia of Citizens of the Union and their Family Members](#)

European Commission publication and website:

- [Social security: your rights in other European Union Member States](#)

Who do you need to contact?

If you have any problems regarding your rights in the European Union, please contact the [EU assistance](#) service.

Getting in touch with the EU

In person

All over the European Union there are hundreds of Europe Direct information centres. You can find the address of the centre nearest you at: europa.eu/european-union/contact_en

On the phone or by email

Europe Direct is a service that answers your questions about the European Union. You can contact this service:

- by freephone: 00 800 6 7 8 9 10 11 (certain operators may charge for these calls),
- at the following standard number: +32 22999696 or
- by email via: europa.eu/european-union/contact_en

Finding information about the EU

Online

Information about the European Union in all the official languages of the EU is available on the Europa website at: europa.eu/european-union/index_en

EU publications

You can download or order free and priced EU publications at: publications.europa.eu/en/publications. Multiple copies of free publications may be obtained by contacting Europe Direct or your local information centre (see europa.eu/european-union/contact_en).

EU law and related documents

For access to legal information from the EU, including all EU law since 1952 in all the official language versions, go to EUR-Lex at: eur-lex.europa.eu

Open data from the EU

The EU Open Data Portal (data.europa.eu/euodp/en) provides access to datasets from the EU.

Data can be downloaded and reused for free, both for commercial and non-commercial purposes.

