

The NIA's Rapid Review of Ageing in the *Right Place* Programs and Services

The NIA defines Ageing in the ***Right Place*** (AIRP) as ***“the process of enabling healthy ageing in the most appropriate setting based on an older person’s personal preferences, circumstances and care needs.”*** Based on this definition, the NIA has further identified four pillars of factors that are fundamental to enabling AIRP:

1. *Promoting Preventive Health and Better Chronic Disease Management*
2. *Strengthening Home and Community-Based Care and Supports for Unpaid Caregivers*
3. *Developing More Accessible and Safer Living Environments*
4. *Improving Social Connections to Reduce Loneliness and Social Isolation*

The NIA conducted a rapid review of existing programs and services to provide an overview of how well federal, provincial and territorial Canadian governments are supporting older Canadians to age in the *right place* across its four key pillars. The rapid review is organized by province/territory across the four pillars. Descriptions of programs were generally taken directly from the corresponding website for accuracy, but may at times have been paraphrased for brevity. If multiple programs were found for one subsection, they were included. Subsections highlighted in red are where no programs were found during the rapid review.

The first pillar of the NIA's AIRP framework includes three specific types of interventions or subsections: chronic disease prevention and management (CDPM), dementia prevention and support, and fall prevention.

To limit the scope of the review for the second pillar, the NIA selected six key types of interventions and programs: assistive devices and home modification programs; home oxygen therapy; at-home care and support services; at-home palliative care; reablement services; and support for unpaid caregivers.

The NIA's third pillar focuses on developing safe and accessible environments, with two sub-types of interventions: safe-housing supports and accessible transportation services.

For the NIA's fourth pillar, the rapid review focused broadly on programs designed to prevent and/or reduce loneliness and social isolation among older adults.

Pillar 1: Promoting Preventive Health and Better Chronic Disease Management



Alberta

Chronic Disease Prevention and Management

Link: [Better Choices, Better Health](#)

Summary: Better Choices, Better Health® (BCBH®) is a free group workshop for adults who have experience living with (or supporting someone who has) a chronic health condition. Some examples are diabetes, high blood pressure, obesity, and arthritis.

Participants will increase their confidence and learn new skills to better manage their health condition in order to enjoy a better quality of life. Participants can choose workshops on either Chronic Disease Self-Management or Chronic Pain Self-Management. Both workshops provide a safe space to connect and learn with others who may share similar experiences.

Link: [Alberta Aids to Daily Living \(AADL\)](#)

Summary: AADL helps Albertans with a long-term disability, **chronic or terminal illness** to pay for basic medical equipment and supplies. For all other benefits, client pay 25% of the cost of program benefits up to a maximum of \$500 per family per benefit year (July 1 to June 30). Full list of benefits provided [here](#) (incl. the purchase, replacement and repair of hearing aids).

Key Points:

- Eligibility includes if you: are an Alberta resident with a valid Alberta Health Care Insurance Plan card
- require assistance because of a long-term disability, chronic illness or terminal illness
- long-term and chronic are defined as being 6 months or longer

Link: [Coverage for Seniors Program](#)

Summary: The Government of Alberta provides seniors with premium-free coverage for prescriptions drugs and other health-related services not covered under the AHCIP. To be eligible for Coverage for Seniors, you must provide proof of being 65 years of age or older.

Link: [Alberta Adult Health Benefit](#)

Summary: The Alberta Adult Health Benefit program covers health benefits for Albertans in low-income households who are pregnant or have high ongoing prescription drug needs. Services covered by the program include: prescription drugs, essential over-the-counter medications, dental care, eye exams and glasses.

Link: [Dental and Optical Assistance for Seniors](#)

Summary: Eligibility for this program includes whether seniors have submitted a completed Seniors Financial Assistance programs application form and have an annual income within the limits allowed by the program. Eligible seniors are provided up to a maximum of \$5,000 of coverage every 5 years for select dental services and procedures that maintain a reasonable level of dental health. It regards to optical assistance, the program provides financial assistance for the purchase of prescription eyeglasses up to a maximum of \$230 every 3 years, depending on your eligibility at the time of purchase.

Link: [Alberta Health Care Insurance Plan \(AHCIP\)](#)

Summary: The AHCIP provides eligible Alberta residents with full coverage for medically necessary physician services, and some dental and oral surgical health services (ex. oral and maxillofacial surgery services). The optometry services covered under the AHCIP for specifically older adults (65 years and older) are one complete annual eye exam, one annual partial exam and one annual diagnostic procedure, in addition to the full coverage for specific medical conditions treated by optometrists.

Dementia Support Programs

Link: [First Link](#)

Summary: First Link® is an early intervention program that connects people living with dementia and their care partners to the Alzheimer Society of Alberta and Northwest Territories for services and support. First Link® Connections is a two-hour session where you can join others in a small group setting to learn about dementia and Alzheimer's disease, community supports and resources and how the Alzheimer Society can help you plan for the future. Reach out to your local regional office to find a session near you.

Link: [Minds in Motion](#)

Summary: Minds in Motion is a program designed for people with early to mid-stage Alzheimer's disease or another dementia to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment.

Minds in Motion allows participants to stay physically active, meet and socialize with others living with dementia and care partners, get involved in activities such as board or word games, bingo, and other cognitive games, and have access to information about dementia and support.

A 2-hour virtual program is also offered, divided into the following components:

1. The class starts with a certified fitness instructor leading a low-impact fitness class.
 2. For the second part of the program, trained facilitators engage participants in social and cognitive activities.
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Link: [Adult Day Programs](#)

Summary: Adult Day Programs are designed for adults over the age of 18 who may have physical and/or memory challenges or are living with a chronic illness. They play a key role in allowing people to remain living in the community as long as possible by optimizing their level of physical, spiritual, social and emotional functioning. Adult day programs also provide respite and education for caregivers. Basic adult day programs focus primarily on socialization needs and providing the caregiver respite.

**Falls
Prevention
Programs**

Links:

[Finding Balance Campaign](#)

[Finding Balance Alberta Falls Prevention Program & Campaign](#)

Summary: Finding Balance is a campaign designed to raise awareness of preventing slips, trips, and falls among older Canadians. The campaign provides information for older adults as well as tools for practitioners. Each province has unique resources, many particular to its population. Finding Balance was developed by the Injury Prevention Centre at the University of Alberta.

Finding Balance Alberta provides an education program and public awareness campaign designed to educate and empower older Albertans to stay independent and prevent falls. The falls prevention program and campaign is developed and led by the Injury Prevention Centre at the University of Alberta, in partnership with seniors groups, health care organizations and practitioners from across Alberta. Funding for the Injury Prevention Centre is provided, in whole or in part, by Alberta Health, but provisions of funding by Alberta Health does not signify that the project represents the policies or views of Alberta Health.

Community partners, older adults, caregivers and practitioners can use the available resources to provide valuable information on falls prevention and take actions to prevent falls.

Link: [Move 'n Mingle Fall Prevention Exercise Program \(Calgary\)](#)

Summary: The Move 'n Mingle Fall Prevention Exercise Program is an Alberta Health Services initiative that offers people 65 and over a 45-minute group exercise program, twice weekly, at a number of sites through Calgary. Led by certified Older Adult fitness instructors with additional balance and falls prevention training.

The Move 'n Mingle program is made of three primary components – the Exercise (or “Move” part), the Socialization (the ‘Mingle’ part), and the Education (the “Curriculum”).

Classes include a combination of seated and standing exercises, and highlight balance, posture, and leg and core strength. The focus is on making day-to-day activities easier, helping individuals remain independent, and reducing the risk of falling. The program also provides time for socialization. It is during this time, once per month, that the fall prevention education is delivered. Education is offered to participants on topics related to reducing falls. The lessons are designed to increase the participants' awareness of personal and environmental fall risks, while also encouraging fun and group interaction. Each lesson module utilizes a resource bag with samples of items such as safe footwear, hip protectors, canes, night lights and assistive devices.

Link: [Calgary Fall Prevention Clinic \(Calgary\)](#)

Summary: Provides in-home assessments for older adults who have fallen. An in-home assessment is completed by a healthcare professional trained in falls prevention. Based on this assessment and a review by a multidisciplinary health care team, fall risks are identified and specific recommendations provided to the client and their family physician, and other health care providers as appropriate.

Link: [Better Balance Fall Prevention Program \(Edmonton\)](#)

Summary: Provides treatment to help clients improve their leg strength, mobility, and balance.

Key Points:

- activities to improve balance
- education on fall prevention
- education sessions with recreation therapist to discuss leisure activities, Occupational therapy for fall prevention and home safety, with pharmacist to discuss effects of medication on balance



British Columbia

Chronic Disease Prevention and Management

Link: [Complex Chronic Disease Program \(CCDP\)](#)

Summary: We treat and manage Myalgic Encephalomyelitis/Chronic Fatigue Syndrome, Fibromyalgia, and symptoms attributed to Chronic Lyme Disease. Our program focuses on offering group-based education and self-management support, while continuing to offer 1:1 medical visits. This group education format is supported by client feedback and research.

Key Points:

- This program is exclusive to the BC Women's Hospital

Link: [Self-Management British Columbia Programs](#)

Summary: Self-Management BC offers a menu of self-management programs available to British Columbians virtually, online, by telephone and by mail. Programs are for adults of all ages living with one or more ongoing health conditions.'

Link: [PharmaCare](#)

Summary: B.C. PharmaCare helps eligible B.C. residents with the cost of some prescription drugs and medical supplies. Once you are eligible for PharmaCare coverage, any portion of your prescription cost payable by PharmaCare is calculated automatically at the time of purchase.

Link: [Medical Services Plan \(MSP\)](#)

Summary: The Medical Services Plan (MSP) covers annual eye examinations for children aged 0-18 and seniors aged 65+. In terms of dental services, the MSP covers diagnostic services, most dental and oral surgery (when medically required to be performed in hospital), and orthodontic services related to severe congenital facial abnormalities.

Link: [Optical Supplements](#)

Summary: Optical Supplements are provided to recipients of income assistance, disability assistance, and hardship assistance. Coverage of optical supplements is strictly limited to basic eyewear and repairs and pre-authorized eyewear and repairs. Provision of glasses is limited to once in three years for adults with a valid prescription.

Link: [Programs and Services from the Canadian Hard of Hearing Association – BC Chapter](#)

Summary: Canadian Hard of Hearing Association – BC Chapter provides various programs and services including:

- Peer support program
 - Webinars and other educational events
 - Hearing access health kit
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Link: [The BC Adult Cochlear Implant Program](#)

Summary: The BC Adult Cochlear Implant Program offers a full range of cochlear implant services for adults with complex hearing needs, including: assessments, surgery and rehabilitation. The program is provincially funded and mandated to provide cochlear implant services to adults who meet candidacy criteria for cochlear implants across British Columbia.

Link: [VCH Deaf, Hard of Hearing, & Deaf-Blind Well-Being Program](#)

Summary: The VCH Deaf, Hard of Hearing, & Deaf-Blind Well-Being Program provides mental health services for Deaf, Hard of Hearing, and Deaf-Blind people throughout British Columbia including:

- Educational services (e.g., workshops)
 - Community support (e.g., therapy groups, peer support workers)
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Link: [Emergency Dental Supplements](#)

Summary: These supplements are available for adult recipients of income assistance and hardship assistance.

	<p>Link: Denture Supplements</p> <p>Summary: Recipients eligible for Emergency Dental Coverage only have access to complete dentures (initial placement) under the Denture Supplement. To be eligible, the person must have had extractions within the last six months that result in full clearance of the arch.</p>
Dementia Support Programs	<p>Link: First Link Dementia Support</p> <p>Summary: First Link® dementia support connects people with dementia and their care partners to support services, education and information at any stage of the journey. If you are living with dementia, connecting to First Link means you'll receive the support you need when you need it – through bulletins, support groups, education and one-on-one phone calls. First Link is about an ongoing connection.</p> <p>-----</p> <p>Link: Minds in Motion®</p> <p>Summary: Minds in Motion® is a fitness and social program offered both in-person and online for people living with any form of early-stage dementia along with a family member, friend or other care partner. Gentle exercises are followed by social activities designed to be enjoyed in pairs. Care partners must attend.</p> <p>-----</p> <p>Link: Adult Day Services</p> <p>Summary: Adult Day Services assist seniors and adults who are unable to function independently because of chronic, health-related problems to continue to live in their own homes by providing supportive group programs and activities in the community.</p> <p>Clients receiving adult day services travel to a location in their community usually 1-2 days per week where they may receive a variety of services, including: personal assistance, nutrition and bathing programs.</p>

**Falls
Prevention
Programs**

Links:

[Finding Balance Campaign](#)

[Finding Balance BC Campaign](#)

Summary: Finding Balance is a campaign designed to raise awareness of preventing slips, trips, and falls among older Canadians. The campaign provides information for older adults as well as tools for practitioners. Each province has unique resources, many particular to its population. Finding Balance was developed by the Injury Prevention Centre at the University of Alberta.

Finding Balance BC provides a variety of online fall prevention resources for both seniors and practitioners.

Link: [Strategies and Actions for Independent Living \(SAIL\)](#)

Summary: The goals of the SAIL program are to promote the independence and quality of life for home support service clients by **reducing their risk of falling and sustaining an injury and to integrate a comprehensive approach to fall prevention into regular practice.** This program is coordinated through the [BC Injury Research and Prevention Unit \(BCIRPU\)](#) and consists of multi-factorial interventions that are targeted towards seniors who are in need of on-going home support but are not yet in need of institutionalized care. The core elements of the SAIL program are: a falls prevention training program for community health workers (CHW) and home health professionals (HHP), a falls monitoring and reporting system, the implementation of a client-centered risk assessment and prevention tool, and protocols for identifying and addressing those determined to be at high risk for falls.



Manitoba

Chronic Disease Prevention and Management

Link: [Healthy Together Now](#)

Summary: Healthy Together Now is a community-led, regionally coordinated and government supported grassroots program to help prevent chronic disease in Manitoba.

Projects are planned and lead by individual communities while the Manitoba government and regional health authorities provide funding, support and training. The program operates in five regional health authorities and targets Manitobans who are most at risk for chronic disease in rural, urban, First Nations and Métis communities.

Program goals include:

- Available to clients of this department and their dependents;
- supporting communities that lead prevention activities
- encouraging organizations, communities, regions and governments to work together to help prevent chronic disease
- building on and blending with existing prevention programs and developing new ones
- increasing communities' knowledge and ability to run prevention programs for a variety of chronic diseases

Link: [Prairie Mountain Health Chronic Disease Education Program \(Prairie Mountain Health Regional Health Authority\)](#)

Summary: Prairie Mountain Health/Santé Prairie Mountain (PMH) was officially formed in June 2012, following the Manitoba government amalgamation of the former regional health authorities of Assiniboine, Brandon and Parkland. It is one of five regional health authorities in the province.

The Prairie Mountain Health Chronic Disease Education Program helps you learn about healthy lifestyles and skills to help you manage your conditions. It offers support through individual appointments or group classes.

Link: [Pharmacare](#)

Summary: Pharmacare is a drug benefit program for eligible Manitobans, regardless of disease or age, whose income is seriously affected by high prescription drug costs. Pharmacare coverage is based on both your total family income and the amount you pay for eligible prescription drugs.

Link: [Manitoba Health](#)

Summary: The provincial health plan directly pays for physicians' services that are medically required for individuals or their dependants.

In addition, Manitoba Health provides coverage for one routine complete eye exam provided in a 2-year benefit period for patients under the age of 19 years and 65 years of age and over. All residents are also entitled to coverage of an eye exam when warranted by medical conditions as determined by the eye care provider. The provincial health plan includes coverage for certain tests provided by optometrists including the Full Threshold Visual Fields Test, the Tonometry Test and the Dilated Fundus Examination.

In regards to dental care, Manitoba Health will insure certain dental procedures when hospitalization is required. Similarly, medications are only insured when provided within hospitals.

Link: [Seniors Eyeglass Program](#)

Summary: Manitoba residents who are 65 years of age and over and do not have the costs paid through other provincial or federal programs are eligible. The Seniors Eyeglass Program provides financial assistance towards the purchase of eyeglasses for eligible Manitoba residents. Benefits are based on a fixed fee schedule, not on the actual amount paid for dispensing fees, frames and lenses.

Link: [Deaf and Hard of Hearing Services \(Manitoba Possible\)](#)

Summary: Manitoba Possible supports youth and adult clients who are deaf or hard of hearing. Their Community Resource Coordinator meets and assesses individual needs, provides life skills development resources and pursues community options which may further support the individual. Additional services include Vocational Rehabilitation.

Dementia Support Programs	<p>Link: First Link</p> <p>Summary: First Link is a program of the Alzheimer Society that connects people with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease.</p> <p>-----</p> <p>Link: Minds in Motion</p> <p>Summary: Minds in Motion is a program designed for people with early to moderate signs of dementia to attend with a family member or friend. This weekly program offers 8 sessions including; a gentle chair fitness class followed by engaging activities and conversation. It is offered throughout the community at our partnered sites as well as virtually from the website.</p> <p>-----</p> <p>Link: Adult Day Programs</p> <p>Summary: Adult Day Programs are one of the services offered as part of the provincial community-based home care program. Home care services within Manitoba are provided through the Regional Health Authorities (RHA's).</p>
Falls Prevention Programs	



New Brunswick

Chronic Disease Prevention and Management

Link: [Health Services Orthopedic Program](#)

Summary: This program assists clients of this department with the coverage of orthopedic items which are not covered by other agencies or private health insurance plans.

Key Points:

- Available to clients of this department and their dependents;
- Individuals who have special health needs and who qualify for assisted health care under Section 4.4 of the Family Income Security Act and Regulations

Link: [New Brunswick Drug Plan](#)

Summary: The New Brunswick Drug Plan covers uninsured individuals, including seniors. Members in this plan pay a premium and a 30 % copayment, based on their income.

Link: [New Brunswick Prescription Drug Program \(NBPDP\)](#)

Summary: Seniors who receive the Federal Guaranteed Income Supplement (GIS) from Employment and Social Development Canada are covered by the New Brunswick Prescription Drug Program (NBPDP). Seniors who do not receive the Federal GIS, but whose income falls below a certain amount may also be eligible for coverage under the NBPDP.

Link: [Medicare](#)

Summary: Medicare insures various hospital services including:
Speech therapy and audiology
Certain specified surgical dental procedures provided by a dentist when the service is medically required and rendered in an approved hospital
prescription drugs

Link: [Health Services Hearing Aid Program](#)

Summary: This program assists clients of the Social Development department with coverage for the purchase and maintenance of hearing aids services which are not covered by other agencies or private health insurance plans. There is no cost to eligible clients for entitled hearing aid services.

Link: [Personal Services Program \(Easter Seals New Brunswick\)](#)

Summary: The Personal Services Program assists individuals in the province of New Brunswick who have no ability to rent or purchase equipment, no medical coverage, and no other agency is able to provide the services requested. A large inventory of recyclable rehabilitation equipment is maintained and loaned on a long term basis to eligible clients.

Link: [Social Development Equipment Recycle Program \(Easter Seals New Brunswick\)](#)

Summary: Easter Seals New Brunswick Social Development Equipment Recycle Program is a recycling pool for rehabilitation equipment. This is a program in which the New Brunswick Easter Seals and the department of Social Development work together to maintain quality and save numerous dollars by recycling rehabilitation equipment.

Link: [Dental Program](#)

Summary: This program covers exams, X-rays, extractions and fillings to a maximum of \$1,000/year, as well as dentures and denture repairs. Individuals qualify for this coverage if they are a client or are the dependent of a client of Social Development and qualify for assisted health care.

**Dementia
Support
Programs**

Link: [New Brunswick Adult Day Centres](#)

Summary: Located throughout the province, Adult Day Centres provide meaningful activity outside of the home for adults aged 65 years and older living with dementia and other related cognitive impairment. Adult Day Centres can also be a source of relief for families and caregivers during the daytime hours.

Examples of the type of programming Adult Day Centres may offer:

- supervised individual or group activities
- cognitive stimulation
- health monitoring
- personal care (for example bathing, foot care)
- provision of snacks and nutritious meals
- assistance with toileting
- health care teaching
- provision of information

Link: [Adult Protection Program](#)

Summary: Social Development's Adult Protection Program has a process for investigating Adult Protection referrals in the community and at adult residential facilities and nursing homes. The investigation's goal is to determine the level of risk to the adult and, where necessary, take steps to stop or prevent the abuse or neglect.

Key Points:

- **Not specifically for dementia, but for autonomy/safety of seniors*

**Falls
Prevention
Programs**

Links:

[Finding Balance Campaign](#)

[Finding Balance NB](#)

Summary: Finding Balance is a campaign designed to raise awareness of preventing slips, trips, and falls among older Canadians. The campaign provides information for older adults as well as tools for practitioners. Each province has unique resources, many particular to its population. Finding Balance was developed by the Injury Prevention Centre at the University of Alberta.

Finding Balance NB has a goal to reduce falls and fall-related injuries in older adults by supporting provincial public awareness efforts and by providing access to a central online source of information and resources on falls prevention for older adults, caregivers, family members, friends and healthcare professionals.

Link: [Home First](#)

Summary: You can also have a Seniors Health, Wellbeing and Home Safety Review, a free service provided to any resident of New Brunswick who is 65 years or older. A qualified reviewer visits your home to create an Action Plan and discusses issues such as how to prevent falls and how to make your home safer. To make those changes to your property, you may be able to get funding from the Senior Minor Home Repairs Grant. For more information on the review or how to apply for the grant, click [here](#).

Key Points:

- **how to prevent falls,**
- getting involved in your community,
- physical activity and wellness



Newfoundland & Labrador

Chronic Disease Prevention and Management

Link: [Improving Health: My Way](#)

Summary: Improving Health: My Way is a provincially sponsored, free program designed to help people positively manage the daily challenges of living with a chronic condition. Workshops are co-led by trained Leaders who themselves have a chronic condition or have cared for someone living with a chronic condition. Workshops consist of six sessions that are offered for 2.5 hours once a week, over a six-week period. A support person of your choice (friend or family) may accompany you to the training sessions. Workshops are offered throughout the province, in each of the four regional health authorities, including Labrador-Grenfell Health.

