

Nova Scotia's Residential Tenancies Program

Temporary Rent Cap and Rent Increases

2026



What is the rent cap?

The rent cap is a **temporary limit** on how much a landlord can increase rent each year for a residential rental unit.

- The current rent cap is **5%**
- The rent cap is in effect until **December 31, 2027**

What does the rent cap mean for tenants?

- Your rent can only increase by up to **5% once every 12 months**.
- This applies when:
 - You renew a lease for the **same unit**, even if you are on a fixed-term lease
- Rent **cannot increase** at all during the first **12 months** of your tenancy.
- The rent cap **does not apply to new tenants** signing a **new lease**.

What does the rent cap mean for landlords?

- Rent can only be increased by a **maximum of 5% once every 12 months**.
- **No exceptions** are allowed, even if:
 - The lease type changes
 - More people live in the unit
 - Services or amenities are added
- The rent cap **does not apply to new tenants** signing new leases.
- Landlords must:
 - Give **written notice** of any rent increase
 - Clearly state:
 - The **amount** of the increase
 - The **date** the new rent starts

When does the rent cap not apply?

The rent cap does **not** apply to:

- **Public housing**
- **Land lease communities** (such as mobile home parks)
 - o These have a separate process for rent increases
 - o Learn more here: [Land-lease communities \(mobile parks\): guide for tenants and landlords - Government of Nova Scotia](#)

Can a landlord change what is included in the rent?

Yes, but strict rules apply.

- All changes must follow the Residential Tenancies Act.
- Tenants must receive **written notice at least four months in advance**.
- Changes that count as a rent increase include:
 - o Removing a service (for example, parking)
 - o Charging separately for something that was included (such as heat or power)
- If the value of a change is **more than 5% of the rent**, it is **not allowed**.
- No changes or added fees:
 - o During the **first 12 months** of a tenancy
 - o More than **once every 12 months**

Disagree with a rent increase? Here's what to do

1. **If the increase follows the 5% cap** but you don't want to accept it:

- You may end your tenancy by giving proper notice using **the Tenant's Notice to Quit**

2. **If the rules weren't followed:**

- First, try to resolve the issue directly with your landlord

3. **If you can't agree:**

- Apply to the Residential Tenancies Program for help by submitting an **Application to Director (Form J)**
- You may request mediation or a hearing

Resources

- Laws, rights and responsibilities of tenants and landlords, and other information can be found at: novascotia.ca/RTA.
- [Application to Director to resolve dispute between landlord and tenant \(Form J\) - Government of Nova Scotia](#)
- [Tenant's Notice to Quit: Where Tenant Has Received Notice of Rent Increase \(Form C1\) - Government of Nova Scotia](#)
- [Land-lease communities \(mobile parks\): rights and responsibilities of tenants and landlords - Government of Nova Scotia](#)

Key Tip: Always keep copies of your forms, documents and proof of service

Questions?

Call 1 800 670 4357

