

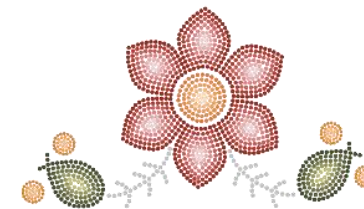
MÉTIS NATION OF ONTARIO FACT SHEET

COVID-19 SUPPORTS FOR SENIORS

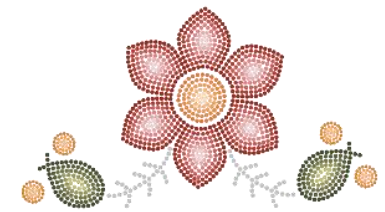
Date: May 13, 2020

- This document is intended to provide clarity on the various COVID-19 financial supports available to Ontario Métis seniors and retirees.
- As new supports become available or clarified this document will be updated with the eligibility, amounts, and contacts for financial support.
- **NOTICE: If you are experiencing symptoms such as cough, fever, difficulty breathing, or you are in self-isolation or quarantine, do not visit or enter any Service Canada or Ontario Works office. As an alternative, you may access all federal and provincial services online.**

<i>Name of Program</i>	<i>Amount</i>	<i>Description & Eligibility</i>	<i>Access</i>
Meals on Wheels		Delivers a nutritionally balanced noon hour hot meal by volunteers who provide a social contact and a safety check for the client. Special diets may be accommodated. Frozen meals may be available.	To identify a local provider and request service, eligible seniors and persons with disabilities, their caregivers, neighbours or families should visit www.ontariocommunitysupport.ca . Those without Internet access, or who require services in languages other than English or French, can dial 211 or 1-877-330-3213 (toll free). TTY service is also available by calling 1-888-340-1001.
Essential Supplies Delivery		Assistance with grocery shopping, door-to-door grocery or meal delivery for those who are unable to go grocery shopping or prepare meals (i.e. elderly, disabled, bedridden, injured).	To identify a local provider and request service, eligible seniors and persons with disabilities, their caregivers, neighbours or families should visit www.ontariocommunitysupport.ca . Those without Internet access, or who require services in languages other than English or French, can dial 211 or 1-877-330-3213 (toll



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Support Phone Line For Seniors		Do you or someone you know struggle with loneliness and/or social isolation?	To access service: 1-855-892-9992 or 613-692-9992 For more information: www.afriendlyvoice.ca
Lower Registered Retirement Income Fund Minimum Withdrawal Amounts		Reduce required minimum withdrawals from Registered Retirement Income Funds (RRIFs) by 25% for 2020, in recognition of volatile market conditions.	To access, contact your bank.
Ontario Guaranteed Annual Income System (GAINS)	Monthly GAINS payments range between \$2.50 and \$83. If you have no private income, you'll receive the maximum benefit of \$83 a month.	GAINS provides a monthly, non-taxable benefit to low-income Ontario seniors. GAINS payments are provided on top of the Old Age Security (OAS) pension and the Guaranteed Income Supplement (GIS) payments you may receive from the federal government. You qualify for GAINS payments if you: <ul style="list-style-type: none"> - are 65 years or older - have lived in Ontario for the past 12 months or for a total of 20 years since turning age 18 - have been a Canadian resident for 10 years or more receive the federal OAS pension and GIS payments - have an annual private income of up to \$1,992 if you are a single senior or up to \$3,984 if you are a 	If you currently receive the OAS pension and GIS, you do not have to apply. Your GAINS benefits will be determined based on information received from Employment and Social Development Canada and the details provided on your personal income tax and benefit return. To receive your GAINS payments you must: <ul style="list-style-type: none"> - file your return every year by April 30, even if you don't have income to report, or - complete a GIS application and send it to your nearest Service Canada office To sign up for direct deposit of your GAINS payments, visit the Service Canada or call 1-800-277-9914 .



Name of Program	Amount	Description & Eligibility	Access
		senior couple.	
Seniors Safety Line		Contact and referral information for local agencies across the province of Ontario that can assist in cases of elder abuse, isolation, anxiety or depression. Family members and service providers can call for information about community services.	Available 24/7 in more than 200 languages. Call 1-866-299-1011
Increase to Old Age Security (OAS)	\$300	\$300 payment to seniors eligible for OAS	Automatically applied to OAS payments
Guaranteed Income Supplement (GIS)	\$200	\$200 payment to seniors eligible for GIS	Automatically applied to GIS payments
Lower Registered Retirement Income Fund Minimum Withdrawal Amounts		Reduce required minimum withdrawals from Registered Retirement Income Funds (RRIFs) by 25% for 2020, in recognition of volatile market conditions.	To access, contact your bank.