Link: [The 65Plus Plan](#)

Summary: This plan provides coverage of eligible prescription drugs to residents 65 years of age and older who receive Old Age Security Benefits (OAS) and the Guaranteed Income Supplement (GIS). Beneficiaries will be responsible for payment of the dispensing fee up to a maximum of \$6.

Key Points:

- No application is necessary. A Prescription Drug Program card is automatically issued when the Department of Health and Community Services is notified by Service Canada that an individual is in receipt of the Guaranteed Income Supplement (GIS) and Old Age Security benefits (OAS).
 - Those who qualify for a drug card under The 65Plus Plan also qualify for the Ostomy Subsidy Program. The program will reimburse for 75% of the retail cost of benefit ostomy items.
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Link: [Vision Care](#)

Summary: Vision Care is available for those in receipt of income support. For individuals that are not recipients, they may still be eligible depending on the completion of the Application for Income Support. The Department of Children, Seniors and Social Development will contribute \$55 towards the cost of a routine eye exam once every 36 months for adults. A contribution towards the cost of glasses will be provided once every 36 months for adults, unless there is medical verification for a more frequent change.

Link: [The Canadian Hard of Hearing Association Newfoundland and Labrador](#)

Summary: The association provides numerous services including:

- 1) Borrow Hearing Assistive Devices
 - 2) Lipreading and Speechreading Courses
 - 3) Presentations regarding Hearing Loss
 - 4) Buy or Loan Hearing Technology
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Link: [Adult Dental Program](#)

Summary: The Adult Dental Program provides 'Basic Services' as listed in the Dental Health Plan Payment Schedule. There is also a denture component, which are limited to 'Standard Dentures' only. The Adult Dental Program will pay up to the cost of standard dentures. Additional costs from the delivery of specialized dentures will be the responsibility of the patient.

Link: [Surgical Dental Program](#)

Summary: The Surgical Dental Program provides insured services under the Medical Care Insurance Act. These services must be medically necessary.

<p>Dementia Support Programs</p>	<p>Link: First Link</p> <p>Summary: First Link is a program of the Alzheimer Society that connects people with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease.</p>
<p>Falls Prevention Programs</p>	<p>Links: Finding Balance Campaign Finding Balance Newfoundland and Labrador</p> <p>Summary: Finding Balance is a campaign designed to raise awareness of preventing slips, trips, and falls among older Canadians. The campaign provides information for older adults as well as tools for practitioners. Each province has unique resources, many particular to its population. Finding Balance was developed by the Injury Prevention Centre at the University of Alberta.</p> <p>Finding Balance Newfoundland and Labrador is an awareness campaign targeted for adults over the age of 55 living in the Western Health region. Finding Balance focuses on real life strategies that older adults can use to lower their risk of falling through the promotion of its three key messages: keep active, review your medications, and check your vision. Older adults can also book a Finding Balance presentation in their area by contacting their local Community Health/Public Health Nurse.</p>



Northwest Territories

Chronic Disease Prevention and Management

Link: [Extended Health Benefits for Specific Disease Conditions Program](#)

Summary: The Government of the Northwest Territories (GNWT) sponsors the Extended Health Benefits program to provide non-Aboriginal and Métis residents of the Northwest Territories who have specified disease conditions with certain benefits not covered by hospital and medical care insurance. Through this program, you receive coverage for eligible prescription drugs, medical supplies and equipment. You may also receive benefits related to medical travel such as meals, and accommodations.

Link: [Extended Health Benefits for Seniors Program](#)

Summary: The Government of the Northwest Territories (GNWT) sponsors the *Extended Health Benefits for Seniors Program* to provide eligible residents of the Northwest Territories who are 60 years of age and over access to a range of benefits not covered by hospital and medical care insurance. Through this program, you receive coverage for eligible prescription drugs, dental services, vision care, medical supplies and equipment (ex. hearing aids). You also receive benefits related to medical travel such as meals, accommodation, travel and ambulance services.

Link: [NWT Health Care Plan](#)

Summary: The NWT Health Care Plan covers the cost of medically necessary hospital services, provided at a hospital, on an inpatient or outpatient basis within Canada. Services covered include:

- Drugs prescribed by a physician and administered in the hospital
- Eye examinations, treatment and operations provided by an ophthalmologist

<p>Dementia Support Programs</p>	<p>Link: First Link</p> <p>Summary: First Link® is an early intervention program that connects people living with dementia and their care partners to the Alzheimer Society of Alberta and Northwest Territories for services and support. First Link® Connections is a two-hour session where you can join others in a small group setting to learn about dementia and Alzheimer's disease, community supports and resources and how the Alzheimer Society can help you plan for the future. Reach out to your local regional office to find a session near you.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • The NWT First Link is connected to the Alberta First Link <hr/> <p>Link: Minds in Motion®</p> <p>Summary: Minds in Motion is a program designed for people with early to mid-stage Alzheimer’s disease or another dementia to enjoy with a friend, family member or care partner. The program combines physical activity and mental stimulation in a social environment.</p> <p>Minds in Motion allows participants to stay physically active, meet and socialize with others living with dementia and care partners, get involved in activities such as board or word games, bingo, and other cognitive games, and have access to information about dementia and support.</p> <p>A 2-hour virtual program is also offered, divided into the following components:</p> <ol style="list-style-type: none"> 1) The class starts with a certified fitness instructor leading a low-impact fitness class. 2) For the second part of the program, trained facilitators engage participants in social and cognitive activities. <p>Key Points:</p> <ul style="list-style-type: none"> • The NWT Minds in Motion program is connected to the Alberta Minds in Motion program
<p>Falls Prevention Programs</p>	<p>Link: Elders in Motion</p> <p>Summary: The NWT “Elders in Motion” exercise program helps to prevent falls.</p>



Nova Scotia

Chronic Disease Prevention and Management

Link: [Chronic Pain Self Management Program](#).

Summary: This program varies by region by they offer persons opportunities to take an active part in learning strategies to improve their quality of life and learn non-medicinal ways of managing long-term pain

Link: [You Way to Wellness](#)

Summary: Your Way to Wellness is a free chronic disease self management program that helps people with chronic conditions (and their caregivers) overcome daily challenges, take action and live a healthy life.

Groups meet weekly for two and half hours for 7 weeks and are led by trained volunteers, most of whom have chronic conditions themselves. Family and friends are welcome to attend as well. The program is delivered online, using Zoom for Health Care. Participants require access to a reliable internet connection, as well as a computer or tablet in order to participate.

Link: [Chronic Disease Management Incentive Program](#)

Summary: \$100 base incentive payment once per fiscal year for managing an annual cycle of care and addressing the required indicators/risk factors for each patient with one qualifying chronic disease. \$75 additional payment per fiscal year if the same patient is managed for a second qualifying chronic disease (total payment of \$175). \$50 additional payment per fiscal year if the patient is managed for three qualifying chronic diseases (total payment of \$225)

Key Points:

The qualifying chronic diseases are:

- Type 1 and Type 2 diabetes
- Ischaemic heart disease (IHD)
- Chronic obstructive pulmonary disease (COPD)

Link: [Seniors' Pharmacare Program](#)

Summary: The Nova Scotia Seniors' Pharmacare program is a provincial drug insurance plan that helps members with the cost of their prescription drugs.

Key Points:

- To become a member, you must live in Nova Scotia, have a valid Nova Scotia Health Card, be at least 65 years old, and not have prescription drug coverage under any other plan or programs.

Link: [Hospital Insurance](#)

Summary: Hospital Insurance is a program sponsored by the Nova Scotia government to provide insurance for a broad range of medically necessary hospital inpatient and outpatient services received by eligible residents of the province including:

- Drugs prescribed by the physician or dentist and administered in the hospital
- Services, other than medical, provided by and within the Nova Scotia Hearing and Speech Clinic

Link: [Optometry Program](#)

Summary: The Government of Nova Scotia offers a comprehensive eye examination of a routine nature once every two years for persons 65 years of age and older. Also, medically required eye care services are offered for residents of all ages, where it has been deemed to be medically required.

Link: [Hearing & Speech Nova Scotia](#)

Summary: The organization provides provincially funded hearing services for all Nova Scotians. From prevention to diagnosis and treatment, their audiologists support adults and children through a wide variety of hearing challenges.

Link: [The Dalhousie Hearing Aid Assistance Program-Community Services \(DHAAP-CS\)](#)

Summary: The Dalhousie Hearing Aid Assistance Program- Community Services (DHAAP-CS) assist adults who receive Income Assistance the Nova Scotia Department of Community Services with:

- 1) assessments for hearing loss and if required, hearing aids
- 2) hearing aid services and maintenance/repairs
- 3) comprehensive education and services about hearing loss and use of hearing aids

Link: [Oral and Maxillofacial Surgery Program](#)

Summary: This program provides coverage to eligible residents for medically necessary oral and maxillofacial surgical services required to be delivered in-hospital. The following services are covered under the program:

- 1) Dental surgery including immediate pre-operative care, the surgical operation, and post-operative care provided within the 30 days following surgery.
- 2) In-hospital consultations requested by a physician or dental/oral maxillofacial surgeon based on professional knowledge of the patient.

Link: [Maxillofacial Prosthodontics Program](#)

Summary: This program provides coverage for select residents to provide rehabilitation of head and neck deficits. Only services provided by designated providers with specialized qualifications are covered.

Link: [Dental Coverage under Exceptional Circumstances](#)

Summary: Dentists may apply for coverage on behalf of their patients for treatment services that are medically necessary and not covered under any other DHW Dental Program. Services must be pre-approved for coverage before proceeding. Residents must use their private insurance first before coverage under Exceptional Circumstances will be considered.

Dementia Support Programs	<p>Link: First Link</p> <p>Summary: First Link is a program of the Alzheimer Society that connects people with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease.</p> <p>-----</p> <p>Link: Minds in Motion</p> <p>Summary: The Minds in Motion® program combines physical activity, socialization and mental stimulation for individuals with early to mid-stage Alzheimer’s disease or other dementias, and their care partners.</p> <p>-----</p> <p>Link: Adult Day Programs</p> <p>Summary: Adult Day programs provide personal assistance, supervision, and health, social, and recreational activities in a supportive group setting. The programs can also be used to provide respite care, training, and informal support to family caregivers. Adult Day programs are run by independent organizations, and there may be a daily fee charged by the provider.</p>
Falls Prevention Programs	<p>Link: Ageing Well Together</p> <p>Summary: Ageing Well Together is a province-wide initiative of Community Links, funded by Nova Scotia Health and Wellness. Ageing Well Together Coalitions around the province work with individuals, organizations and communities to promote healthy ageing, with an emphasis on the factors that contribute to falls prevention, such as physical activity, personal risk reduction and environmental changes at home and in the community.</p>



Nunavut

<p>Chronic Disease Prevention and Management</p>	<p>Link: Nunavut Health Care Plan</p> <p>Summary: The Nunavut Health Care Plan covers the costs of certain doctor and hospital services, including:</p> <ul style="list-style-type: none"> • Eye examinations, treatment and operations provided by an ophthalmologist • Drugs prescribed by a physician and administered in the hospital <p>Also, the Nunavut Health Care Plan will pay individual’s airfare less a \$250 round trip deductible (co-payment) from their home community to the nearest centre where treatment is available.</p> <p>-----</p> <p>Link: Extended Health Benefits (EHB) Seniors' Coverage</p> <p>Summary: All non-indigenous Nunavut residents, enrolled in the Nunavut Health Care Plan, 65 years of age or older may be eligible for Extended Health Benefits (EHB) coverage. The EHB is offered to those not covered or fully covered by their third-party insurance. A person registered for the Seniors' Coverage may be entitled to:</p> <p><i>Prescriptions:</i> Cost of prescription drugs listed on the formulary, including exception drugs</p> <p><i>Optometry:</i> Vision care services and products</p> <p><i>Dental:</i> A total of \$1,000 combined cost of dental care per calendar year</p> <p><i>Audiology:</i> Medically required audiology services and products</p>
<p>Dementia Support Programs</p>	
<p>Falls Prevention Programs</p>	



Ontario

Chronic Disease Prevention and Management

Link: [Self-Management Program Central West](#)

Summary: The Self Management Program is supported by the Ministry of Health and Long-Term Care – as part of the Ontario Diabetes Strategy. Its goal is to support people living with, or at risk for, chronic conditions by providing individuals with the knowledge, skills and confidence to effectively self-manage their chronic conditions and to improve their health. This is accomplished by providing self-management education and skills training to people living with, or at risk for chronic conditions as well as their health care providers.

Link: [Ontario Self Management Program - Online Chronic Disease Self-Management Program](#)

Summary: Funded by the Champlain Local Health Integration Network, the Online Self-Management Program is made available Province-wide through a partnership between the Champlain Local Health Integration Network, Living Healthy Champlain, Bruyère Continuing Care, and the Regional Chronic Disease Self-Management Programs. The goal of the program is to help improve patient self-management of chronic conditions, improve health literacy and provide the opportunity for individuals living with chronic conditions to take control of their health and live healthier and more fulfilling lives.

Online services available through the program include health coaching to help persons manage their conditions, group-based workshops, supports for caregivers, as well as regional self-management programs available across Ontario.

Link: [Ontario Drug Benefit Program](#)

Summary: The Ontario Drug Benefit program covers most of the cost of approximately 5,000 prescription drug products. Seniors will qualify for the Ontario Drug Benefit (ODB) program when they turn 65 years old.

Link: [Ontario Health Insurance Plan \(OHIP\)](#)

Summary: People 65 years and older and those younger than 20, are covered by OHIP for a routine eye examination provided by either an optometrist or physician once every 12 months plus any follow-up assessments that may be required. In regards to dental care, all recipients are covered for in-hospital dental surgeries (ex. fracture repair, medically necessary tooth removal).

Link: [Assistive Devices Program](#)

Summary: Eligible individuals can apply to the Assistive Devices Program (ADP) to get help paying for:

- hearing aids and FM systems
- cochlear implant replacement speech processors
- bone-anchored hearing aid (BAHA) replacement sound processors
- teletypewriters (TTY) for the deaf or speech-impaired

Approved applications will cover 75% of the cost of:

- Hearing aids up to a maximum amount of \$500 for each type of aid
 - FM systems up to a maximum of \$1,350
-

Link: [Ontario Seniors Dental Care Program](#)

Summary: The Ontario Seniors Dental Care Program is a government-funded dental care program. It provides free, routine dental services for low-income seniors who are 65 years of age or older. Program coverage includes services such as check-ups, x-rays, and treating infection and pain.

**Dementia
Support
Programs**

Link: [First Link](#)

Summary: First Link® removes barriers by connecting individuals living with dementia and their families to vital dementia education, resources, and support at the time of diagnosis or as early as possible after diagnosis. Connecting to the right supports early in the dementia journey can make a big difference in the quality of life for both the person diagnosed and the care partner.

With locations across Ontario, the Alzheimer Society and the First Link® program will help build the confidence of the individual diagnosed and their care partner for the journey ahead.

In order to participate in the First Link® program, a formal referral must be provided by a physician or other healthcare providers, diagnostic and treatment services, and community service providers.

Once a referral is made, the First Link Coordinator will contact the person with dementia and their family members, linking them to their local Alzheimer Society services and other programs within their community.

Link: [Finding Your Way Wandering Prevention Program](#)

Summary: Finding Your Way® helps people living with dementia, their families, caregivers and communities to recognize the risk of going missing, be prepared for incidents of going missing, and ensure that people with dementia can live safely in the community.

Link: [Minds in Motion](#)

Summary: Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage Alzheimer's disease or other forms of dementia and their care partners.

Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from the following:

- increasing physical activity through gentle group exercise
- establishing new friendships with others who are living with similar experiences
- engaging in fun, social activities

	<p>Both in-person and virtual programs are available. In person program sessions run for two hours, once per week, for eight weeks in a community-based location (e.g., seniors centre, YMCA, etc.). Virtual program sessions run for 1 ½ hours, once per week, for eight weeks.</p> <p>They are offered throughout Ontario, and there are no geographical restrictions to joining the program virtually.</p> <p>-----</p> <p>Link: Adult Day Programs</p> <p>Summary: Adult Day Programs are offered through the provincial Community support services. Organizations are funded by the government to provide these services. Adult Day Programs provide structured and supervised activities in a group setting for adults who need care or support. Programs usually include planned recreational and physical activities, meals, transportation to and from the program and some personal care. There may be a consumer fee to cover meal and transportation costs. Subsidies may be available.</p>
<p>Falls Prevention Programs</p>	<p>Link: Exercise and Fall Prevention Seminars</p> <p>Summary: Exercise and Falls Prevention Programs help seniors stay healthy, active, and mobile. If you are 65 years old and older, you can join Exercise and Falls Prevention classes offered free of charge in your community. Exercise classes focus on helping seniors stay active and improve and maintain balance, strength and mobility. Falls Prevention classes are taught by a physiotherapist or other health professional, and provide information on preventing falls in seniors</p> <p>-----</p> <p>Link: The Champlain Stay on Your Feet Program (Champlain Local Health Integration Network)</p> <p>Summary: The Regional Geriatric Program of Eastern Ontario (RGPEO), in partnership with the Champlain Local Health Integration Network (LHIN) and a broad group of community partners have led the development of a Champlain Falls Prevention Strategy for older adults in this LHIN. The Champlain Stay on Your Feet Fall Prevention initiative provides helpful tools, including fall prevention education modules for older adults, online fall prevention guides and risk calculators, and local exercise programs.</p>



Prince Edward Island

Chronic Disease Prevention and Management

Link: [CHANGE Program](#)

Summary: CHANGE is a 12-month in-person educational program led by a UPEI registered dietitian and kinesiologist. The program is offered in seven communities across the province including Souris, Cardigan, Stratford, Charlottetown, Cornwall, Kensington and O'Leary. The CHANGE program provides participants with the tools they need to better manage health conditions they may have and improve their overall health.

Link: [Beck Exercise Physiology - Exercise for Health Program](#)

Summary: Through a partnership with the Department of Health and Wellness, Beck Exercise Physiology offers a free, virtual, educational program created for Islanders with chronic diseases - Cancer, Diabetes, COPD, and Cardiovascular Disease. New offerings in Osteoarthritis and Neuromuscular Disease (MS, Parkinson's, Stroke) have also recently launched. The 6 week, introductory program is ideal for beginners and will focus on progressive, low to moderate intensity exercise to improve heart health, strength, balance, and flexibility. Groups will participate in educational webinars tailored to their specific chronic disease from the comfort of their own home.

Link: [Seniors' Drug Program](#)

Summary: Seniors aged 65 years or older are eligible for coverage of the cost of approved medications through the Seniors' Drug Program.

Key Points:

Seniors are eligible for the program if they:

- are a permanent PEI resident as defined by the Drug Cost Assistance Act;
- have a valid PEI Health Card; and
- are aged 65 years or older.

Link: [Hear, Hear PEI \(P.E.I. Senior Citizens' Federation Inc.\)](#)

Summary: Hear, Hear PEI is an application-based program that provides new or reconditioned hearing aids to eligible low-income adults who have no other sources of funding with which to purchase hearing aids and are unable to obtain assistance elsewhere. To qualify for this program, an individual must be a resident of Prince Edward Island and must have a valid Prince Edward Island Health Card.

	<p>-----</p> <p>Link: Audiology Services</p> <p>Summary: Hearing services are offered to all residents, which includes hearing assessments, auditory processing disorder testing, and healthy hearing education. These services are offered at no cost.</p> <p>-----</p> <p>Link: Medical Services Plan</p> <p>Summary: The Medical Services Plan covers various insured services including certain oral surgery procedures performed by an oral surgeon when it is medically required that they be performed in a hospital.</p> <p>-----</p> <p>Link: Provincial Dental Care Program</p> <p>Summary: The recently established Provincial Dental Care Program acts as the payer-of-last-resort for families, including seniors’ families, who earn a low income. The program subsidizes basic dental treatment services, depending on net family income and family size as filed with Canada Revenue Agency.</p>
<p>Dementia Support Programs</p>	<p>Link: First Link</p> <p>Summary: First Link is a program of the Alzheimer Society that connects people with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease.</p> <p>-----</p> <p>Link: Adult Day Programs</p> <p>Summary: There are Adult Day Programs for seniors living in their own homes available across PEI that offer a variety of group and individual activities suited to personal abilities and interest in a safe and comfortable environment. The programs also support family and friend caregivers by giving them a break, or respite, from providing day-to-day care. Located in Souris, St. Peters, Montague, Charlottetown, Alberton, Summerside</p>
<p>Falls Prevention Programs</p>	



Quebec

Chronic Disease Prevention and Management

Link: [Québec Public Health Program / Programme national de santé publique \(PNSP\)](#)

Summary: Specifies the public health interventions and services to be offered in the province, including some addressing the promotion of healthy lifestyle habits and chronic disease prevention.

Link: [Prescription Drug Insurance](#)

Summary: Anyone who settles in Québec permanently must be covered by a private or public prescription drug insurance plan at all times. At age 65, individuals are automatically registered for the public prescription drug insurance plan without having to take any steps. However, people who are also eligible for a private prescription drug insurance plan must make a choice.

Link: [Québec Health Insurance Plan](#)

Summary: Optometrists provide certain services covered under the Québec Health Insurance Plan. Children, persons age 65 or over and those with a visual impairment, among others, may benefit from free optometric services. An emergency service is covered for all. The purchase, fitting and replacement of eyeglasses or contact lenses are covered only for those under 18 years old.

In terms of dental care, health insurance covers certain oral surgery services at hospitals. Examinations, local or general anesthesia and x-rays related to a surgery are also covered. However, more services are insured for those who are recipients of last-resort financial assistance. The level of coverage for this group depends on how long individuals has been a recipient (under 12 months, 12- 23 months, at least 24 months).

Link: [Hearing Devices Program](#)

Summary: The Hearing Devices Program covers the costs related to hearing

	<p>aids and assistive listening devices. This includes the purchase, repair and replacement of the aids you need to carry out your daily activities. The program is provided for individuals insured under the Québec Health Insurance Plan.</p> <p>-----</p> <p>Link: Assistance for Dental Care and Dentures</p> <p>Summary: Certain recipients of Social Assistance or the Social Solidarity Program will be able to receive free dental care and be eligible for the special benefit for the purchase of dentures.</p>
<p>Dementia Support Programs</p>	<p>Link: First Link</p> <p>Summary: First Link is a program of the Alzheimer Society that connects people with dementia and their families to information, support services and education as early as possible and throughout the progression of the disease.</p> <p>-----</p> <p>Link: Adult Day Programs</p> <p>Summary:</p> <p>The 20 Alzheimer Societies across Quebec provide services for people with dementia, including activity centers where people living with dementia can participate in stimulation activities, support groups and respite opportunities.</p>
<p>Falls Prevention Programs</p>	<p>Link: Fall Prevention: STAND UP!</p> <p>Summary: Proven effective, STAND UP! is part of a continuum of services designed to prevent falls and fractures among independent seniors living at home. STAND UP! helps improve seniors' quality of life by bolstering their confidence in managing falls and enabling them to stay physically active.</p>



Saskatchewan

Chronic Disease Prevention and Management

Link: [Saskatchewan Aids to Independent Living](#)

Summary: Saskatchewan Aids to Independent Living (SAIL) provides assistance to people with physical disabilities to live a more active and independent lifestyle. It also helps people in the management of certain chronic health conditions.

Link: [Chronic Disease Management Program \(Livewell\)](#)

Summary: The Saskatchewan Health Authority, Saskatoon and Area - LiveWell Chronic Disease Management (CDM) Program is offered to individuals and their families who have a chronic disease such as bleeding disorders, diabetes, chronic obstructive pulmonary disease (COPD), cystic fibrosis, heart disease, sleep apnea, asthma, arthritis and other chronic conditions. Different program and service options are available to assist clients and families as they adapt and adjust to their chronic disease. Education sessions, supervised exercise programs, individual counselling, disease management clinics, self-management and stress management workshops provide a variety of options for adopting healthy lifestyle choices.

Link: [Saskatchewan Health Services](#)

Summary: The provincial health benefits coverage includes either full or partial coverage of various services:

Drugs: For full coverage, prescription drugs are covered depending on recommendations by Social Services. Certain Saskatchewan residents (ex. recipients of Supplementary Health Program Benefits) are also provided coverage for listed drugs prescribed outside Saskatchewan hospitals.

Optical: For full coverage, optical services are covered depending on recommendations by Social Services. Outside of this criteria, one of the circumstances an annual eye exam is covered for are ocular emergencies e.g., injury to eyes, foreign body in eye, etc.

Audiology: Medical supplies and appliances are fully covered depending on recommendations by Social Services.

Dental: In regards to full coverage, certain dental services are included depending on recommendations by Social Services. It is important to note

that a few dental services are also partially covered, including limited oral surgery procedures, orthodontic services for cleft palate, extractions of teeth, and dental implants in exceptional situations.

Link: [Supplementary Health Benefits](#)

Summary: The following benefits are provided to certain groups including those enrolled in income support programs:

Drugs: Depending on individual's needs and housing environment, there are three different health coverage plans.

Optical: Individuals over 64 years of age are eligible for one exam per year. An optometrist or optical dispensary may provide individuals with plain-framed glasses after prior approval from the Ministry of Health. The program may also pay for the replacement of lost or broken glasses on a case-by-case basis.

Audiology: Coverage includes audiology services, hearing aids and certain supplies available through approved suppliers. These benefits may also pay for the replacement of a lost or broken hearing aid on an individual basis (subject to a 30 per cent co-payment for clients over the age of 20).

Dental: Emergency benefits coverage is limited to relieving pain and controlling infection. Full benefits coverage includes a range of basic dental services. Individuals needing dentures may be asked to pay some of the cost.

Link: [Seniors' Drug Plan](#)

Summary: Eligible seniors 65 years and older pay \$25 for prescription drugs listed on the Saskatchewan Formulary or approved under Exception Drug Status.

Link: [Palliative Drug Care Coverage](#)

Summary: This program covers the costs of prescription drugs for palliative care patients who are in the late stages of terminal illnesses. The Drug Plan manages this program.

	<p>Link: Seniors Income Plan (SIP)</p> <p>Summary: Recipients of the Seniors Income Plan (SIP), who have active basic Saskatchewan Health coverage, are eligible for a variety of additional health benefits including annual eye examination and a reduced semi-annual deductible under the Drug Plan and Extended Benefits.</p> <p>-----</p> <p>Link: Specialized Audiology Services</p> <p>Summary: The Saskatchewan Health Authority provides auditory brainstem response testing and support services for cochlear implants and bone anchored hearing devices. These services are available for adults and children.</p>
<p>Dementia Support Programs</p>	<p>Link: First Link</p> <p>Summary: Through the First Link® program, we work together to link individuals and families affected by Alzheimer’s disease or another dementia to a community of learning, services and support as early as possible in the disease process.</p> <p>-----</p> <p>Link: Minds in Motion</p> <p>Summary: A 1.5- 2 hour, weekly program that runs for ten consecutive weeks. We offer in-person and virtual offerings of the program. Minds in Motion® combines 45 to 60 minutes of physical activity, led by a certified physical activity program leader and 45 to 60 minutes of socially stimulating mental activities, facilitated by volunteers. Class sizes are limited in order to accommodate the needs of all participants.</p>
<p>Falls Prevention Programs</p>	



Yukon

Chronic Disease Prevention and Management

Link: [Chronic Conditions Supports](#)

Summary: There are supports available for Yukoners living with chronic conditions.

These supports provide:

- collaborative chronic care; and
- self-management support.

Our services currently focus on the following chronic conditions:

- chronic obstructive pulmonary disease (COPD)
- diabetes; and
- hypertension or high blood pressure.

Key Points:

- **Note: these supports exist for a number of different chronic conditions, though not specifically targeted towards seniors*

Link: [Chronic Disease and Disability Benefits Program](#)

Summary: Individuals who you have a chronic disease or a disability, may be able to get financial assistance through this program. Depending on whether they will help manage an individual's chronic disease or disability and are recommended by a health practitioner, the program will assist with the costs of:

- Prescription drugs;
- Medical surgical supplies;
- Medical equipment;
- Food supplements; and
- Prostheses.

Link: [Extended Health Care Benefits and Pharmacare for Seniors](#)

Summary: Yukon seniors can apply for extended health care and Pharmacare to help pay for medical, dental and vision needs.

Key Points:

The Pharmacare and extended health-care benefits programs assist registered seniors with the cost of:

- prescription drugs;
- dental care (e.g. Dentures) ;
- eye care; and
- medical-surgical supplies and equipment (e.g. buying, repairing, and adjusting hearing aid)

Link: [Hearing Services](#)

Summary: THearing Services provides hearing testing and support including:

- Hearing-loss evaluation
- Newborn hearing screening
- Hearing-aid consultation and fitting
- Hearing-aid repairs
- Assistive-listening device
- Custom earplugs for swimming, sleeping, musicians and working in noise

Link: [The BC Adult Cochlear Implant Program](#)

Summary: The BC Adult Cochlear Implant Program offers a full range of cochlear implant services for adults with complex hearing needs, including: assessments, surgery and rehabilitation. The program is provincially funded and mandated to provide cochlear implant services to adults who meet candidacy criteria for cochlear implants across British Columbia. In addition, adults from the Yukon Territory regularly receive cochlear implant services through this program, with all relevant funding provided by Yukon Health and Social Services.

Link: [Yukon Health Care Insurance Plan](#)

Summary: The Yukon Health Care Insurance Plan provides coverage for required hospital and medical services, and some dental-surgical procedures.

<p>Dementia Support Programs</p>	<p>Link: Shine a Light on Dementia</p> <p>Summary: This training program brings caregivers together to engage in meaningful conversations, share information and develop skills to provide quality care for people with dementia. Mondays 6-8pm.</p> <p>Key Points: A training program for <i>caregivers</i> of people with dementia. Not specifically designed for seniors <i>living</i> with dementia.</p> <p>-----</p> <p>Link: Yukon Community Day Program (Whitehorse)</p> <p>Summary: The Community Day Program is for people who have a mild to moderate cognitive decline, such as dementia. The Community Day Program aims to maintain or increase the level of independence in seniors and Elders. This helps to prevent or delay the need to move into a facility. Our services work with those offered by other providers.</p> <p>We offer a safe and inviting place for seniors and elders to connect with each other. In Whitehorse, they can attend the program on either a full-time or part-time basis.</p> <p>The program includes:</p> <ul style="list-style-type: none"> ● therapeutic group programming; ● activities in maintaining independence; ● daily group recreational activities; ● socialization and peer support; ● hairdressing services; ● lunch, snacks and beverages; ● support with daily living such as bathing; and ● support to caregivers of seniors and Elders
<p>Falls Prevention Programs</p>	



Nation-wide

<p>Chronic Disease Prevention and Management</p>	<p>Link: Eligible Medical Expenses - Lines 33099 and 33199</p> <p>Summary: Individuals are able to claim various medical expenses that were paid by either themselves, their spouse or common-law partner, including:</p> <ul style="list-style-type: none"> ● cancer treatment ● dental services ● dentures and dental implants ● hearing aids ● medications ● prescription drugs
<p>Dementia Support Programs</p>	<p>Link: First Link</p> <p>Summary: The goal of this program by the Alzheimer’s Society is to make it as easy as possible for those diagnosed with dementia to access services, information, and care. Individuals will need to simply give permission for their healthcare provider to share their information with the First Link® service. If a healthcare referral is not available, the individual or their family member member may also call the service directly.</p> <p>-----</p> <p>Link: Disability Tax Credit (DTC)</p> <p>Summary: The disability tax credit (DTC) is a non-refundable tax credit that helps persons with disabilities or their supporting persons reduce the amount of income tax they may have to pay. An individual may claim the disability amount on their tax return once the person with the disability is eligible for the DTC.</p> <ul style="list-style-type: none"> ● Disability amount for self (line 31600) is to claim the disability amount for themselves ● Disability amount transferred from a dependant (line 31800) is to claim the disability amount for their dependent ● Amounts transferred from your spouse or common-law partner (line 32600) is to claim the disability amount for your spouse or common-law partner

	<p>Link: Canada Caregiver Credit</p> <p>Summary: This is a non-refundable tax credit for individuals that support a spouse, common-law partner, or a dependant with a physical or mental impairment.</p> <ul style="list-style-type: none">• For an individual’s spouse or common-law partner, they may be entitled to claim an amount of \$2,295 in the calculation of line 30300. An individual could also claim an amount up to a maximum of \$7,348 on line 30425.• For an eligible dependant 18 years of age or older (who is a person you are eligible to make a claim for on line 30400), an individual may be entitled to claim an amount of \$2,295 in the calculation of line 30400. They could also claim an amount up to a maximum of \$7,348 on line 30425. <p>For each dependant 18 years of age or older who is not an individual’s spouse or common-law partner or an eligible dependant for whom an amount is claimed on line 30300 or on line 30400, they may be entitled to claim an amount up to a maximum of \$7,348 on line 30450.</p>
Falls Prevention Programs	<p>Link: Falls in Seniors</p> <p>Summary: This webpage by Parachute Canada creates an online resource for individuals to find information regarding fall prevention from various organizations.</p>

Pillar 2: Strengthening Home and Community-Based Care and Supports for Unpaid Caregivers



Alberta

Assistive Devices and Home Modification Programs

Link: [Alberta Aids to Daily Living Program \(AADL\)](#)

Summary: The program offers basic medical equipment and supplies to support residents of Alberta that suffer from long-term disability, chronic illness or terminal illness maintain their independent living.

What's included:

- Amplification Devices
- Musculoskeletal Supports (Hernia abdominal and back supports)
- Large and small bathing and toileting equipment
- Burn garments
- Custom-made footwear
- Custom-made ocular prostheses
- Homecare beds and accessories*
- Incontinence supplies (diapers and catheters)

Key Points:

There are different funding methods. Some devices are fully funded by Alberta Health and others are cost-shared.

Link: [Seniors Home Adaptation and Repair Program \(SHARP\)](#)

Summary: The Seniors Home Adaptation and Repair Program (SHARP) allows seniors to use their home equity to remain in their homes and maintain their independence. Eligible seniors can apply for a low-interest home equity loan with the Government of Alberta to cover repairs, adaptations and renovations to their primary residence. Examples of projects include bathroom or walk-in tubs, stair lifts, and widening of doorways.

Link: [Residential Access Modification Program \(RAMP\)](#)

	<p>Summary: The program enables low income Albertans with mobility challenges to apply for grants to modify their home. One of the groups that may be eligible for this program are Albertans of any age who uses a wheelchair or a senior (65+ years) who uses a 4-wheel walker on an ongoing basis. Individuals can apply for a grant for up to \$7,500 per person each benefit year and up to \$15,000 per person within 10 years.</p>
<p>HOME 02</p>	<p>Link: Alberta Aids to Daily Living Respiratory Benefits Program</p> <p>Summary: The Alberta Aids to Daily Living (AADL) Respiratory Benefits Program provides respiratory benefits funding to Albertans living in their homes or supported living facilities. The program helps Albertans with a long-term disability, chronic illness, or terminal illness stay independent at home or in a supported living facility by providing financial assistance for respiratory equipment and supplies. Respiratory benefits include oxygen, ventilators, tracheotomy tubes, suction equipment and supplies, and bi-level positive airway pressure (BPAP) devices.</p>
<p>At-home Care and Support Services</p>	<p>Link: Special Needs Assistance for Seniors</p> <p>Summary: Special Needs Assistance for Seniors considers specific items that fall into one of the following 3 categories: health supports, personal supports, and appliances or furniture. An individual’s income level determines whether they are eligible for primary or secondary items.</p>
<p>At-home Palliative Care</p>	<p>Link: Palliative Coverage Program</p> <p>Summary: The Palliative Coverage Program provides subsidized benefits to Albertans who are diagnosed as palliative and remain in their home or in a hospice where access to publicly funded drugs, diabetic supplies and ambulance services are not included.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Alberta Blue Cross administers Palliative Coverage. There are no premiums to pay. <hr/> <p>Link: Emergency Medical Services Palliative and End of Life Care Assess Treat and Refer Program</p> <p>Summary: This program provides urgent care to people who receive palliative and end-of-life care in their homes. Front line paramedics and community clinicians will work together to ensure that the emergency treatment matches with the patient's overall care plan. This may include</p>

	<p>providing support to patients in their homes rather than transporting them to a hospital.</p> <p>-----</p> <p>Link: Palliative Home Care - Urban (Calgary Zone)</p> <p>Summary: This service provides comprehensive interprofessional palliative care services to adult patients and families who are living with a progressive life limiting illness or are nearing end of life. There are no fees for professional or personal care services. There may be fees for equipment, supplies or medications.</p>
<p>Reablement Programs*</p>	<p>Link: The Good Samaritan Society CHOICE© Program (Edmonton)</p> <p>Summary: In partnership with Alberta Health Services, The Good Samaritan Society CHOICE© Program (Comprehensive Home Option for Integrated Care of the Elderly) provides seniors with complex medical conditions the advantage of living at home by utilizing the support services made available at the site. Led by a multi-disciplinary team including a physician, social worker, chaplain, nurse, rehabilitation therapists, dietician and other health care workers who work with a program manager, participants come to the centre to access a broad range of services</p> <p>Key Points:</p> <ul style="list-style-type: none"> ● Provide a safe, caring, stress-free environment with meaningful activities and stimulation designed to preserve remaining abilities for as long as possible. ● Enhance the quality of life of both the client’s and those in their support network, as well as to provide respite and support to caregivers.
<p>Support for Unpaid Caregivers</p>	<p>Link: Programs and Services from Caregivers Alberta</p> <p>Summary: Caregiver Alberta provides various programs and services for caregivers including:</p> <ul style="list-style-type: none"> ● Caregiver coaches (one to one guidance) ● Caregiver support community program (weekly online sessions) ● COMPASS for the Caregiver program (multi-session workshop helping caregivers balance their own well-being with the challenges of caregiving.) ● Educational workshops (virtual sessions on a variety of caregiver related topics) ● Resources and helpful links

Link: [Family Caregiver Centre \(Calgary\)](#)

Summary: An initiative of Alberta Health Services in partnership with the Calgary Health Foundation, offering support for caregivers who are not paid including:

- connections to healthcare and community services
- a supportive person to talk to
- education programs
- a library of books, videos, and articles

Link: [Compassionate Care Leave](#)

Summary: Eligible employees can take up to 27 weeks of leave to care for gravely-ill family (incl. family members of employee's spouse, common-law or adult interdependent partner).

Link: [Line 58160 – Amount for an Eligible Dependant](#)

Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on [line 30400](#) of your return (federal) and your dependant's net income from line 23600 of their return (or the amount that it would be if they filed a return) is **less than \$19,369**.

Link: [Line 58400 – Caregiver Amount](#)

Summary: An individual can claim this non-refundable tax credit if, at any time in 2021, they (alone or with another person) kept a dwelling where they and one or more of their dependants lived. The individual may be able to claim up to \$11,212 for each dependant.

Link: [Line 58689 – Medical Expenses for Self, Spouse or Common-Law Partner, and Your Dependent Children Born in 2004 or Later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependents](#)

Summary: An individual can claim medical expenses for other dependents in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those they can claim on line 33199 of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.



British Columbia

Assistive Devices and Home Modification Programs

Link: [Safe Seniors, Strong Communities](#)

Summary: The Safe Seniors, Strong Communities program matches seniors (65+) who need support with non-medical essentials, to volunteers in their community who are willing to help. Available services include:

- Grocery shopping and delivery
- Meal preparation and delivery
- Prescription pickup and delivery
- Phone and/or virtual friendly visits

Link: [March of Dimes Canada](#)

Summary: Assists adults with physical disabilities who are in financial need to purchase **assistive devices** that increase their mobility and functional independence. The Program may also have contact information or resources to assist in locating additional funding sources. The Program is now being offered virtual (telephone/online) during the COVID pandemic for your safety and convenience.

Link: [Home Adaptations for Independence](#)

Summary: Home Adaptations for Independence helps low-income seniors and people with disabilities finance home modifications for accessible, safe and independent living. Eligible homeowners, renters and landlords can receive up to \$20,000 per home in the form of a forgivable loan.

Link: [Home Renovation Tax Credit for Seniors and Persons with Disabilities](#)

Summary: The Home renovation tax credit for seniors and persons with disabilities assists eligible individuals 65 and over and persons with disabilities with the cost of certain permanent home renovations to improve accessibility or be more functional or mobile at home.

Link: [Home Owner Grant for People with Disabilities](#)

Summary: The home owner grant for people with disabilities reduces the

	<p>amount of property taxes an individual pays each year on their principal residence. One of the options to meet the disability requirement is to have spent at least \$2,000 on structural modifications for their home, or purchased the home with qualifying modifications that cost at least \$2,000.</p> <p>-----</p> <p>Link: Low Income Grant Supplement for People with Disabilities</p> <p>Summary: The low income grant supplement allows low income homeowners with a disability or living with a person with a disability to supplement their home owner grant (noted above) if it's been reduced or eliminated because of the high assessed value of their principal residence.</p>
<p>HOME 02</p>	<p>Link: Fraser Health Home Oxygen Program (Fraser Health)</p> <p>Summary: The Fraser Health Home Oxygen Program is funded by the regional health authority and provided to those that live in the Fraser Health area and qualify based on the medical and non-medical criteria.</p>
<p>At-home Care and Support Services</p>	<p>Link: Meals on Wheels & Community Meal Delivery Program (Maple Ridge)</p> <p>Summary: This is one of the numerous Meals on Wheels programs across British Columbia that provides the opportunity for individuals to live independently with self-reliance in their own homes by delivering well-balanced meals and regular human contact. These programs receive funded from the province's health authorities.</p> <p>-----</p> <p>Link: Assisted Living</p> <p>Summary: Assisted living services provide housing, hospitality services and personal care services for adults who can live independently and make decisions on their own behalf but require a supportive environment due to physical and functional health challenges. Assisted living residences can range from a unit in a high rise apartment complex to a private home. Units can vary from one room to private, self-contained apartments.</p> <p>Link: Independent Living BC Program</p> <p>Summary: Independent Living BC (ILBC) is a subsidized, assisted-living program that provides housing with support services to seniors and people with disabilities. Independent Living BC is a partnership between BC Housing, provincial health authorities, the Canada Mortgage and Housing Corporation (CMHC), and non-profit and private-market housing providers.</p>

The program's assisted living units provide **a middle option between home care and residential care**, so individuals can continue to live independently.

Link: [Provincial Home Support Services](#)

Summary: Home support services are direct care services provided by community health workers to clients who require personal assistance with activities of daily living. Home support services may also include safety maintenance activities and some specific nursing and rehabilitation assistance.

Link: [Home Support](#)

Summary: The province provides home support services to help older adults remain independent and live in their own homes for as long as possible. Home support services are direct care services provided by community health workers to clients who require personal assistance with **activities of daily living**, such as:

- mobility;
- nutrition;
- lifts and transfers;
- bathing and dressing;
- cueing (providing prompts to assist with the completion of tasks); and
- grooming and toileting.

Home support services may also include safety maintenance activities as a supplement to personal assistance when appropriate. These activities may include clean-up, laundry of soiled bedding or clothing, and meal preparation.

In addition, community health workers may perform some specific nursing and rehabilitation tasks that have been delegated by health care professionals.

Home support services can be considered respite care, to provide caregivers with temporary relief from the demands of providing care. Home support services are usually provided over a longer period of time, such as several months or years, but can also be provided on a short-term basis after a discharge from hospital or as part of end-of-life care.

Older adults receiving publicly subsidized home support services pay a daily rate based on their income (and the income of their spouse, if applicable)

	<p>Link: Better at Home</p> <p>Summary: Better at Home is a province-wide program funded by the Government of BC and managed by the United Way of the Lower Mainland to help seniors remain independent at home and stay connected with their community. Under the Better at Home program, seniors have access to a range of non-medical home support services such as housekeeping, grocery shopping, home repair, friendly visiting, snow shovelling, yard work and transportation to appointments. Services are delivered through local non-profit organizations by volunteers and paid workers. Seniors are charged a fee for services on a sliding scale based on income.</p>
<p>At-home Palliative Care</p>	<p>Link: BC Palliative Care Benefits Program</p> <p>Summary: BC Palliative Care Benefits support BC residents of any age who have reached the end stage of a life-threatening disease or illness and who wish to receive palliative care at home. "Home" is defined as wherever the person is living, whether in their own home, with family or friends, in a supportive/assisted living residence, or in a hospice unit at a residential care facility (e.g. a community hospice bed that is not covered under PharmaCare Plan B).</p> <p>Key Points:</p> <ul style="list-style-type: none"> • 100% coverage of eligible costs for medications used in palliative care through the PharmaCare BC Palliative Care Drug Plan (Plan P), and • Medical supplies and equipment through the local health authority <hr/> <p>Link: Palliative Care at Home (Vancouver Coastal Health)</p> <p>Summary: The regional health authority works with individuals, their families, and doctors to make the necessary arrangements to provide end of life care at home. This is provided through various health centers across the region.</p>
<p>Reablement Programs*</p>	<p>Link: Specialized Community Services Outreach Team (SCSOT) (Burnaby)</p> <p>Summary: SCSOTs support adults living in Burnaby who are frail or have a greater chance of being frail and have complex health conditions. The teams help clients during or after hospital stays, to improve and maintain health, and to maintain independence. The service is provided for up to 12 weeks. They offer two services:</p>


	<p>Reablement Services: Involves working with adults to enhance their ability to do everyday activities and improve their quality of life.</p> <p>Geriatric Outreach Services: Involves assessing seniors in the community to identify care needs then to help them plan and manage their own care at home.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • No Cost • *Only available in Burnaby
<p>Support for Unpaid Caregivers</p>	<p>Link: Programs and Services from Family Caregivers of British Columbia</p> <p>Summary: Family Caregivers of British Columbia provides various programs and services for caregivers including:</p> <ul style="list-style-type: none"> • BC Caregiver Support Line • 1:1 Caregiver Coaching Sessions • Caregiver Support Groups • Webinars and workshops • Virtual Caregiver Resource Centre <p>-----</p> <p>Link: Family Responsibility Leave</p> <p>Summary: An employee is entitled to up to 5 days of unpaid leave during each employment year to meet responsibilities related to the care or health of any other member of the employee's immediate family. This leave is designed to help employees deal with family problems that conflict with job responsibilities. This leave is a statutory entitlement, not something that may or may not be granted at the discretion of the employer.</p> <p>-----</p> <p>Link: Compassionate Care Leave</p> <p>Summary: An employee who requests leave under this section is entitled to up to 27 weeks of unpaid leave to provide care or support to a family member.</p> <p>-----</p> <p>Link: Line 58160 – Amount for an Eligible Dependant</p> <p>Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on line 30400 of your return (federal) and your dependant’s net income from line 23600 of their return (or the amount that it would be if they filed a return) is less than \$10,427.</p>

Link: [Line 58689 – Medical Expenses for Self, Spouse or Common-Law Partner, and Your Dependent Children Born in 2004 or Later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependants](#)

Summary: An individual can claim medical expenses for other dependants in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those they can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

	<h2 style="text-align: center;">Manitoba</h2>
<p>Assistive Devices and Home Modification Programs</p>	<p>Link: Home Care Services - Supplies and Equipment</p> <p>Summary: The main purpose of the program is to provide the necessary support to help individuals that require health assistance continue to live at their homes as safely as possible</p> <p>What's included:</p> <ul style="list-style-type: none"> ● Hospital beds and mattresses ● Hospital bed accessories ● Pressure relief mattresses and cushions ● Commodes ● Transfer devices and aids ● Wheelchair cushions and back supports ● Aids to daily living – e.g. cooking aids, eating and bathing aids, bathroom safety equipment, grab bars, dressing aids, hearing aid batteries, cane, crutches, walkers <p>Key Points:</p> <ul style="list-style-type: none"> ● Devices are fully funded by the program. There is a pool available to allow loaning of devices. ● All devices must be loaned or purchased from Manitoba's Materials Distribution Agency Medical Products Catalogue. ● If the device is not available in the loaning pool, the government will assist in purchasing the device.
<p>HOME 02</p>	<p>Link: Manitoba Home Oxygen Concentrator Program (HOCP)</p> <p>Summary: The Provincial Home Oxygen Concentrator Program (HOCP) supports clients who require oxygen concentrator services and who meet eligibility criteria to remain at home.</p> <p>Key Points:</p> <ul style="list-style-type: none"> ● Medical criteria must be met ● Assigned to a Community Case Coordinator whom will provide assessment on an annual and as needed basis
<p>At-home Care and Support Services</p>	<p>Link: PRIME Program - Winnipeg Health Region</p> <p>Summary: PRIME is a long term program providing care for seniors age 65 or older in the Winnipeg community with chronic complex problems posing risk of admission to personal care home, emergency departments or hospital. PRIME provides maintenance focus for clients who no longer have rehabilitation potential. Clients attend the Program one to five times a per</p>

week to receive a range of services such as primary health care, medical care from a physician and/or nurse practitioner and home care case coordination.

Link: [Meals on Wheels Winnipeg \(Winnipeg\)](#)

Summary: This is one example of a Meals on Wheels program that receives funding from a regional health authority. In this program, clients receive low-cost meal delivery and visitation from volunteers.

Link: [Home Care Program](#)

Summary: The Manitoba Home Care Program, established in September 1974, is the oldest, most comprehensive, province-wide, universal home care program in Canada. Home Care is provided to Manitoba's of all ages based on assessed need and taking into account other resources available to the individual, including families, community resources and other programs. The Home Care program was established to help people live at home and remain independent for as long as possible, thereby avoiding or delaying the need for individuals to go into long term care facilities.

The mandate of the program is to provide effective, reliable and responsive community health care services to support independent living, develop appropriate care options with clients and/or family, and facilitate admission into long term care facilities when living in the community is no longer possible.

Link: [Personal Care Services](#)

Summary: Personal care services assist Manitobans who can no longer remain safely at home because of a disability or their health care needs. These include services such as assistance with daily living and necessary nursing care. The cost of these services is shared by the provincial government (Manitoba Health) and the client who needs the services.

<p>At-home Palliative Care</p>	<p>Link: Palliative Care Drug Access Program</p> <p>Summary: This program is designed for people at the end stages of their illness, when the focus of care is on comfort. By covering the cost of eligible drugs for use in the home or in another residence, a major financial burden is removed for the patient and their family. The Palliative Care Drug Access Program provides deductible-free coverage through Manitoba Health, Seniors and Active Living. The program is open to residents of Manitoba, with a current Manitoba Health registration number. The patient and their physician or NP must agree on palliative care, dealing with an advanced phase of a terminal illness.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • <i>*Drug coverage, not necessarily palliative care past that</i> <p>-----</p> <p>Link: Winnipeg Regional Health Authority (WRHA) Palliative Care Program (Winnipeg)</p> <p>Summary: The Winnipeg Regional Health Authority (WRHA) Palliative Care program provides access to care 24 hours a day to people registered with the WRHA program. The program also provides consultative services to patients and health care professionals across Manitoba. Direct palliative care services in the community are provided through home care in some regional health authorities.</p>
<p>Reablement Programs*</p>	<p>Link: Hospital Home Team (HHT) (Winnipeg)</p> <p>Summary: The Hospital Home Team (HHT) initiative is a highly integrated interprofessional team linking Home Care with community-based health and social services. The resulting interdisciplinary care maximizes client functioning (reablement) thereby maximizing independence in the community. The outcome is reduced hospitalization and emergency department visits.</p>
<p>Support for Unpaid Caregivers</p>	<p>Link: Compassionate Care Leave</p> <p>Summary: Compassionate care leave gives employees the opportunity to take up to 28 weeks of unpaid leave to care for or support a critically ill family member who has a significant risk of death within the next 26 weeks.</p> <p>-----</p> <p>Link: Line 58160 – Amount for an Eligible Dependant</p>

Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on [line 30400](#) of your return (federal) and your dependant's net income from line 23600 of their return (or the amount that it would be if they filed a return) is **less than \$9,134**.

Link: [Line 58400 – Caregiver Amount](#)

Summary: An individual can claim this non-refundable tax credit if, at any time in 2021, they (alone or with another person) kept a dwelling where they and one or more of their dependants lived. The individual may be able to claim up to \$3,605 for each dependant.

Link: [Line 58689 – Medical Expenses for Self, Spouse or Common-Law Partner, and Your Dependent Children Born in 2004 or Later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependants](#)

Summary: An individual can claim medical expenses for other dependants in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those they can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.



New Brunswick

Assistive Devices and Home Modification Programs

Link: [Health Services Hearing Aid Program](#)

Summary: This program assists clients of this department with coverage for the purchase and maintenance of hearing aids services which are not covered by other agencies or private health insurance plans.

Key Points:

- Program is available to: clients of this department and their dependents;
- Individuals who have special health needs and who qualify for assisted health care under Section 4.4 of the Family Income Security Act and Regulations

Link: [Health Services Wheelchair/Seating Program](#)

Summary: The intent of this program is to limit eligibility for the parking permit and placard for person(s) having a disability to those situations where the person has a significant degree of mobility impairment caused by paralysis, lower limb amputation, heart or lung disease or other health problems such that the person would have difficulty walking unassisted more than 50 metres in outdoor weather conditions. The placard and parking permit may be obtained upon application at Service New Brunswick Centres throughout the province without charge.

Link: [Homeowner Repair Program](#)

Summary: This program is offered by the Department of Social Development and provides financial assistance for:

- Modifications to low-income homeowner and rental units to improve the accessibility of the dwelling for disabled occupants
- Adaptations for low-income seniors who have difficulty with daily living activities in the home.

Link: [Housing Assistance for Persons with Disabilities](#)

Summary: This program provides financial assistance to various groups including homeowners with total household income at or below the applicable Housing Income Limit undertaking accessibility work to modify a dwelling occupied or intended to be occupied by persons with disabilities.

	<p>The assistance is provided to homeowners in the form of a forgivable loan up to a maximum of \$10,000. Additional assistance may be available in the form of a repayable loan based on a household's ability to repay.</p> <p>-----</p> <p>Link: New Brunswick Seniors' Home Renovation Tax Credit</p> <p>Summary: The New Brunswick Seniors' Home Renovation Tax Credit is a refundable personal income tax credit for seniors and family members to help make their home more safe and accessible. If individuals qualify, they can claim up to \$10,000 worth of eligible home improvements on their tax return.</p> <p>-----</p> <p>Link: Minor Home Repairs Grant</p> <p>Summary: The Minor Home Repairs Grant is available for older adult residents who:</p> <ol style="list-style-type: none"> 1) Participated in the Seniors Health, Well-being and Home Safety Review AND 2) Has a total household income is at or below the low income seniors benefit limits 3) Recipients can receive a one-time, non-repayable grant of up to \$1500, one per household.
<p>HOME 02</p>	<p>Link: Health Oxygen Program (Extra-Mural Program)</p> <p>Summary: The Home Oxygen Program consists of acute oxygen services and long term oxygen services for seniors. This program is provided by the publicly-funded New Brunswick Extra-Mural Program.</p>
<p>At-home Care and Support Services</p>	<p>Link: Meals on Wheels of Fredericton Inc. (Fredericton)</p> <p>Summary: This is one of the Meals on Wheels program that are contracted by the provincial Department of Social Development. In this program, provide nutritious meals and social support to seniors, individuals with disabilities, and those recovering from illness, surgery or injury; to assist them in the enhancement of a healthy and independent lifestyle.</p> <p>Link: Extra-Mural Program</p> <p>Summary: The New Brunswick Extra-Mural Program (EMP), known as the "hospital without walls" is the provincial home healthcare program that provides healthcare services to New Brunswickers' of all ages, in their homes (personal residence, special care home, nursing home). Home healthcare services include acute, palliative, maintenance and supportive care and</p>

	<p>coordination of support services. The EMP is a publicly funded provincial program whose services are delivered by Extra-Mural/Ambulance New Brunswick Inc. (EM/ANB). This Department is responsible for the overall direction of the EMP.</p> <p>Key Points: <i>*Not specific to seniors</i></p> <p>-----</p> <p>Link: Long-Term Care Services for Seniors</p> <p>Summary: Long-Term Care Services refer to a range of personal support, physical, social and mental health services required by individuals who, because of long term functional limitations, need assistance to function as independently as possible. Home support services can help with the senior’s daily activities such as personal care (ex: bathing, grooming, feeding), light housekeeping, and meal preparation. These services can also include relief to caregivers. Clients can choose to receive home support services from approved Home Support Agencies or from private individuals.</p>
<p>At-home Palliative Care</p>	<p>Link: Palliative Care Project</p> <p>Summary: The focus of this project is to provide Ambulance New Brunswick (ANB) paramedics with training enabling them to support Extra-Mural Program (EMP) palliative care patients in fulfilling their choices and provide palliative care at home.</p> <p>-----</p> <p>Link: Extra-Mural Program</p> <p>Summary: The Extra-Mural Program provides home health services to New Brunswickers of all ages with a wide range of illnesses, injuries, chronic (long term) conditions and palliative (end of life) care needs.</p>
<p>Reablement Programs*</p>	<p>Link: Rapid Rehabilitation and Reablement</p> <p>Summary: Rapid Rehabilitation and Reablement services provide intensive, short-term care, as well as equipment and supplies, to help restore seniors’ independence so they can remain safely at home following a hospital admission or illness or injury that impaired daily living.</p> <p>Key Points: Reablement services help seniors learn or relearn the skills necessary to adapt to living independently and to carry out daily activities while living with impairment.</p>

**Support for
Unpaid
Caregivers**

Link: [Compassionate Care Leave](#)

Summary: Compassionate care leave gives employees the opportunity to take up to 28 weeks of unpaid leave to care for or support a critically ill family member who has a significant risk of death within the next 26 weeks.

Link: [Line 58160 – Amount for an Eligible Dependant](#)

Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on [line 30400](#) of your return (federal) and your dependant's net income from line 23600 of their return (or the amount that it would be if they filed a return) is **less than \$9,868**.

Link: [Line 58400 – Caregiver Amount](#)

Summary: An individual can claim this non-refundable tax credit if, at any time in 2021, they (alone or with another person) kept a dwelling where they and one or more of their dependants lived. The individual may be able to claim up to \$4,989 for each dependant.

Link: [Line 58689 – Medical expenses for self, spouse or common-law partner, and your dependent children born in 2004 or later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependants](#)

Summary: An individual can claim medical expenses for other dependants in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those they can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.



Newfoundland & Labrador

<p>Assistive Devices and Home Modification Programs</p>	<p>Link: Special Assistance Program - Medical Equipment and Supplies</p> <p>Summary: The Special Assistance Program is a provincial program which provides basic medical supplies and equipment to assist with activities of daily living for individuals living in the community who meet the eligibility criteria for the program. Benefits of the program include:</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Medical supplies (such as dressings, catheters and incontinent supplies), • Oxygen and related equipment and supplies, • Orthotics such as braces and burn garments, and • Equipment such as wheelchairs, commodes or walkers. <hr/> <p>Link: Home Modification Program (HMP)</p> <p>Summary: Through Newfoundland and Labrador Housing Corporation (NLHC), the Home Modification Program (HMP) is designed to provide funding to assist homeowners with low-to-moderate income who require accessibility changes to their residences, to enable individuals to remain in their own homes for a longer period.</p>
<p>HOME 02</p>	<p>Link: Special Assistance Program</p> <p>Summary: The Special Assistance Program can help patients who qualify by providing basic medical equipment and supplies to assist with daily activities. Benefits of the program include oxygen and related equipment and supplies.</p>
<p>At-home Care and Support Services</p>	<p>Link: Provincial Home Support Program</p> <p>Summary: The Home Support Program can support you to live independently in your home for as long as possible. Whether you require support on a short-term or long-term basis, the Home Support Program may be for you if you require assistance with activities of daily living. The Home Support Program provides nonprofessional assistance to help you with personal care and homemaking.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Personal Care - includes assistance with self-care activities such as eating, grooming, bathing, dressing, toileting, transferring and

mobility/ambulation.

- Homemaking - includes household activities such as light housekeeping, laundry, light vacuuming, and in-home meal preparation
- Respite Care - provides substitute caregiving services so that primary caregivers can get temporary relief or support
- Behavioural Support - support for individuals living in the community who may need help due to behavioural concerns. A Behaviour Management Specialist will help implement programs and interventions

Link: [Home Modification Program](#)

Summary: HMP is designed to provide funding to low-to-moderate income homeowners (\$46,500 or less), who require accessibility changes to their residences, to enable them to remain in their own homes for a longer period. *HMP assists persons with disabilities and is not limited to those 65 years of age and over.*

Key Points:

- Installation of a ramp; widened doorways/halls to increase space for wheelchair;
- Roll/walk-in showers, bathtub grab bars; and seats.

Link: [Home Support Services Program](#)

Summary: Home Support is a benefit available within the Community Support & Residential Services Program of Central Health. Home Support enables eligible individuals, who require assistance with **Activities of Daily Living (ADLs)** and Independent Activities of Daily Living (IADLs) to reside independently in their own home, board and lodging, alternate family care home, apartment, condominium, assisted living unit or shared living arrangement. Home Support is intended to supplement, not replace, services provided by the individual's family and natural support network.

Key Points:

- Individual must be 65 years of age or older
- Individual must be 18 years of age or older and have a permanent disability.

<p>At-home Palliative Care</p>	<p>Link: Palliative Care at Home (Central Health)</p> <p>Summary: Palliative care at home may be paid for by the provincial health plan as part of a home care program. Services provided in the last month of life include the cost of drugs and equipment used at home and 219 paid hours of home support services.</p>
<p>Reablement Programs*</p>	<p><i>*Note: There are initiatives being set in place to improve senior reablement, but currently it is lacking (Deloitte Demand Forecasting Report, Page 18).</i></p>
<p>Support for Unpaid Caregivers</p>	<p>Link: Paid Family Caregiving Option</p> <p>Summary: The Paid Family Care Giving Option, under the Provincial Home Support Program, is available to home support clients and will assist clients to remain in their homes and communities. Individuals who are eligible to be paid to provide care under the Paid Family Caregiving Option are: parents, children, siblings, grandparents, grandchildren and relatives residing in the same home, excluding spouses and common law partners.</p> <p>-----</p> <p>Link: Family Responsibility Leave</p> <p>Summary: An employee, having been employed under a contract of service with the same employer for a continuous period of 30 days, shall be granted by his or her employer a period of 7 days unpaid family responsibility leave in a year.</p> <p>-----</p> <p>Link: Compassionate Care Leave</p> <p>Summary: An employee who has been employed by the same employer for at least 30 days is entitled to a leave of absence without pay of up to 28 weeks to provide care or support to a family member of the employee where a medical practitioner or nurse practitioner issues a certificate stating that the family member has a serious medical condition with a significant risk of death within 26 weeks.</p> <p>-----</p> <p>Link: Line 58160 – Amount for an Eligible Dependant</p> <p>Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on line 30400 of your return (federal) and your dependant’s net income from line 23600 of their return (or the amount</p>

that it would be if they filed a return) is **less than \$8,572**.

Link: [Line 58400 – Caregiver Amount](#)

Summary: An individual can claim this non-refundable tax credit if, at any time in 2021, they (alone or with another person) kept a dwelling where they and one or more of their dependants lived. The individual may be able to claim up to \$4,989 for each dependant.

Link: [Line 58689 – Medical expenses for self, spouse or common-law partner, and your dependent children born in 2004 or later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependants](#)

Summary: An individual can claim medical expenses for other dependants in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those they can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.



Northwest Territories

Assistive Devices and Home Modification Programs

Link: [Extended Health Benefits Seniors' Program](#)

Summary: The program provides additional medical benefits to non-aboriginal metis residents over the age of 60.

What's included:

- Audiology equipment (e.g. hearing aids)
- Diabetic supplies and equipment (e.g. blood testing strips and injection supplies)
- Incontinence products
- Medical equipment (e.g. wheelchairs and walkers)
- Medical supplies (e.g. bandages and dressings)
- Orthotics and custom made footwear
- Oxygen and respiratory supplies and equipment
- Pressure garments
- Prosthetics

Key Points:

Devices are fully funded. However, the program should be the last option considered by clients.

Link: [Seniors Aging-in-Place Program](#)

Summary: The Seniors Aging-In-Place Program provides a forgivable loan (over one year) to lower energy costs or for repairs so that older adults who own their homes can continue to live in their homes safely. Eligibility is determined if the individual is a resident and homeowner of the Northwest Territories who is 60 years old, or older, and who has a low income.

Link: [Seniors Aging-in-Place Program](#)

Summary: The Northwest Territories Housing Corporation assists existing homeowners in making necessary repairs to their home, in order to ensure a safe and healthy home. It is available to low and modest income homeowners, including seniors on fixed incomes. Additional funding is available to improve the accessibility of a home for people with disabilities. Assistance of up to \$50,000 is provided in the form of a forgivable loan to subsidize the cost of preventative maintenance checks, repairs and renovations for their existing home.

Link: [CARE Mobility](#)

	<p>Summary: The CARE Mobility program assists low-income homeowners with disabilities by providing up to \$100,000 to carry out modifications to their home to improve accessibility and support independent living. Modifications must be directly related to the disability of the homeowner or a family member residing in the unit.</p>
<p>HOME 02</p>	<p>Link: Extended Health Benefits for Seniors Program</p> <p>Summary: The Government of the Northwest Territories (GNWT) sponsors the <i>Extended Health Benefits for Seniors Program</i> to provide eligible residents of the Northwest Territories who are 60 years of age and over access to a range of benefits not covered by hospital and medical care insurance. Through this program, recipients receive coverage for eligible prescription drugs, dental services, vision care, medical supplies and equipment. In regards to the latter, it includes oxygen and respiratory supplies and equipment provided in Canada.</p>
<p>At-home Care and Support Services</p>	<p>Link: Home and Community Care</p> <p>Summary: Home and Community Care Services (Home Care) provide individuals with nursing care and support for personal care and daily living activities when they are no longer able to perform these activities on their own. These services help people to stay in their own homes rather than go to a hospital or long term care facility when they need nursing care or help with daily living activities because of age, disability, injury, or illness. You can receive Home Care services if you have a valid NWT Health Care Card, and have been assessed and found to have needs best met by Home Care.</p>
<p>At-home Palliative Care</p>	<p>*Note: At home palliative care offered by same program as above</p>
<p>Reablement Programs*</p>	
<p>Support for Unpaid Caregivers</p>	<p>Link: Compassionate Care Leave</p> <p>Summary: Compassionate Care Leave of 27 weeks of unpaid leave each year to allow workers time to provide end-of-life care for a family member who is gravely ill or at risk of death.</p> <p>-----</p>

Link: [Family Caregiver Leave](#)

Summary: A new Family Caregiver Leave will provide up to 17 weeks of unpaid leave for eligible persons to provide care or support for an adult family member who is critically ill or injured, and up to 37 weeks for a child family member.

Link: [Line 58160 – Amount for an Eligible Dependant](#)

Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on [line 30400](#) of your return (federal) and your dependant's net income from line 23600 of their return (or the amount that it would be if they filed a return) is **less than \$15,243**.

Link: [Line 58400 – Caregiver Amount](#)

Summary: An individual can claim this non-refundable tax credit if, at any time in 2021, they (alone or with another person) kept a dwelling where they and one or more of their dependants lived. The individual may be able to claim up to \$5,052 for each dependant.

Link: [Line 58689 – Medical expenses for self, spouse or common-law partner, and your dependent children born in 2004 or later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependents](#)

Summary: An individual can claim medical expenses for other dependants in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those they can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020. The maximum amount you can claim is \$5,000 for each dependant.



Nova Scotia

Assistive Devices and Home Modification Programs

Link: [Seniors Community Wheelchair Loan Program](#)

Summary: The Seniors Community Wheelchair Loan Program provides new and recycled wheelchairs (manual and/or electric) to eligible residents of Nova Scotia to support them in their homes and communities. Must be 65 years of age or older at the time of application to be eligible.

Link: [Disabled Residential Rehabilitation Assistance Program for Homeowners](#)

Summary: This program provides financial assistance to people who can't afford to make their homes more accessible for persons with disabilities. The maximum amount of funding available for homeowners is \$16,000.

Link: [Access-A-Home Program](#)

Summary: This program provides eligible clients with a non-repayable grant of up to \$7,000 to help make their home wheelchair accessible. The amount of the grant varies based on household income.

Link: [Home Adaptations for Seniors' Independence](#)

Summary: This program helps homeowners pay for home adaptations so older adults with low incomes can stay in their homes independently for longer periods of time. A one-time forgivable grant of up to \$3,500 is available, and does not need to be repaid as long as the homeowner agrees to live in their home for a minimum of six months after the adaptations are made.

HOME 02

Link: [Home Oxygen Services Program](#)

Summary: This program funds oxygen equipment such as oxygen concentrators, portable oxygen tanks and other related supplies. The Home Oxygen Services program gives you equipment to maintain your oxygen treatments at home. You'll be given an oxygen concentrator, regulator, nasal cannula, oxygen tubing and a backup cylinder.

At-home Care and Support Services

Link: [Home Care](#)

Summary: Home Care is available to all Nova Scotians who need help with care in their homes and communities. Through Home Care, people are able to remain as independent as possible by staying in their home and community. Home Care Services include both home support (ex. personal care) and nursing (ex. dressing changes, catheter care).

Link: [Bed Loan Program Policy](#)

Summary: The Continuing Care Branch of the Nova Scotia Department of Health will, in conjunction with the Canadian Red Cross Nova Scotia Region, provide access to a bed loan program for clients of Continuing Care residing in the community. This policy applies to individuals living in the community, who have demonstrated a need for a hospital type bed system and who meet the criteria of the HELP-Bed Loan Program.

Link: [Personal Alert Assistance Program Policy](#)

Summary: The Personal Alert Assistance Program provides financial assistance to eligible, low-income seniors over the age of 65, and to Nova Scotians age 19 years or older living with an acquired brain injury. The program provides up to \$480/year to reimburse for the purchase of a personal alert assistance service. Personal Alert Assistance: Refers to a 24-hour personal support and emergency response system that when activated can directly connect individuals to a Response Centre which can contact the appropriate help. Personal Alert Systems include two-way communicator devices (e.g., wrist band/pendant and unit connected to phone line).

Link: [Instrumental Activities of Daily Living \(AIDL\) Program](#)

Summary: Instrumental Activities of Daily Living Program provides funding for important daily activities to help keep individuals in their homes longer. These activities may include: transportation, yard work, heavy house cleaning and assistance with errands.

Link: [Seniors Care Grant](#)

Summary: The Seniors Care Grant helps low-income seniors with the cost of household services (like lawn care, cooking and meal preparation, house

	<p>cleaning, grocery delivery, transportation and small home repairs). Individuals' grant amount is based on the cost of their household services, up to a maximum of \$500.</p> <p>-----</p> <p>Link: Seniors Independence Initiative</p> <p>Summary: - The Seniors Independence Initiative provides financial assistance for practical services making it easier for seniors to remain in their own homes and communities. Some of the services funded include light house keeping, meal preparation, Meals on Wheels, errands, and transportation</p>
<p>At-home Palliative Care</p>	<p>Link: Palliative Home Care</p> <p>Summary: Palliative home care is compassionate end of life care which is provided to an individual who is terminally ill. The individual and/or his/her substitute decision maker have determined that treatment to extend their life is no longer the primary goal.</p> <p>Key Points:</p> <ul style="list-style-type: none"> ● Nursing (such as dressing changes, catheter care, intravenous therapy and palliative care) ● Home Support (such as personal care, respite and housekeeping) ● Palliative Home Care Medication Coverage Program <p>-----</p> <p>Link: Palliative Care Drug Program</p> <p>Summary: The goals of the Program are to ensure the cost of palliative care medications is not a barrier to symptom control and to help minimize financial burden for those who choose end-of life care at home. Many existing drug coverage programs cover medications to help manage symptoms associated with palliative and end-of-life care. This program is for situations where additional coverage is required for home-based end-of-life care.</p> <p>-----</p> <p>Link: Paramedic Palliative Support</p> <p>Summary: All 1,400 ground-ambulance paramedics in Nova Scotia and Prince Edward Island have received training to increase their skills and</p>

	<p>resources to manage palliative care symptoms – such as pain, breathlessness, fear and anxiety. Therefore, palliative patients can access support from paramedics for pain and symptom management, at home.</p>
<p>Reablement Programs*</p>	
<p>Support for Unpaid Caregivers</p>	<p>Link: Programs and Services from Caregivers Nova Scotia</p> <p>Summary: Caregivers Nova Scotia provides various programs and services for caregivers including:</p> <ul style="list-style-type: none"> ● Phone and email support ● Peer support groups ● Educational workshops and topical presentations ● Caregiver Tele-Connect (four-week facilitated telephone support group for people giving care to a loved one who has a life-limiting illness) <p>-----</p> <p>Link: Compassionate Care Leave</p> <p>Summary: Compassionate care leave is an unpaid, 28-week leave for employees who need to care for a seriously ill family member (or a person like family) who has a high risk of dying within 26 weeks.</p> <p>Link: Line 58160 – Amount for an Eligible Dependant</p> <p>Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on line 30400 of your return (federal) and your dependant’s net income from line 23600 of their return (or the amount that it would be if they filed a return) is less than \$9,329.</p>

Link: [Line 58400 – Caregiver Amount](#)

Summary: An individual can claim this non-refundable tax credit if, at any time in 2021, they (alone or with another person) kept a dwelling where they and one or more of their dependants lived. The individual may be able to claim up to \$4,898 for each dependant.

Link: [Line 58689 – Medical expenses for self, spouse or common-law partner, and your dependent children born in 2004 or later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependants](#)

Summary: An individual can claim medical expenses for other dependants in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those they can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.



Nunavut

Assistive Devices and Home Modification Programs

Link: [Department of Health – Extended Health Benefits](#)

Summary: The program provides funding for nonindigenous residents requiring prescription drugs and assistive technologies. Includes devices under the "Non Insured Health Benefits – Medical Supplies and Equipment Benefits". Examples include walkers, wheelchairs, orthotics, prosthetics, and hearing aids

Key Points:

- Fully funded, including: shipping and fitting.
- Must be enrolled in the Nunavut Healthcare Plan

Link: [Senior Citizens Home Repair Program](#)

Summary: The Senior Citizen Home Repair Program (SCHRP) provides assistance to senior citizens (60+) throughout Nunavut who need to repair and/or adapt their homes in order to ensure their continued safe occupancy, and/or to assist with difficulties they encounter with daily living activities. The assistance comes in the form of a grant, to a maximum amount of \$15,000, plus freight costs.

Link: [Senior and Persons with Disabilities Preventative Maintenance Program](#)

Summary: The Seniors (60+) and Persons with Disabilities Preventative Maintenance Program (SPDPMP) assists eligible homeowners for the purpose of carrying out preventative maintenance and minor repairs. The Nunavut Housing Corporation (NHC) will provide a contribution in the form of a grant to cover materials, freight and labour, to a maximum amount of \$3,000 annually.

HOME 02	<p>Link: Extended Health Benefits (EHB) Seniors' Coverage</p> <p>Summary: All non-indigenous Nunavut residents, enrolled in the Nunavut Health Care Plan, 65 years of age or older may be eligible for Extended Health Benefits (EHB) Seniors' Coverage. Even though the program does not note that home oxygen therapy will be covered, it does indicate that recipients may be entitled to full cost coverage of prescribed medical supplies and appliances, their fitting and shipping.</p>
At-home Care and Support Services	<p>Link: Home and Community Care Program</p> <p>Summary: The Home and Community Care (HCC) program helps Nunavummiut care for themselves with help from family and community members and to keep their sense of independence and well-being.</p> <p>The Home and Community Care program provides health care and support services, based on an assessment, in the comfort of an individual's home when he or she needs extra attention due to illness, poor health, or disability.</p>
At-home Palliative Care	<p>Link: Home and Community Care Program</p> <p>Summary: All Nunavummiut enrolled in the Nunavut Health Care Plan are eligible for referral to the Home and Community Care Program. Individuals can get help with various services, including nursing and palliative care. The Home and Community Care Program also supports an equipment loan program, as well as the purchase of required medical materials and supplies.</p>
Reablement Programs*	<p>Link: Home and Community Care Program</p> <p>Summary: The Home and Community Care program helps Nunavummiut care for themselves with help from family and community members and to keep their sense of independence and well-being. The Home and Community Care program provides health care and support services, based on an assessment, in the comfort of an individual's home when he or she needs extra attention due to illness, poor health, or disability. All Nunavummiut enrolled in the Nunavut Health Care Plan are eligible for referral to the Home and Community Care program. The Home and Community Care program provides a variety of services, including rehabilitation (recovery exercises).</p>
Support for Unpaid Caregivers	<p>Link: Compassionate Care Leave</p> <p>Summary: A leave of absence from employment up to eight weeks without pay to provide support to a family member who is gravely ill with a significant risk of death within 26 weeks and that require the care of one or more family members.</p>

Link: [Line 58160 – Amount for an Eligible Dependant](#)

Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on [line 30400](#) of your return (federal) and your dependant's net income from line 23600 of their return (or the amount that it would be if they filed a return) is **less than \$16,467**.

Link: [Line 58400 – Caregiver Amount](#)

Summary: An individual can claim this non-refundable tax credit if, at any time in 2021, they (alone or with another person) kept a dwelling where they and one or more of their dependants lived. The individual may be able to claim up to \$5,052 for each dependant.

Link: [Line 58689 – Medical expenses for self, spouse or common-law partner, and your dependent children born in 2004 or later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependants](#)

Summary: An individual can claim medical expenses for other dependants in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those their can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.



Ontario

Assistive Devices and Home Modification Programs

Link: [Assistive Devices Program](#)

Summary: Through the Assistive Devices Program (ADP), we help people with long-term physical disabilities pay for customized equipment, like wheelchairs and hearing aids. The ADP also helps cover the cost of specialized supplies, such as those used with ostomies.

Key Points:

**Not specific to seniors*

Link: [Tax Exemption for Seniors and Persons with Disabilities](#)

Summary: This tax exemption pertains to owners of:

- 1) Residential homes that have been renovated or modified to accommodate a senior (age 65 or older) or a person with a disability
- 2) Custom-built residential homes constructed to accommodate a senior or a person with a disability
- 3) garden suites used as the personal residence of a senior of at least 65 years of age or a person with a disability

Link: [March of Dimes Canada's Home & Vehicle Modification® Program](#)

Summary: Funded by the government of Ontario, the Home and Vehicle Modification® Program helps people living in Ontario pay for crucial renovations and retrofits. This includes anything from widening doorways for a wheelchair to modifying a van so someone who uses an assistive device can drive it.

Link: [Seniors' Home Safety Tax Credit](#)

Summary: The Seniors' Home Safety Tax Credit is a temporary, refundable personal income tax credit that can help individuals make their home safer and more accessible, helping them stay in your home longer. The credit is available for the 2021 and 2022 tax years and is worth 25% of up to \$10,000 in eligible expenses per year for a senior's principal residence in Ontario. Expenses must be paid or payable in 2021 and 2022. The maximum credit is \$2,500 per year.

	<p>Link: Toronto Renovates Homeowners Program</p> <p>Summary: The Toronto Renovates Homeowners Program offers federal/provincial funding for lower-income seniors and persons with disabilities who own a home in the City of Toronto and wish to make health or safety repairs or accessibility modifications to their homes.</p>
<p>HOME 02</p>	<p>Link: Assistive Devices Program</p> <p>Summary: Eligible individuals for the Assistive Devices Program can get help paying for home oxygen therapy. This includes: oxygen, equipment and supplies (e.g. oxygen tanks, tubing, mask), delivery, set-up and maintenance.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • For recipients 65 years and older, 100% of the home oxygen therapy costs will be covered
<p>At-home Care and Support Services</p>	<p>Link: Meals on Wheels</p> <p>Meals on Wheels delivers nutritious, delicious and affordable meals to a variety of groups, including: seniors, people with physical disabilities and cognitive impairments, individuals suffering from illnesses and recovering from surgeries, and those who need special dietary planning and assistance. There are 125 not-for-profit organizations receiving government funding from the Ministry of Health and Long-Term Care to provide Meals on Wheels.</p> <p>-----</p> <p>Link: Ontario Community Support Program</p> <p>Summary: OCSA is working with Meals on Wheels organizations and other partners across the province to deliver the following services to vulnerable seniors without family or community support.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • Meals on Wheels • Essential Supplies <p>-----</p> <p>Link: Home and Community Care</p> <p>Summary: Home and community services support people of all ages who require care in their home, at school or in the community. If the individual qualifies, the Ontario government pays for a wide range of services in your</p>

	<p>home and community. The in-home services include health care professional visits, personal care, homemaking, family-managed home care/self-directed care, and end-of-life care.</p>
<p>At-home Palliative Care</p>	<p>Link: Home & Community Care Support Services (HCCSS)</p> <p>Summary: Palliative care services can be arranged by the HCCSS - Home & Community Care Support Services (formerly the LHIN). The services will be provided by home care service providers and paid for by the government.</p>
<p>Reablement Programs*</p>	<p>Link: Assess and Restore (A&R) Interventions</p> <p>Summary: Assess and Restore (A&R) interventions are short-term rehabilitative and restorative care treatments. They are meant to help seniors and other people who have experienced a reversible loss of their functional ability and who risk losing their independence. The A&R Guideline defines the elements of an A&R approach to care. The Guideline was developed by the Ministry of Health and Long-Term Care in collaboration with Home and Community Care Support Services, Health Service Providers (HSPs) and clinical experts from across the province. It outlines expectations and defines the roles and responsibilities of Home and Community Care Support Services organizations, HSPs, and care providers in delivering A&R interventions across five areas: screening, assessment, navigation and placement, care delivery and transitions home.</p> <p>-----</p> <p>Link: Home and Community Care</p> <p>Summary: Numerous in-home services are available through Home and Community Care Support Services organizations including occupational therapy (help to make day-to-day activities easier and make it easier to move around in your home).</p>

Support for Unpaid Caregivers

Link: [Programs and Services from Ontario Caregiver Organization](#)

Summary: Ontario Caregiver Organization provides various programs and services for caregivers including:

- 24/7 helpline
- Peer support
- Webinars for caregivers
- Psychoeducation, group and individual counselling
- E-learning and educational resources
- Toolkits for caregivers

Link: [Caregiver Support Services \(Toronto\)](#)

Summary: The Circle of Care (Sinai Health) provides a variety of services for caregivers including:

- Client and family counselling
- Caregiver respite
- Support groups and sessions
- Cognitive behavioural therapy

Link: [Family Caregiver Leave](#)

Summary: Family caregiver leave is unpaid, job-protected leave of up to eight weeks per calendar year per specified family member. Family caregiver leave may be taken to provide care or support to certain family members for whom a qualified health practitioner has issued a certificate stating that they have a serious medical condition.

Link: [Family Medical Leave](#)

Summary: Family medical leave is unpaid, job-protected leave of up to 28 weeks in a 52-week period. Family medical leave may be taken to provide care or support to certain family members and people who consider the employee to be like a family member in respect of whom a qualified health practitioner has issued a certificate indicating that they have a serious medical condition with a significant risk of death occurring within a period of 26 weeks.

Link: [Critical Illness Leave](#)

Summary: Critical illness leave is unpaid job-protected leave of absence of up to 37 weeks in relation to a critically ill minor child, or 17 weeks in relation to a critically ill adult within a 52-week period. Critically ill means that a person's baseline state of health has significantly changed and their life is at risk as a result of an illness or injury. It does not include chronic conditions.

Link: [Line 58160 – Amount for an Eligible Dependant](#)

Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on [line 30400](#) of your return (federal) and your dependant's net income from line 23600 of their return (or the amount that it would be if they filed a return) is **less than \$10,162**.

Link: [Line 58689 – Medical expenses for self, spouse or common-law partner, and your dependent children born in 2004 or later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal), with a few conditions. The medical expenses you claim also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependants](#)

Summary: An individual can claim medical expenses for other dependants in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those they can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020. The maximum amount you can claim is \$13,274 for each dependant.



Prince Edward Island

<p>Assistive Devices and Home Modification Programs</p>	<p><i>*Note: The only government assistive device program in place is targeted towards individuals with disabilities; must be under the age of 65 to qualify for funding</i></p> <p>Link: Seniors Safe @ Home Program</p> <p>Summary: Individuals 60 years and older could receive up to \$10,000 in assistance to help with the cost of the renovations. This funding is based on the senior applicant’s income or the seniors’ combined income (if living with a spouse or partner). Modifications must relate to the senior applicant’s loss of ability and must provide improved access or increased physical safety to the home.</p>
<p>HOME 02</p>	<p>Link: Home Oxygen Program</p> <p>Summary: The province of Prince Edward Island has a program in place called the Home Oxygen Program to help patients with the costs of home oxygen therapy. Under this program, 50% of eligible home oxygen expenses are paid by the government up to a limit of \$200 per month.</p> <p>Key Points: You are eligible for the program if you:</p> <ul style="list-style-type: none"> ● have a PEI Health Card; ● meet the clinical criteria; and ● a specialist has prescribed you oxygen. ● If you are a palliative care patient, you are eligible for coverage even if the hospital provides some of your equipment.
<p>At-home Care and Support Services</p>	<p>Link: Home Care Program</p> <p>Summary: The Home Care Program supports individuals to remain in their home safely, with independence and quality of life, for as long as possible. Home Care provides a range of health care and support services depending on the individual’s acute, chronic, palliative or rehabilitative health care needs.</p> <p>-----</p> <p>Link: COACH Program</p>

	<p>Summary: The COACH Program provides frail Island seniors with in-home support for their complex health needs. The program is led by a specialized team of health care professionals who support frail seniors to live at home longer and return home from hospital sooner. The team works with three partner programs – Home Care, Primary Care and the provincial Geriatric Program.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • For older adults (65 years and over) with complex needs, including physical and psycho-social needs.
<p>At-home Palliative Care</p>	<p>Link: Provincial Integrated Palliative Care Program</p> <p>Summary: In this program, palliative care is provided by a team. The team includes physicians, nurses, social workers, volunteers as well as other professionals that can support the individual and their family. Care can be provided in various settings including long term care homes and in the community.</p> <p>-----</p> <p>Link: Paramedics Providing Palliative Care at Home Program</p> <p>Summary: Islanders registered in the Provincial Integrated Palliative Care Program can access in-home support from Island EMS when they have a palliative emergency or an unexpected health event while at home. Paramedics trained in palliative pain and symptom management will support patients in their home so that they do not have to go to hospital if they don't want to.</p>
<p>Reablement Programs*</p>	<p><i>*Note: Initiatives have been proposed to better specialize care options for seniors (Page 79)</i></p> <p>Link: Home Care Program</p> <p>Summary: Home Care provides a range of health care and support services including occupational therapy, to provide support for daily living, special devices, equipment or modifications at home.</p>

**Support for
Unpaid
Caregivers**

Link: [Compassionate Care Leave](#)

Summary: An employee can take up to 28 weeks of unpaid leave to provide care and support to a member of the employee's family who has been diagnosed with a serious medical condition carrying with it a significant risk of death within 28 weeks.

Link: [Line 58160 – Amount for an Eligible Dependant](#)

Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on [line 30400](#) of your return (federal) and your dependant's net income from line 23600 of their return (or the amount that it would be if they filed a return) is **less than \$9,809**.

Link: [Line 58400 – Caregiver Amount](#)

Summary: An individual can claim this non-refundable tax credit if, at any time in 2021, they (alone or with another person) kept a dwelling where they and one or more of their dependants lived. The individual may be able to claim up to \$2,446 for each dependant.

Link: [Line 58689 – Medical expenses for self, spouse or common-law partner, and your dependent children born in 2004 or later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependants](#)

Summary: An individual can claim medical expenses for other dependants in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those they can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.



Quebec

Assistive Devices and Home Modification Programs

Link: [Assistive Devices Programs](#)

Summary: Assistive devices programs are reserved for people with a physical or intellectual disability or an ASD. These programs allow them to obtain specialized assistive devices.

Key Points:

- For visual, hearing, mobility, language, and intellectual impairments.
- **Not specific to seniors*

Link: [Independent Living Tax Credit for Seniors](#)

Summary: The Independent Living Tax Credit for Seniors is a refundable tax credit. It is paid to people 70 years of age or over who incurred expenses for the purchase, lease or installation of eligible equipment or fixtures in their principal residence (for example, a remote monitoring device, a walk-in bathtub or a hospital bed). It may also be granted to seniors who have stayed in a functional rehabilitation transition unit following hospitalization.

Link: [Home Adaptation Program](#)

Summary: The Société d'habitation du Québec's (SHQ) Home Adaptation Program (PAD) is aimed at people with disabilities, i.e. people with disabilities resulting in significant and persistent disabilities and who are prone to encounter obstacles in carrying out current activities. Its objective is to allow the person with a disability to enter and leave his home, access the essential rooms of the home and carry out his activities of daily living, in a safe manner. This program financially supports the owners of a home occupied by a disabled person for adaptation work.

Link: [QST Refund for the Purchase and Installation of an Automatic Door Opener](#)

Summary: Individuals are entitled to a refund of the QST they pay for the

	<p>purchase and installation of an automatic door opener for the garage or residence if the door opener is intended for the use of a person with a disability who would otherwise not be able to access his residence without the help of another person.</p> <p>-----</p> <p>Link: QST Refund for the Purchase and Installation of a Automatic Door Opener</p> <p>Summary: Individuals are entitled to a refund of the QST they pay for the purchase and installation of an automatic door opener for the garage or residence if the door opener is intended for the use of a person with a disability who would otherwise not be able to access his residence without the help of another person.</p> <p>-----</p> <p>Link: Small Accessible Institutions (PEA) Program</p> <p>Summary: Individuals are entitled to a refund of the QST they pay for the purchase and installation of an automatic door opener for the garage or residence if the door opener is intended for the use of a person with a disability who would otherwise not be able to access his residence without the help of another person.</p>
HOME 02	<p>Link: National Program for Home Oxygen Therapy (NPHOT)</p> <p>Summary: This program makes specialized equipment and accessories available for loan to adults and children requiring long-term oxygen treatment at home. The equipment is used to compensate for impaired respiratory function.</p> <p>Key Points:</p> <ul style="list-style-type: none">● Live in Quebec● Have an attending physician● Be able to consent to receiving oxygen therapy care and services at home● Assist with oxygen therapy treatment and follow safety guidelines regarding the use of oxygen at home● Be able to accommodate the treatment equipment at home● Use and maintain the equipment provided

At-home Care and Support Services

Link: [Meals on Wheels](#)

Summary: Meals on Wheels is a service that delivers hot meals to homes, thereby helping some people remain in their home and providing others with respite. The service is intended for seniors, people in convalescence, people with disabilities, pregnant women and informal caregivers.

Link: [Support Program for the Autonomy of Seniors \(SAPA\)](#)

Summary: CLSC René-Casin offers many services to seniors and individuals experiencing a loss of autonomy in their daily functions, as well as to their families and caregivers, including:

Key Points:

- overall health evaluations;
 - evaluations of home adaptation needs;
 - advice on nutrition, exercise, healthy lifestyle habits and fall prevention;
 - physiotherapy;
 - respite for caregivers;
 - occupational therapy services (evaluation of home adaptation needs, evaluation of functional capabilities to perform personal hygiene tasks and take part in leisure activities);
 - assistance with personal care;
 - nursing care;
 - psychological support; and
 - end-of-life care and homemaking assistance
-

Link: [Tax Credit for Home-Support Services for Seniors](#)

Summary: The Tax Credit for Home-Support Services for Seniors is intended for people 70 years of age or over. It is a refundable tax credit based on certain expenses incurred to obtain home-support services. It may be granted for personal care services (for example, nursing care, hygiene, etc.) or maintenance services provided for a dwelling (housekeeping, minor maintenance work outside the dwelling, etc.).

<p>At-home Palliative Care</p>	<p>Link: Palliative Care</p> <p>Summary: To meet the needs of those who wish to remain as long as possible in their home environment, local community service centers (CLSCs) offer palliative care as part of the homecare support program and, to a lesser extent, as part of their regular services when patients and their families are mobile. All 147 CLSCs in Québec claim to serve people in the pre-terminal and terminal phase.</p>
<p>Reablement Programs*</p>	<p><i>*Note: There are various existing papers that highlight the effectiveness of reablement, written with the intention of advising Quebec to implement more funding and attention towards reablement (Example).</i></p>
<p>Support for Unpaid Caregivers</p>	<p>Link: Programs and Services from L'Appui</p> <p>Summary: L'Appui provides various programs and services for caregivers including:</p> <ul style="list-style-type: none"> • Caregiver Support helpline • Resource directory • Online training programs <p>-----</p> <p>Link: Short-Term Family Obligations</p> <p>Summary: A worker may be absent from work for 10 days a year to fulfil obligations relating to the health of a relative or a person for whom they act as an informal caregiver. If authorized by the employer, these days of absence may be divided into half-days or hours.</p> <p>-----</p> <p>Link: Extended Absence Family Obligations</p> <p>Summary: A worker may be absent for:</p> <ul style="list-style-type: none"> • Up to 16 weeks over a 12-month period when they have to stay with a relative because of a serious accident or a serious illness <p>Up to 27 weeks over a 12-month period if the person who is seriously ill has a life-threatening illness</p> <p>-----</p> <p>Link: Tax Credit for Caregivers - Line 462</p> <p>Summary: The second component of this tax credit is for caregivers providing care to and living with a relative aged 70 or over. Individuals may be entitled to a \$1,266 tax credit if they meet all the conditions.</p>



Saskatchewan

Assistive Devices and Home Modification Programs

Link: [The Special Needs Equipment Program](#)

Summary: Sales, loan, and maintenance services for mobility equipment. A variety of mobility (wheelchairs, walkers, etc.) and environmental equipment (hospital beds, commodes, etc.) are available for loan.

Link: [Home Repair Program - Adaptation for Independence](#)

Summary: The Saskatchewan Home Repair Program - Adaptation for Independence provides financial assistance to homeowners or rental property owners with low incomes to make a home more accessible for a person with a housing-related disability.

Link: [Seniors Income Plan \(SIP\)](#)

Summary: Recipients of the Seniors Income Plan (SIP), who have active basic Saskatchewan Health coverage, are eligible for a variety of additional health benefits including loan of some low-cost devices through Saskatchewan Abilities Council.

HOME 02

Link: [Saskatchewan Aids to Independent Living \(SAIL\) Program](#)

Summary: Saskatchewan's Aids to Independent Living (SAIL) Program offers financial assistance to eligible Saskatchewan residents with a medical need for oxygen therapy.

Key Points:

- Patients must meet SAIL's medical criteria and have a valid Saskatchewan Health Services Number
- SAIL will cover the majority of home oxygen therapy costs for either continuous, exertional or nocturnal use

<p>At-home Care and Support Services</p>	<p>Link: Meals on Wheels</p> <p>Summary: Meals on Wheels provides individuals, who for health reasons, would benefit from a daily meal. This program is run and subsidized by the provincial government.</p> <p>-----</p> <p>Link: Individualized Funding for Home Care</p> <p>Summary: Home care helps people that need acute, palliative, and supportive care to stay independent at home. It also helps reduce unnecessary hospital admissions and the length of hospital stays.</p>
<p>At-home Palliative Care</p>	<p>Link: Home Care</p> <p>Summary: Home care helps people who need acute, end-of-life, rehabilitation, maintenance, and long-term supportive care to remain independent at home. The Saskatchewan Health Authority provides home care services directly to clients based on assessed need.</p>
<p>Reablement Programs*</p>	<p>Link: Intermediate Care</p> <p>Summary: Intermediate care includes a range of integrated services that: promote faster recovery from illness; prevent unnecessary acute hospital admissions and premature admissions to long-term care; support timely discharge from hospital; and maximize independent living. Intermediate care services are usually delivered for no longer than six weeks and often for as little as one to two weeks. Four service models of intermediate care are available: bed-based intermediate care, crisis response, home-based intermediate care, and reablement.</p>
<p>Support for Unpaid Caregivers</p>	<p>Link: Critically Ill Adult Care - Medical Leave</p> <p>Summary: Critically ill adult leave is an unpaid, job protected leave of up to 17 weeks to care for an adult family member who is critically ill or injured. The employer can request a medical certificate from a qualified medical practitioner. The medical certificate needs to confirm that the family member is ill and needs their assistance.</p> <p>-----</p> <p>Link: Compassionate Care - Medical Leave</p> <p>Summary: Compassionate Care leave is an unpaid, job-protected leave of up to 28 weeks. This can be taken in single or multiple blocks of time within a 52-week period providing no block is shorter than one week in duration. The leave is intended to provide employees the opportunity to provide care and support to a family member who is gravely ill and who has a significant risk of death within 26 weeks.</p>

Link: [Line 58160 – Amount for an Eligible Dependant](#)

Summary: An individual can claim this non-refundable tax credit if the rules are met for claiming the amount on [line 30400](#) of your return (federal) and your dependant's net income from line 23600 of their return (or the amount that it would be if they filed a return) is **less than \$17,848**.

Link: [Line 58400 – Caregiver Amount](#)

Summary: An individual can claim this non-refundable tax credit if, at any time in 2021, they (alone or with another person) kept a dwelling where they and one or more of their dependants lived. The individual may be able to claim up to \$9,559 for each dependant.

Link: [Line 58689 – Medical expenses for self, spouse or common-law partner, and your dependent children born in 2004 or later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependants](#)

Summary: An individual can claim medical expenses for other dependants in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those their can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.



Yukon

<p>Assistive Devices and Home Modification Programs</p>	<p>Link: Chronic disease or disability assistance</p> <p>Summary: The program provides assistance to residents who have a chronic disease or a serious functional disability. Included: Medical equipment includes respiratory equipment, manually operated hospital beds, manually operated wheelchairs, walking aids, grab bars and support rails, commodes and glucometers.</p> <p>Key Points:</p> <ul style="list-style-type: none"> • If an equipment can be borrowed from a hospital or the Canadian Red Cross, the equipment will not be considered eligible for funding under the program. <p>-----</p> <p>Link: Home Repair Program</p> <p>Summary: The Home Repair Program provides funding for Yukon homeowners to repair or upgrade their principal residence. The Home Repair Program includes 3 streams of funding:</p> <ol style="list-style-type: none"> 1) A grant for emergency repair for your home 2) A grant to improve the accessibility of your home; and 3) A loan to repair your home.
<p>HOME 02</p>	<p>* <i>Despite there being no provincial home oxygen program, the Pharmacare and extended health-care benefits programs assist registered seniors with the cost of medical-surgical supplies and equipment.</i></p>
<p>At-home Care and Support Services</p>	<p>Link: Home Care Program</p> <p>Summary: This territory-wide service works closely with other government departments, First Nations governments, medical facilities and community partners.</p> <p>Key Points:</p> <p>The program provides:</p> <ul style="list-style-type: none"> • acute; • chronic; • palliative; • rehabilitation services; and • respite care.

	<p>Link: Community Day Program</p> <p>Summary: The Community Day Program aims to maintain or increase the level of independence in seniors and Elders. The program includes: therapeutic group programming; activities in maintaining independence; daily group recreational activities; socialization and peer support; hairdressing services; lunch, snacks and beverages; support with daily living such as bathing; and support to caregivers of seniors and Elders.</p>
<p>At-home Palliative Care</p>	<p>Link: Home Care Program</p> <p>Summary: This territory-wide service works closely with other government departments, First Nations governments, medical facilities and community partners.</p> <p>The program provides:</p> <ul style="list-style-type: none"> ● acute; ● chronic; ● palliative; ● rehabilitation services; and ● respite care. ● Services are based on an individual’s assessed needs. <p>-----</p> <p>Link: Palliative Support - Hospice Yukon</p> <p>Summary: Staff and volunteers from Hospice Yukon Society offer support to clients at various locations, including at home. The organization offers care to those with a life-limiting illness and their loved ones through counseling and energy therapy.</p>
<p>Reablement Programs*</p>	<p>Link: Reablement Program (Whitehorse)</p> <p>Summary: The reablement program will help individuals regain strength, endurance, functioning and independence to allow them to stay in their homes longer. Reablement programs are a relatively new innovation in Canada. The program is the first of its kind in the territory and one of a few operating nationwide.</p> <p>Key Points:</p> <ul style="list-style-type: none"> ● <i>*Note: only one facility, located in Whitehorse</i>

**Support for
Unpaid
Caregivers**

Link: [Compassionate Care Leave](#)

Summary: The Compassionate Care leave increases from eight to 28 weeks over a period of 52 weeks. It is available for people who provide end-of-life care or support for a family member who is gravely ill.

Link: [Leave Related to Critical Illness of an Adult](#)

Summary: This leave provides 17 weeks of unpaid leave for family members, or people who are like family, to provide care or support over a 52-week period for an adult family member who is critically ill or injured.

Link: [Line 58160 – Amount for an Eligible Dependant](#)

Summary: You can claim this amount if the rules are met for claiming the amount on [line 30400](#) of your return.

Link: [Line 58689 – Medical expenses for self, spouse or common-law partner, and your dependent children born in 2004 or later](#)

Summary: The medical expenses an individual can claim on line 58689 are the same as those they can claim on [line 33099](#) of their return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.

Link: [Line 58729 – Allowable Amount of Medical Expenses for Other Dependents](#)

Summary: An individual can claim medical expenses for other dependents in addition to the medical expenses for self, spouse or common-law partner, and their dependent children born in 2004 or later on line 58689. The medical expenses an individual can claim on line 58729 are the same as those they can claim on line 33199 of your return (federal). They also have to cover the same 12-month period ending in 2021 and must be expenses that were not claimed for 2020.



Nation-wide

<p>Assistive Devices and Home Modification Programs</p>	<p>Link: Home Accessibility Expenses – Line 31285</p> <p>Summary: Individuals who are 65 years of age or older can claim an amount for the eligible expenses for a qualifying renovation of an eligible dwelling. The qualifying renovation must look to either:</p> <ol style="list-style-type: none"> 1) Allow the individual to gain access to, or to be mobile or functional within, the dwelling OR 2) Reduce the risk of harm to the qualifying individual within the dwelling or in gaining access to the dwelling <p>-----</p> <p>Link: Eligible Medical Expenses - Lines 33099 and 33199</p> <p>Summary: Individuals are able to claim various medical expenses that were paid by either themselves, their spouse or common-law partner (incl. bathroom aids, renovation or construction expenses).</p>
<p>HOME 02</p>	<p>Link: Eligible Medical Expenses - Lines 33099 and 33199</p> <p>Summary: Individuals are able to claim various medical expenses that were paid by either themselves, their spouse or common-law partner (incl. equipment necessary to administer oxygen).</p>
<p>At-home Care and Support Services</p>	
<p>At-home Palliative Care</p>	
<p>Reablement Programs*</p>	

**Support for
Unpaid
Caregivers**

Link: [Line 30300 – Spouse or Common-Law Partner Amount](#)

Summary: An individual can claim this amount if, at any time in the year, they supported their [spouse or common-law partner](#) whose net income from [line 23600](#) was less than the individual's basic personal amount. Only one spouse or common-law partner can claim the amount on line 30300 for each other for the same year.

Link: [Line 30400 – Amount for an Eligible Dependant](#)

Summary: An individual can claim this amount if, at any time in the year, they supported an eligible dependant whose net income from [line 23600](#) was less than the individual's basic personal amount. In addition to meeting certain conditions, the individual must not have claimed an amount on [line 30300](#) of their return.

Link: [Line 30425 – Canada Caregiver Amount for Spouse or Common-Law Partner, or Eligible Dependant Age 18 or Older](#)

Summary: If an individual is eligible for the Canada caregiver amount for their spouse or common-law partner (line 30300), or an eligible dependant 18 years of age or older (line 30400), whose net income is between \$7,368 and \$24,604, the individual may be able to claim an amount up to a maximum of \$7,348 on line 30425 of your return. However, they must first claim the amount of \$2,295 in calculating the spouse or common-law partner amount on line 30300 of their Schedule 5, or in calculating the amount on line 30400 of their Schedule 5 for an eligible dependant 18 years of age or older.

Link: [Medical Expenses Tax Credit](#)

Summary: On their tax return, an individual can claim eligible medical expenses that they or their spouse or common-law partner paid for any of the following persons:

- Themselves (line 33099)
 - Their spouse or common-law partner (line 33099)
 - Either group's parents, grand-parents, brothers, sisters, aunts, uncles, nieces, or nephews who were residents of Canada at any time in the year and depended on the individual for support (line 33199)
-

Link: [Employment Insurance: Family Caregiver Benefit for Adults](#)

Summary: This Employment Insurance benefit provides financial assistance while an individual is away from work to provide care to a critically ill or injured person 18 years or older. The individual could receive 55% of their earnings, up to a maximum of \$638 a week. The dependent does not have to be related or live in the same house, but they must consider the individual to be like a family member.

Link: [Employment Insurance: Compassionate Care Benefits](#)

Summary: This Employment Insurance benefit provides financial assistance while an individual is away from work to provide care to a person of any age who requires end-of-life care. The individual could receive 55% of their earnings, up to a maximum of \$638 a week. The dependent does not have to be related or live in the same house, but they must consider the individual to be like a family member.

Pillar 3: Developing More Accessible and Safer Living Environments



Alberta

Housing

Link: [Rent Supplement Program](#)

Summary: The Rent Supplement Program helps make rental accommodation more affordable by subsidizing rent for individuals with low income. There are 2 types of benefits:

- 1) Rent Assistance Benefit
 - 2) Temporary Rent Assistance Benefit
-

Link: [Community Housing Program](#)

Summary: The Community Housing Program provides subsidized rental housing for families, seniors and individuals with low income who cannot afford other housing options due to circumstance. A tenant's rent, which includes heat, water and sewer expenses, is based on 30% of a household total annual income (non-senior household).

Link: [Seniors Self-Contained Housing Program](#)

Summary: This program provides apartment-style housing to seniors, who are able to live independently with or without the assistance of community-based services. Applicants must be 65 years of age or older, functionally independent, with or without the assistance of community-based services. A tenant's rent, which includes heat, water and sewer expenses, is based on 30% of a household's adjusted income.

Link: [Senior Lodge](#)

Summary: The Seniors Lodge Program offers rooms, meals, services and recreational opportunities for independent seniors. Community-based services may help offer these amenities and opportunities. A seniors lodge may be appropriate for those whose care needs would not otherwise be appropriately provided for in a healthcare facility.

	<p>Key Points:</p> <p>Applicants must be over 65 years of age. Exceptions may be made for applicants with special circumstances. In addition, applicants must be functionally independent, with or without the assistance of community-based services</p> <p>-----</p> <p>Link: Seniors' Home Adaptation and Repair Program (SHARP)</p> <p>Summary: The Seniors Home Adaptation and Repair Program (SHARP) allows seniors to use their home equity to remain in their homes and maintain their independence. Eligible seniors can apply for a low-interest home equity loan with the Government of Alberta to cover repairs, adaptations and renovations to their primary residence.</p> <p>-----</p> <p>Link: Seniors Property Tax Deferral Program</p> <p>Summary: The Seniors Property Tax Deferral Program allows eligible senior homeowners to voluntarily defer all or part of their residential property taxes, including the education tax portion. This is done through a low-interest home equity loan with the Government of Alberta. The program will pay the seniors' residential property taxes directly to your municipality on their behalf.</p>
<p>Transportation</p>	<p>Link: Drive Happiness</p> <p>Summary: Drive Happiness Seniors Association is a registered, non-profit society whose mission is to assist seniors in remaining independent by providing access to affordable transportation.</p> <p>-----</p> <p>Link: Ride Transit Program (Edmonton)</p> <p>Summary: The Ride Transit Program provides greater access to Edmonton Transit Service by reducing financial barriers for individuals and families in Edmonton. Through a partnership with the Government of Alberta, this program provides Adult and Youth monthly passes to eligible Edmontonians at a subsidized rate.</p>



British Columbia

Housing

Link: [Shelter Aid for Elderly Renters](#)

Summary: Individuals 60 or older, who do not want to move, but have trouble paying their rent, may be able to receive help from Shelter Aid for Elderly Renters (SAFER). SAFER, which is run by BC Housing, provides monthly cash payments to eligible B.C. seniors who pay more than 30 percent of their before-tax income for rent.

Link: [BC Seniors' Home Renovations and Tax Credit](#)

Summary: The Home renovation tax credit for seniors and persons with disabilities assists eligible individuals 65 and over and persons with disabilities with the cost of certain permanent home renovations to improve accessibility or be more functional or mobile at home.

Key Points:

You're eligible to claim the credit for the year if on the last day of the tax year you're:

- A resident of B.C., and
 - A senior or a family member living with a senior, or
 - A person with a disability or a family member living with a person with a disability (for 2016 and later tax years)
-

Link: [Home Owner Grant for Seniors](#)

Summary: The home owner grant reduces the amount of property taxes you pay each year on your principal residence. In addition to the amount received for this grant, seniors that meet requirements can receive an additional grant value.

Link: [Property Tax Deferment - Regular Program](#)

Summary: Tax deferment is a low interest loan program that helps qualified B.C. homeowners pay their annual property taxes on their principal residence. One of the groups who are able to qualify for the

	<p>regular program are those 55 years and older. To be eligible individuals must meet applicant, property and equity qualifications.</p> <p>-----</p> <p>Link: Subsidized Housing</p> <p>Summary: Subsidized housing is long-term housing for people who permanently reside in British Columbia. Rental fees are calculated on a rent geared to income basis (30% of household total gross income, subject to minimum rent based on # of people). One of the eligible groups for this program are seniors who are generally defined as either a single person aged 55 years and older, or a couple where at least one person is aged 55 years and older. In addition, seniors must live independently and meet the household, residency, income and assets criteria.</p> <p>-----</p> <p>Link: Supportive Housing</p> <p>Summary: Supportive housing is subsidized housing with on-site supports for single adults, seniors and people with disabilities at risk of or experiencing homelessness. These supports help people find and maintain stable housing.</p> <p>-----</p> <p>Link: Seniors’ Supportive Housing</p> <p>Summary: Seniors’ Supportive Housing provides low-income seniors (55 years and older) and people with disabilities accessible housing with supports. BC Housing and other partners subsidize the cost of housing and services, but will ask individuals to pay a portion of the monthly rent.</p>
<p>Transportation</p>	<p>Link: Autoplan Insurance: Seniors’ Savings</p> <p>Summary: Within the auto insurance provided by the Insurance Corporation of British Columbia (ICBC), there are senior driver savings for policies where the vehicle is owned or leased by a senior (65+) and is used for pleasure use. Seniors may use their vehicle for up to six days in a calendar month for commuting, business or delivery – a change from the previous seniors’ discount, which had restrictions on vehicle use. However, if the senior has an at-fault crash, the savings will be reduced, and then eliminated if there’s a second at-fault crash in the same scan period.</p> <p>Link: Discounted Driver Licensing Fees for Seniors</p> <p>Summary: The Insurance Corporation of British Columbia (ICBC) provides</p>

older adults' (65+) with discounted driver's license renewal fees. The ICBC also covers the cost of knowledge tests and some road tests.

Link: [Community Travel Training Program](#)

Summary: The Community Travel Training Program provides free training to seniors and people with disabilities who wish to use regular transit service. This program will show individuals how to use public transit so that they are comfortable using the system on their own.

Link: [BC Ferries \(Coastal Ferry Routes\) Discounted Fees for Older Adults](#)

Summary: B.C. seniors 65 or older, possessing either a BC Gold Carecard or a valid BC Services Card, receive a 100% discount on passenger fares Monday to Thursday, excluding statutory holidays on all routes, except the northern routes. For the northern routes, seniors receive a 33% discount on the passenger fare any day of the week.

Link: [BC Bus Pass Program](#)

Summary: Low-income **seniors** and Persons with Disabilities (PWDs) have access to the BC Bus Pass Program. The pass is valid in communities served by BC Transit or Translink.

Link: [Better at Home](#)

Summary: Better at Home is a province-wide program funded by the Government of BC and managed by the United Way of the Lower Mainland to help seniors remain independent at home and stay connected with their community. Under the Better at Home program, seniors have access to a range of non-medical home support services including transportation to appointments. Services are delivered through local non-profit organizations by volunteers and paid workers. Seniors are charged a fee for services on a sliding scale based on income.



Manitoba

Housing

Link: [Rent Supplement Program](#)

Summary: The Rent Supplement helps low-income families, elderly and special needs households obtain affordable, adequate and suitable housing in the private rental sector and in non-profit affordable housing initiatives. The provincial government will enter into agreements with owners/operators of private rental housing to subsidize a portion of the homes in the rental property.

Link: [Social Housing Rental Program](#)

Summary: The program provides low-income Manitobans in the greatest need with subsidized housing. Manitoba Housing provides a range of quality housing such as apartments, townhouses, duplexes and houses for individuals, families and seniors.

Link: [Affordable Housing Rental Program](#)

Summary: This program is for lower-moderate income households whose total household income is below the posted 2021 program income limits. The household will pay an affordable rent based on median rents in the private market.

Link: [Rent Assist](#)

Summary: The Rent Assist program can also help with the cost of rent for low-income Manitobans who are renting or paying room and board in unsubsidized housing. The amount paid from Rent Assist will depend on the number of people in the household and the total household income.

Link: [Supportive Housing](#)

Summary: The Supportive Housing model, through Manitoba's Aging in Place Initiative provides an option for seniors who require 24-hour support and supervision. This community housing option can help seniors delay or avoid personal care home placement until an intensive level of care is

	<p>required. Supportive Housing combines community living in a secure apartment setting with personal support services. The tenant pays for rent and a service package (meals, laundry and housekeeping). Personal care is funded through the regional health authority at no cost to the tenant.</p> <p>-----</p> <p>Link: Seniors' School Tax Rebate</p> <p>Summary: To be eligible for the Seniors' School Tax Rebate, individuals or their spouse / common-law partner must: be 65 years of age or older by the end of the year (December 31); own their home or be liable for paying the school taxes on their principal residence; live in their home; and be residents of Manitoba.</p>
<p>Transportation</p>	<p>Link: Out-of-Province Transportation Subsidy Program for Approved Out-of-Province Medical Referrals</p> <p>Summary: This program provides a transportation subsidy to persons who have been referred outside the province for medical care. <i>This program is not exclusive to seniors.</i></p> <p>Key Points:</p> <p><i>*Note: Specifically for medical care</i></p>



New Brunswick

Housing

Link: [Public Housing](#)

Summary: This program provides subsidized rental accommodation for families and senior citizens who, because of low income experience difficulty in obtaining adequate and affordable housing in the private sector. Tenants qualifying for assistance through this program will have their rents reduced to 30% of the adjusted household income.

Link: [Rent Supplement Assistance Program](#)

Summary: Provides assistance to households in need so that they may obtain affordable, adequate and suitable rental accommodation by subsidizing rents in eligible rental dwellings. Tenants qualifying for assistance through this program will have their rents reduced to 30% of the adjusted household income (for rent, heat, hot water, fridge & stove).

Link: [Residential Property Tax Credit](#)

Summary: The Residential Property Tax Credit can give property owners a tax break on their principal residence. Individuals who own and maintain a property as your principal residence, may be eligible for a residential property tax credit.

Link: [Property Tax Allowance](#)

Summary: The Property Tax Allowance provides a tax reduction to low income property owners. To qualify for the Property Tax Allowance, individuals must own their property, which must be their principal residence, and must be receiving the Residential Property Tax Credit.

Link: [Property Tax Deferral Program for Seniors](#)

Summary: This program provides property tax relief to eligible seniors in New Brunswick, who want to apply for a deferral of the annual increase in property taxes on their principal residence. Deferred property tax and interest amounts constitute a lien against the property and become due and payable to the Province when the property is sold or transferred.

	<p>Link: Social Assistance Program</p> <p>Summary: The program provides people in financial need with assistance to meet their basic needs such as food, rent, utilities and clothing.</p> <p>-----</p> <p>Link: Special Care Homes</p> <p>Summary: Special Care Homes have trained staff on site 24 hours a day. The staff can offer help with personal care such as getting dressed or bathroom activities like bathing and toileting. Meals, help with medication and housekeeping services are provided by the Special Care Home, as well as social and recreational programming.</p> <p>-----</p> <p>Link: Memory Care Homes</p> <p>Summary: Facilities that provide 24-hour supervision and help with daily living activities to seniors with a diagnosis of dementia. The facilities provide specialized care, support in an environment designed to help manage behaviours related to dementia</p> <p>Key Points: Social Development pays a subsidy up to \$153.91 per day or \$4681.43 per month for services in a Memory Care Home.</p>
Transportation	<p>Link: Social Assistance Program</p> <p>Summary: The program provides people in financial need with assistance to meet their basic needs such as food, rent, utilities and clothing. The program may also help individuals with other needs such as transportation.</p> <p>-----</p> <p>Link: Special Benefits</p> <p>Summary: Special benefits provide assistance that goes above and beyond the entitlement of clients to social assistance. There are numerous transportation-related special benefits including:</p> <ul style="list-style-type: none">• Medical transportation (community transportation, private vehicle, public transportation, taxi, food and shelter)• Treatment program transportation (community transportation, private vehicle, public transportation, taxi)



Newfoundland & Labrador

Housing

Link: [Provincial Home Repair Program](#)

Summary: PHRP is a federal/provincial cost-shared initiative which is administered/delivered by NLHC. PHRP is designed to provide funding to assist homeowners with low incomes who require renovations to their homes to complete structural and related repairs, with improvements in basic heating, electrical and plumbing services

Link: [Rental Housing Program](#)

Summary: Rental housing is provided directly by Newfoundland and Labrador Housing Corporation (NLHC). Province-wide, the corporation rents housing to families with low income, seniors, non-elderly single people, Aboriginal people, individuals with disabilities and others in need of housing. Rents paid by tenants in non-profit housing are based on their income. For tenants whose rent is not paid through Income Support, rent will be based on 25 percent of the total net monthly income.

Transportation

Link: [Medical Transportation Assistance Program \(MTAP\)](#)

Summary: The Medical Transportation Assistance Program (MTAP) provides financial assistance to beneficiaries of the Medical Care Plan (MCP) who incur substantial out-of-pocket travel costs to access specialized insured medical services which are not available in their immediate area of residence and / or within the Province

Key Points:

- Not limited to seniors but targeted towards them



Northwest Territories

Housing

Link: [NWT Senior Citizen Supplementary Benefit](#)

Summary: The NWT Senior Citizen Supplementary Benefit (SCSB) provides financial assistance to help low income NWT Seniors to pay for living costs. The program provides a monthly cash payment to low-income Seniors who are receiving the Old Age Security (OAS) and the Guaranteed Income Supplement (GIS) or the Spouse's Allowance (SA) from the Federal Government.

Link: [Canada-NWT Housing Benefit](#)

Summary: The Canada-NWT Housing Benefit (CNHB) is a funding program administered by the NWT Housing Corporation that began on April 1, 2021. CNHB provides a benefit to assist with rental costs. This benefit is available to eligible applicants who are paying more than 30% of their gross income towards rent.

Link: [Emergency Repair Funding](#)

Summary: The Northwest Territories Housing Corporation provides emergency repair funding that is available year-round for situations like freeze-ups and furnace failures. It is available to low and modest income homeowners, including seniors on fixed incomes. A short term loan for up to \$10,000 is provided to cover emergency repairs.

Link: [Repairs and Enhancements](#)

Summary: The Northwest Territories Housing Corporation (NWTHC) Public Housing Program provides income-based assistance for residents of more than 2400 Public Housing units located in thirty NWT communities. Housing services are delivered to residents by community partners (Local Housing Organizations (LHOs)) through Partnership Agreements with the NWTHC, and include financial administration, tenant relations, and operations and maintenance. Individuals can apply if:

	<p>1) They have a low-to-middle total household income that falls within the limits of the monthly income threshold for their community, you can apply</p> <p>2) They are a senior adult, (60 years and older)</p> <p>-----</p> <p>Link: Seniors and Disabled Persons Property Tax Relief</p> <p>Summary: The Senior Citizens’ and Disabled Persons’ Property Tax Relief is a program that helps seniors and people with disabilities pay less or no property tax. Taxes are lowered depending on the type of property owned or occupied. Individuals can apply for this program every year.</p> <p>-----</p> <p>Link: Senior Home Heating Subsidy</p> <p>Summary: The Senior Home Heating Subsidy provides financial assistance to low-to-modest income seniors to help with the cost of heating their homes. Seniors may be eligible to receive a set amount depending on household income and the community in which they live.</p>
<p>Transportation</p>	<p><i>*Note: It has been noted that senior transportation services in smaller NWT communities is lacking</i></p> <p>Link: Reduced License Cost</p> <p>Summary: In general, seniors (>60 years old) will receive a 50% discount when purchasing a license and will receive discounted prices for tests, registration and identification cards.</p>



Nova Scotia

Housing

Link: [The Senior Citizens Assistance Program](#)

Summary: This program provides assistance to senior homeowners (age 65+) who would like to remain in their own homes, but cannot afford necessary repairs. The funding covers repairs that are a threat to health and safety, which includes repairs to roofing, plumbing and heating. Cosmetic repairs are not covered.

Key Points:

- A grant of up to \$6,500 is available.

Link: [Parent Apartment Program](#)

Summary: This program creates affordable housing options for **senior family members** by providing low interest loans for additions or renovations to existing single family homes. The maximum loan available is \$25,000 and it must be repaid over a maximum of 10 years. The interest rate is established at the time of approval. If a chattel mortgage is used to secure the loan, the repayment term is a maximum of six years.

Link: [Public Housing for Seniors Program](#)

Summary: This program provides affordable rental housing to seniors (age 58 and older) with low incomes. Rent is determined by one's annual income. Rental units contain a stove and refrigerator and include heat and hot water. Some units are accessible for people with physical disabilities. This program is managed by the Housing Authorities.

Link: [Canada-Nova Scotia Targeted Housing Benefit](#)

Summary: The Canada-Nova Scotia Targeted Housing Benefit (CNSTHB) provides funding directly to people in need so they can choose their own housing and pay a portion of their housing costs. Homeowners can receive support to stay in their own homes and renters have the ability to take the benefit with them if they move to another apartment in the province. The program is aimed at people experiencing homelessness or at risk of

homelessness, those in core housing need, seniors, single individuals under the age of 58 with no dependent, and homeowners in severe housing need.

Link: [Small Loans Assistance Program](#)

Summary: This is a provincially funded program to improve housing conditions by providing low interest loans to qualified applicants. The maximum loan amount is \$20,000 and depending on the amount of the loan, individuals may be able to secure it with a promissory note or a registered mortgage.

Link: [Home Ownership Preservation](#)

Summary: This program provides assistance to homeowners to make major repairs or renovations to their homes to meet the minimum level of health and safety standards.

Link: [Provincial Housing Emergency Repair Program](#)

Summary: This program is equally funded by the federal and provincial governments and offers financial assistance for homeowners to make emergency repairs to their homes. The maximum amount of funding available is a \$6,500 grant to help cover the cost of labour and materials.

Link: [Homeowner Residential Rehabilitation Assistance Programs \(RRAP\)](#)

Summary: This program is equally funded by the federal and provincial governments and provides financial assistance to people who own and occupy homes that do not meet minimum levels of health and safety. The maximum amount of funding available is \$18,000 and can be forgiven over a maximum of five years.

Transportation

*

<https://www.halifax.ca/transportation/halifax-transit/transit-programs-services/seniors-services>

Link: [Income Assistance](#)

Summary: The Income Assistance (IA) program helps individuals with various basic and special needs. One of the noted special needs was transportation.

Link: [Free Annual Halifax Transit Bus Pass](#)

Summary: A pilot program offering free annual Halifax Transit bus passes for people who receive Employment Support and Income Assistance (ESIA) in Halifax Regional Municipality (HRM) is now a permanent program. The pass is provided to any ESIA recipient, as well as their spouse and dependents, without having to provide proof of their transportation needs. The cost is covered by the Department of Community Services.



Nunavut

Housing

Link: [Senior Citizens Home Repair Program](#)

Summary: The Senior Citizen Home Repair Program (SCHRP) provides assistance to senior citizens (60+) throughout Nunavut who need to repair and/or adapt their homes in order to ensure their continued safe occupancy, and/or to assist with difficulties they encounter with daily living activities. The assistance comes in the form of a grant, to a maximum amount of \$15,000, plus freight costs.

Link: [Senior and Persons with Disabilities Preventative Maintenance Program](#)

Summary: The Seniors (60+) and Persons with Disabilities Preventative Maintenance Program (SPDPMP) assists eligible homeowners for the purpose of carrying out preventative maintenance and minor repairs. The Nunavut Housing Corporation (NHC) will provide a contribution in the form of a grant to cover materials, freight and labour, to a maximum amount of \$3,000 annually.

Link: [Senior Fuel Subsidy](#)

Summary: The Senior Fuel Subsidy is a program that helps to offset the high cost of heating fuel for seniors who own and live in their homes. Eligible homeowners are reimbursed for the cost of heating fuel, up to 3,500 litres. An income assessment is done to establish whether the net income of the applicant or applicants is within the program limits. Must be 60 years of age or older.

Link: [Public Housing Program](#)

Summary: The Public Housing Program is an income tested rental program which provides subsidized housing to tenants based on their income and ability to pay rent. As an income tested program, eligibility for Public Housing is based on the verification of income to meet the community Core Need Income Threshold. All Public Housing in Nunavut uses the Public Housing Rent Scale, a rent-geared-to-income sliding scale designed to ensure that public housing rents remain fair and affordable.

Link: [Home Renovation Program](#)

Summary: The Home Renovation Program (HRP) provides assistance to homeowners who wish to carry out major repairs, renovations and additions to their home to cover cost related to repairs and/or renovation including materials, freight, and labour. The Nunavut Housing Corporation will provide a contribution in the form a forgivable loan to a maximum amount of \$65,000, depending on household income, and provided that any amount exceeding \$50,000 is used specifically for energy efficient improvements.

Link: [Emergency Repair Program](#)

Summary: The Emergency Repair Program (ERP) provides assistance to people who own and occupy their home to undertake emergency repairs which pose an imminent threat to occupant health and/or safety, and which are required in order to ensure safe occupancy in their unit. The assistance comes in the form of a grant of up to a maximum amount of \$15,000, based on Homeownership Program Income Eligibility (HPIE) numbers.

Link: [Senior Citizens and People with Disabilities Property Tax Relief Program](#)

Summary: People with disabilities and senior citizens are eligible to apply for property tax relief in each taxation year to be considered exempt.

Transportation

Link: [Reduced Motor Vehicle Fees](#)

Summary: The fee for a driver's license and examination is reduced at least 50 per cent for a person who is 60 years of age or older. The fee for changing the class, name or address on a license is also greatly reduced for seniors. Seniors also benefit from a reduced fee for motor vehicle or ATV registration.



Ontario

Housing

Link: [Senior Homeowners' Property Tax Grant](#)

Summary: The Ontario Senior Homeowners' Property Tax Grant helps low-to-moderate income seniors with the cost of their property taxes. If you file your personal income tax and benefit return annually and qualify for the grant, you **could get up to \$500 each year** depending on your adjusted family net income.

Link: [Seniors' Home Safety Tax Credit](#)

Summary: The Seniors' Home Safety Tax Credit is a temporary, refundable personal income tax credit that can help individuals make their home safer and more accessible, helping them stay in your home longer. The credit is available for the 2021 and 2022 tax years and is worth 25% of up to \$10,000 in eligible expenses per year for a senior's principal residence in Ontario. Expenses must be paid or payable in 2021 and 2022. The maximum credit is \$2,500 per year.

Link: [Ontario Energy and Property Tax Credit](#)

Summary: This credit is a tax-free payment to help you with your property taxes and sales tax on energy costs.

Link: [Ontario Renovates](#)

Summary: Ontario Renovates is part of the Ontario Priorities Housing Initiative (OPHI), a community housing program that provides forgivable loans to: low- to moderate-income homeowners landlords of affordable rental buildings They can make necessary repairs to bring units up to acceptable standards and improve accessibility.

Link: [Tax Exemption for Seniors and Persons with Disabilities](#)

Summary: This tax exemption pertains to owners of:

- 1) Residential homes that have been renovated or modified to accommodate a senior (age 65 or older) or a person with a disability
- 2) Custom-built residential homes constructed to accommodate a senior or a person with a disability
- 3) garden suites used as the personal residence of a senior of at least 65 years of age or a person with a disability

Link: [Property Tax Relief for Low-Income Seniors and Low-Income Persons with Disabilities](#)

Summary: Low-income seniors and low-income persons with disabilities who own residential property may be eligible to receive relief from property tax increases that result from assessment reform.

Link: [Provincial Land Tax Deferral Program for Low-Income Seniors and Low-Income Persons with Disabilities](#)

Summary: Low-income seniors and low-income persons with disabilities can get a partial deferral of provincial land tax and education tax. The tax deferral applies to the tax increase in the current year and not to outstanding taxes.

Link: [Canada-Ontario Housing Benefit](#)

Summary: This program provides a direct, monthly benefit payment to eligible households to help pay their rent. Eligible households include: survivors of domestic violence and human trafficking, people experiencing or at risk of homelessness, Indigenous people, seniors, and people with disabilities.

Link: [Ontario Electricity Support Program](#)

Summary: The program provides monthly on-bill credits for lower-income customers to reduce their electricity bills.

Link: [Low-Income Energy Assistance Program](#)

	<p>Summary: This program provides a one-time grant towards individuals' electricity or natural gas bill if they are behind on their bill and may face having your service shut off.</p> <p>-----</p> <p>Link: Special Rules for Low-Income Customers</p> <p>Summary: Rate-regulated natural gas utilities, electricity utilities and unit sub-meter providers have to follow special rules when dealing with low-income customers; for example, waiving security deposits and allowing longer payment times under arrears payment plans.</p>
Transportation	<p>Link: Ontario Seniors' Public Transit Tax Credit</p> <p>Summary: The Ontario Seniors' Public Transit Tax Credit is a refundable tax credit to help seniors with public transit costs. Individuals can claim up to \$3,000 in eligible public transit expenses and receive up to \$450 each year.</p>



Prince Edward Island

Housing

Link: [Seniors Housing Program](#)

Summary: Supporting seniors who have trouble affording the cost of living. This program subsidizes rent to 25% of their income.

Key Points:

- Aged 60 and older, or
 - 55 and older and have a disability.
-

Link: [Seniors Home Repair Program](#)

Summary: You may be able to apply for the Seniors Home Repair Program to help with the cost of repairs to your home. You could receive up to a maximum of \$2,000 in assistance for eligible repairs like a roof, windows and doors, or a furnace.

Key Points:

- Must be aged 60 or over at the time of application to be eligible

Transportation

Link: [55 Alive/Mature Driver Refresher Course](#)

Summary: The 55 Alive/Mature Driver Refresher Course is a classroom course designed for mature drivers. It is offered by the PEI Senior Citizens' Federation in partnership with the provincial government. This is a six-hour course taught in a classroom. There is no testing at the end of the course. Drivers learn how to compensate for the physical changes of aging. The course provides opportunities for participants to identify individual problem areas and improve their behavior as drivers.

Link: [Seniors Independence Initiative](#)

Summary: The Seniors Independence Initiative provides financial assistance for practical services (incl. transportation) to make it easier for seniors to remain in their own homes and communities.



Quebec

Housing

Link: [Grant for Seniors to Offset a Municipal Tax Increase](#)

Summary: This grant aims to offset a municipal tax increase brought about by a significant increase in the value of your residence.

Key Points:

- Eligible if on December 31, 2020, you:
- were resident in Québec;
- were 65 or over;
- had owned your residence for at least 15 consecutive years (note that this period can include a period during which your spouse owned the residence before transferring ownership to you).

Link: [Independent Living Tax Credit for Seniors](#)

Summary: You may be entitled to a refundable tax credit if, for the year covered by the claim, you met the following requirements:

Key Points:

- You were a resident of Québec on December 31.
- You were 70 or older on December 31.
- You incurred expenses for either or both of the following:
 - the purchase, lease and installation of eligible equipment or fixtures used to continue living independently in your principal place of residence
 - a stay in a functional rehabilitation transition unit

Link: [Shelter Allowance Program](#)

Summary: The Shelter Allowance Program provides up to \$100 per month in financial assistance for low-income individuals and families who spend too much of their budget on rent or mortgage payments. Individuals can benefit from the program if you are a tenant, a rooming-house occupant or a homeowner.

Transportation

Link: [Ambulance Transport for Seniors over 65](#)

Summary: Transportation to a hospital centre is free for people 65 years of age or over who have a medical condition requiring ambulance transportation.



Saskatchewan

Housing

Link: [Seniors Housing Program](#)

Summary: The Seniors Housing Program provides rental housing to individuals and couples who are 55 years of age or older. This program is offered in all communities when there are no eligible applicants for Social Housing Program units in the community. The Seniors Housing Program is administered by local housing authorities on behalf of Saskatchewan Housing Corporation.

Link: [Social Housing Program](#)

Summary: The Social Housing Program provides safe and adequate housing to families and seniors with low incomes and people with disabilities. This program subsidizes rent according to the degree of financial need. The Social Housing Program is administered by local housing authorities on behalf of Saskatchewan Housing Corporation.

Link: [Seniors Education Property Tax Deferral Program](#)

Summary: The Seniors Education Property Tax Deferral Program provides eligible applicants with a repayable loan for the education property taxes for their principal residence.

Link: [Saskatchewan Low-Income Tax Credit \(SLITC\)](#)

Summary: The Saskatchewan Low-Income Tax Credit (SLITC) is a fully refundable, non-taxable benefit paid to help Saskatchewan residents with low and modest incomes. Individuals do not need to pay income tax in order to receive the benefits. To be eligible for benefits, individuals must file an income tax return as a resident of Saskatchewan and meet income and family criteria.

	<p>Link: Saskatchewan Home Renovation Tax Credit</p> <p>Summary: Under this non-refundable tax credit, Saskatchewan homeowners may save up to \$2,100 in provincial income tax by claiming a 10.5 per cent tax credit on up to \$20,000 of eligible home renovation expenses. Eligible expenses include the cost of labour and professional services, building materials, fixtures, equipment rentals, and permits.</p>
Transportation	<p>Link: Discounted Bus Pass Program</p> <p>Summary: The Discounted Bus Pass Program allow people with lower incomes to access quality public transportation. The purchase cost of the Discounted Bus Pass is shared by the Ministry of Social Services, the municipality and the individual.</p> <p>Key Points:</p> <p><i>*This is for lower-income people generally, not specifically for seniors but included because some seniors may fall into this category</i></p>



Yukon

Housing

Link: [Social Housing](#)

Summary: Social housing assists Yukoners in need of affordable, suitable and accessible housing. Social housing rent is geared to income. This means rent is calculated to be 25% of your total gross monthly household (combined) income. This application is for individuals, families or seniors applying to live in Yukon Housing Corporation housing.

Link: [Rent Reduced in Social Housing](#)

Summary: As a social housing tenant in Yukon Housing Corporation housing, individuals can apply to have their rent reduced for up to 3 months.

Link: [Canada-Yukon Housing Benefit](#)

Summary: The Canada-Yukon Housing Benefit is a rent subsidy program delivered by the Yukon Housing Corporation. The program provides a portion of rent to eligible low- to moderate-income Yukoners.

Link: [Pioneer Utility Grant \(PUG\)](#)

Summary: The Pioneer Utility Grant (PUG) assists Yukon seniors with the cost of heating their homes. Whether they own, or rent and are not living in social housing. Heating can be oil, electricity, wood, propane or wood pellets. Yukoners must apply every year.

	<p>Link: Home Repair Program</p> <p>Summary: The Home Repair Program provides funding for Yukon homeowners to repair or upgrade their principal residence. The Home Repair Program includes 3 streams of funding:</p> <ol style="list-style-type: none">1) A grant for emergency repair for your home2) A grant to improve the accessibility of your home3) A loan to repair your home. <p>-----</p> <p>Link: Seniors' Property Tax Deferment</p> <p>Summary: The seniors' property tax deferment program allows individuals to postpone paying their property taxes. Individuals can defer up to 75% of the assessed value of their home.</p>
Transportation	<p>Link: Medical Travel Coverage</p> <p>Summary: Coverage of medical travel (within Canada) may be provided for individuals who require medically necessary insured health service that is not available in the community. Also, in-territory travel for a few non-insured services are covered (incl. Hearing services, mental wellness, outpatient therapy services at Whitehorse General Hospital).</p> <p>Individuals approved for medical travel, may be eligible to claim a subsidy to assist with costs incurred while on medical travel for both themselves and any approved escorts.</p>



Nation-wide

Housing

Link: [Eligible Medical Expenses - Lines 33099 and 33199](#)

Summary: Individuals are able to claim various medical expenses that were paid by either themselves, their spouse or common-law partner (incl. Moving expenses).

Transportation

Link: [Eligible Medical Expenses - Lines 33099 and 33199](#)

Summary: Individuals are able to claim various medical expenses that were paid by either themselves, their spouse or common-law partner (incl. Moving expenses).

Pillar 4: Improving Social Connections to Reduce Loneliness and Social Isolation



Alberta

Social Isolation & Loneliness

Link: [Pan-Edmonton Group Addressing Social Isolation of Seniors \(PEGASIS\)](#)

Summary: One main project was to facilitate transportation among older Albertans. They were able to provide volunteer-based door-through-door rides to low-resourced seniors with physical and mental challenges that make them ineligible or inappropriate for other public transit options.

Link: Well Connected: Virtual Day Program (Elder Care Edmonton)

Summary: Virtual, community-based day program to help participants engage with their community and keep their mind and body active while reducing social isolation.

Key Points:

- Service provides:
 - Virtual live program to connect participants to their community and to reduce social isolation
 - Includes: therapeutic recreation in an at-home setting; connection to community during a socially isolated climate; promotion of activity; support of independent well-being
-

Link: [Multicultural Seniors Outreach Program \(Sage Seniors Association\)](#)

Summary: Serves isolated, at-risk immigrant and refugee seniors from five communities including Kurdish, Korean, Spanish-speaking, former Yugoslavian, and Eritrean/Ethiopian. The program recently expanded to welcome seniors from Iraq, Somalia, and other Eastern European countries.

Key Points:

Largely serves immigrants and refugees

Link: [Seniors' Centre Without Walls](#)

Summary: Seniors' Centre Without Walls is a free, phone-based program that offers a variety of interactive health and well-being information sessions, recreational activities, and friendly conversations. The program is open to older adults aged 55+ living anywhere in Alberta who find it difficult to leave their homes and participate in social activities in their community.



British Columbia

Social Isolation & Loneliness

Link: [Better at Home](#)

Summary: Better at Home is a province-wide program funded by the Government of BC and managed by the United Way of the Lower Mainland to help seniors remain independent at home and stay connected with their community. Under the Better at Home program, seniors have access to a range of non-medical home support services including friendly visiting, grocery shopping, and transportation to appointments. Services are delivered through local non-profit organizations by volunteers and paid workers. Seniors are charged a fee for services on a sliding scale based on income.

Link: [Seniors Connect](#)

Summary: Funded through NHSP. Focused on reducing the social isolation of adults age 55 and over in Nanaimo through participation in local activities, increased community connection and providing older adults meaningful opportunities for engagement. This project is funded in part by the Government of Canada's New Horizons for Seniors Program and will provide an array of programming through partner organizations.

Key Points:

- Create age-friendly and culturally sensitive environments and social activities.
- Build awareness of ageism and social isolation.
- Provide support and outreach services for issues such as elder abuse.
- Improve wellness and increase the community participation of seniors and elders; and
- Develop older adults leadership capacity through volunteer opportunities focused on social inclusion.

Link: [Social Prescribing Program for Senior Patients](#)

Summary: Seniors' Community Connectors connect health care professionals' senior patients to non-clinical community programs and services to: Improve their mental health; Reduce isolation; Help them stay independent for longer; Who's eligible? Seniors 60+ in the Surrey area who may be experiencing poor physical or emotional health; are socially vulnerable, marginalized or experiencing isolation; and are frequent visitors to the ER or primary care.

Key Points:

- Older adults 60+ (poor physical or emotional health; socially vulnerable, marginalized /experiencing isolation; are frequent visitors to the ER or primary care)

Link: [E-Hub & Brochure Project](#)

Summary: In 2013, the group received federal funding from the New Horizons for Seniors. Project to create an E-Hub and brochures in 5 languages with information and resources for seniors. The 5 languages include English, Simplified Chinese, Vietnamese, Punjabi, and Spanish.

Key Points:

- Goals:
- To connect with cross-cultural seniors and to strengthen the seniors' community;
- To enhance civic participation, engagement, and involvement of cross-cultural seniors;• To support the inclusion of all voices in information, education, and advocacy;
- To increase access to information and services; and
- To share information and discuss issues that impact seniors.



Manitoba

Social Isolation & Loneliness

Link: [Senior Centres](#)

Summary: Senior Centres are health promoting, capacity building, and community focal points on aging where older persons come together for services and activities that enhance their dignity, support their independence and encourage their involvement in and with the community. Senior centres are open to all individuals 55 years and older, or retired.

The Philosophy of Manitoba Senior Centres: Aging is a normal part of the development process. We all need peers with whom they can interact and who are available as a source of encouragement and support. As older adults we have the right to have a voice in determining matters in which we have a vital interest. A person's sense of well-being is enhanced when one obtains balance and satisfaction in the various personal components, such as emotional, physical, social, intellectual, and spiritual. Members and Volunteers form the backbone of senior centres.

Link: [Connect Program](#)

Summary: This program is an organized companionship and socialization program that seeks to match community volunteers with isolated older adults 55+. Participants of the program will be provided information that may encourage social activity and participation within the community and may be matched with a volunteer visitor. Volunteers and participants engage in a one hour visit, once a week, which occurs on a date and time that is agreeable and convenient to both parties. Visits take place in a participant's home.

Key Points:

Goals are to:

- To provide a comfortable level of companionship between a selected volunteer and client;
- To reduce the participant's perceived sense of isolation;
- To reduce the participant's perceived level of loneliness and related stress
- To provide opportunities for community members to contribute to the well-being of older adults through a social companionship role.

Link: [Outreach Program \(Modern Services for Seniors\)](#)

Summary: The program's aim is to continue to help seniors stay in their homes longer by reducing isolation and increasing their mental and

physical health and safety.



New Brunswick

Social Isolation & Loneliness

Link: [Canadian Red Cross Connection New Brunswick](#)

Summary: The Canadian Red Cross's Connection NB program connects community-dwelling older adults to local community support services to prevent social isolation, loneliness and improve well-being.

Connection NB aims to connect vulnerable older adults (65+) with local community support services. By providing people access to the services they need, we can improve the overall well-being and decrease social isolation for older adults in New Brunswick. Our initial program will be serving four New Brunswick communities: Saint John, St. Andrews, Moncton and Miramichi.

Links:

[New Brunswick Healthy Seniors Pilot Project](#)

[Community Connectors Healthy Seniors Pilot Program - Fredericton](#)

Summary: The Healthy Seniors Pilot Project (HSPP) is a \$75 million agreement between the Government of New Brunswick and the Public Health Agency of Canada jointly led by the Government of New Brunswick's Department of Social Development and the Department of Health through the Seniors and Healthy Aging Secretariat. HSPP supports a range of applied research initiatives to examine how governments, in partnership with the research community, non-profits and private sector, can better support seniors in their homes, communities and care facilities.

Among the pilot projects is the Community Connectors Program to Address Social Isolation and Loneliness among Older Adults in New Brunswick. The goal of the project is to reduce participants' level of isolation and loneliness. The intent is to train participating drivers of the Meals on Wheels program to be Community Connectors in Fredericton, New Brunswick. The drivers will learn to identify and address isolated and lonely seniors, refer them to pre-existing community activities and provide coaching and follow-up.

Link: [Nursing Homes Without Walls](#)

Summary: The program extends support services offered in nursing homes to seniors still living at home. The project is currently in four sites: Westford Nursing Home in Port Elgin; Résidences Inkerman in Inkerman; Manoir Edith B. Pinet in Paquetville; and Résidences Lucien Saindon in Lamèque. Over the next two years, the project will be extended to 16 additional locations.



Newfoundland & Labrador

**Social Isolation
& Loneliness**



Northwest Territories

**Social Isolation
& Loneliness**

Link: [Working Together with Elders \(NWT Seniors' Society\)](#)

Summary: Facilitators plan regular check-ins and culturally relevant events to help Elders' mental health.



Nova Scotia

**Social Isolation
& Loneliness**



Nunavut

**Social Isolation
& Loneliness**



Ontario

Social Isolation & Loneliness

Link: [Seniors Centre without walls](#)

Summary: Seniors' Centre Without Walls (SCWW) is a free interactive telephone-based group activity program that connects seniors and older adults 50+ and adults with physical disabilities who find it difficult to leave their home. SCWW programs offer an inclusive, safe, inviting space to listen, learn and be heard which increases social connectedness and well-being for participants. Information and resources are made available, stories are shared, and lasting connections and friendships are formed. All the participants need is a telephone to participate from the comfort of their home

Link: [Bernard Betel Centre Healthy At Home](#)

Summary: The program focuses on creating supportive environments, building social networks and connectivity, and supporting low-income, isolated and unaffiliated seniors by bringing free social, recreational, educational, cultural, health promotion and other programs to where they currently live.

This project has been offered to several sites across Toronto and York Region, and includes some or all of the following components: Community-oriented activity programs that are both physical and social in scope; Health promotion and disease prevention lectures and programs; Falls prevention program and training; Kosher meal program: a nutritious, light lunch; Computer literacy program; ESL classes for immigrant seniors; Jewish holiday programs and cultural activities; Hands-on crafts; Art, history and educational lectures; Entertainment and social programming

Link: [Seniors Active Living Centres \(SALCs\)](#)

Summary: Keeping Ottawa Seniors Connected (KOSC) aims to reduce social isolation and remove barriers to social participation faced by seniors who: live on a low income; live with a physical, mental, or cognitive disability; have limited skills with either official language experience abuse; live in rural

areas; KOSC partners are working together to ensure that Ottawa's seniors have: 1) the support they need, when they need it choices to participate in activities and to connect with friends, family, and community members; 2) opportunities to share their skills, knowledge, and talents.

Link: [Senior Persons Living Connected Adult Day Program \(ADP\)](#) - Scarborough, ON

Summary: ADP is a safe, welcoming age-friendly community, where older adults may spend time with friends and caring program staff, offering respite to families or caregivers. With both virtual and in-person sessions, this program focuses on keeping seniors connected and active through therapeutic activities for their bodies and minds. These programs have never been more important than they are during the pandemic when many of us are facing long periods of isolation. All programs are developed based on clients' individual level of functioning and their past interests.

Key Points:

There are three ways to access Adult Day Programs:

- In-person
 - Virtual support
 - At-home
-

Link: [Seniors Peer Connector Program](#)

Summary: This program is where volunteers provide in-home social support and assist isolated seniors in attending activities and appointment in the community.



Prince Edward Island

Social Isolation & Loneliness

Link: [P.E.I. Senior Citizens' Federation Inc. Friendly Visitor Program](#)

Summary: The Mission of the PEI Friendly Visitor Program is to provide friendship and companionship to Island seniors who may be at risk of becoming socially isolated. Our Goals: To provide seniors at risk of becoming socially isolated with meaningful one-to-one relationships with senior volunteers. To provide seniors with moments of happiness in the present, and something to look forward to in the immediate future. To decrease seniors' social isolation thereby increasing their quality of life. To provide an enriching experience for Friendly Visitor volunteers, as well as the seniors they visit.

Link: [Immigrant & Refugee Services Association Seniors' Social Integration Program](#)

Summary: The Seniors' Social Integration Program addresses the challenge of isolation and promotes social integration for immigrant seniors (50+) with Canadian seniors through hands-on workshops and groups. Newcomer and Island seniors take workshops and classes together, and exchange cultural knowledge, learn skills and make lasting social connections. This program creates opportunities for seniors to socialize and practice the language in a safe and supported atmosphere, and to learn skills which will ease adaptation to the new country and culture. Established Canadians of 50+ years of age benefit from exposure to a more culturally diverse peer group. Examples of previous sessions include visual arts, line-dancing, cooking, rug-hooking, story-telling, photography, financial literacy, stress management techniques, and so on. IRSA has established a robust partnership with the Seniors Active Living Centre which recruits seniors from the established host community and invites newcomer seniors to join in their programming.

Link: [Native Council of PEI Elders Empowering Elders](#)

Summary: The Elders Empowering Elders program engages the knowledge-keepers of NCPEI and discusses a variety of topics relevant to this group. The goal of EEE is to provide programming designed by Elders for them to enjoy with each other. The EEE program is offered once a month in each of the three zones, allowing for easier access to all members. The programming promotes three key factors: healthy living/disease prevention, social activity to reduce isolation, and cultural activities to keep Elders connected to traditional teachings. Some of the programming held so far includes a painting session instructed by an Elder member, and a foot care session.



Quebec

Social Isolation & Loneliness

Link: [Community Health and Social Services Network \(CHSSN\) Senior Wellness Centres](#)

Summary: Senior Wellness Centres are community-run programs that aim to maintain and improve the health and well-being of English-speaking seniors, increase access to knowledge of health and social services, and decrease social isolation through purposeful and informed programming.

The main goal of these centres is to break down social isolation, increase access to information in English, and increase autonomy and wellbeing. The centres are inclusive of all seniors, and include outreach to vulnerable isolated elderly individuals.

The centres' offerings include physical activities, nutrition workshops, and educational sessions on legal issues and access to care.

Link: [Little Brothers Long Term Pairing Program](#)

Summary: Long-term pairing is a flexible volunteering formula program. A volunteer companion, arranges to see an older adult every two weeks. They also check in by phone or another means on a weekly basis. The total monthly commitment works out to about four hours.

Link: [BCRC Intergenerational Program for Seniors](#)

Summary: New program for seniors and youth in the Black community. BCRC's Intergenerational Program is meant to brighten the lives of our seniors and reduce the social isolation many are facing at this time. As a result of the current Covid-19 pandemic, many seniors and youth have been experiencing social isolation and loneliness. To help resolve this issue, the BCRC created an Intergenerational program which will give Black youth and seniors the opportunity to connect while participating in fun engaging workshops online. Through our buddy system, seniors and youth have been paired up for the duration of the program which encourages social interaction while breaking down social barriers and allowing for youth to have a closer bond with a senior resulting in new meaningful friendships.

BCRC believes that both youth and seniors have a wealth of knowledge to share. These kinds of programs are extremely important because they allow all generations to learn new skills, help to reduce social isolation, creates space for important conversations to take place and removes negative stereotypes while allowing for new friendships to be made.

Link: [Quebec City Social Isolation Elders Collective\) – Québec City](#)

Summary: The Quebec City Social Isolation Elders Collective aims to create a lasting synergy with community stakeholders so that Quebec becomes a model place for active and healthy aging. The objective of the Collective is to create inclusive, safe and supportive living environments, in which the entire community works together to: reduce the number of seniors living isolated in neighborhoods of Quebec where the social deprivation index is raised; raise public awareness of the social isolation of seniors; and to create lasting partnerships to reduce barriers to seniors' social participation.



Saskatchewan

Social Isolation & Loneliness

Link: [Reducing Isolations of Seniors Collective](#)

Summary: Communities become more aware of the needs of older adults and ways to address those needs:

- Seniors are viewed as valuable, contributing members of society;
- Accessible Services are Available;
- Seniors meaningfully connect with others through personal contact and meaningful activities.

Key Points:

- Activities:
 - Work with urban and rural communities to help them become Dementia Friendly Communities;
 - Establish a Dementia Helpline;
 - Work with individuals and community groups to increase awareness of Alzheimer’s disease and other dementias and establish Dementia Friends, supporting people in their communities;
 - Recruit volunteers to make face-to-face friendly visits with isolated seniors;
 - Reduce ageism through public education and by education of media;
 - Reduce isolation of seniors in Regina.

Link: [Seniors’ Centre Without Walls \(SCWW\)](#)

Summary: Offers a free interactive telephone program for Saskatchewan residents ages 55+ affected by the social isolation of COVID-19. Provides the opportunity for participants to socialize, learn new skills, and stay connected from the comfort of home. Includes health and wellness seminars, educational lectures, brain-stimulating activities, listen to live musical entertainment, join in on general conversations, and make new friendships. Programs include games, exercise classes, meditation and mindfulness, nutrition, book clubs, coffee chats, and more — all done over client phones. for older adults, who find it difficult to leave their homes and participate in social activities in their community.

Link: [Student Senior Isolation Prevention Partnership](#)

Summary: To mitigate the social isolation of older adults by building a society that promotes their well-being, while enabling them to feel valued and remain socially connected. Our volunteers are paired with older adults referred through their healthcare providers or coordinators. By exchanging stories over weekly calls, they steadily develop their newfound friendship. We are only a few screen taps away from someone. Training older adults to use modern technology empowers them to stay in touch with loved ones whenever they wish. Being the most vulnerable population, we educate older adults on COVID-19 and proper hygiene practices they can follow to minimize risk of exposure. Whether it be financial, housing, legal, recreational, religious, wellness, etc., we connect older adults with the appropriate services they are seeking.

Key Points:

This program spans Manitoba, Ontario, Alberta, as well as Saskatchewan



Yukon

Social Isolation & Loneliness



Nation-wide

Social Isolation & Loneliness

Link: [Canadian Red Cross Friendly Calls Program](#)

Summary: The Canadian Red Cross Friendly Calls program helps address issues of isolation and loneliness which have become heightened during the COVID-19 pandemic. The program pairs a trained Red Cross volunteer or staff member with an adult who is feeling isolated or lonely, who may have limited social and family connections, or who feels they could benefit from more social interaction. At a regularly scheduled time, Red Cross personnel call the people with whom they are paired for a social chat, connecting them, if needed, with resources available in their community.

The Friendly Calls program is free and is available to any adult who feels they could benefit from more social interaction.