

COVID-19 Benefits and Services

■ One-time tax-free seniors payment:

- ✓ **\$300** for seniors eligible for the Old Age Security pension, and;
- ✓ an additional **\$200** for seniors eligible for the Guaranteed Income Supplement
- ✓ **You do not have to apply.** All individuals who are eligible to receive the Old Age Security pension or the Guaranteed Income Supplement in June 2020 will receive the one-time payment for seniors.
- ✓ This payment was issued during the week of July 6, 2020.

■ One-time payment to persons with disabilities:

You will automatically receive this payment if:

- ✓ you have an existing valid [Disability Tax Credit \(DTC\)](#) certificate
- ✓ you are eligible and applied for the DTC by **September 25, 2020**
- ✓ you are a beneficiary as at July 1, 2020 of:
 - Canada Pension Plan Disability
 - Quebec Pension Plan Disability Pension
 - One of the disability supports provided by Veterans Affairs Canada (VAC)

Note:

If you were eligible for the [one-time seniors payment](#) you may also be eligible for the one-time payment to persons with disabilities. You will receive a cumulative amount of up to \$600 broken into 2 payments:

- if you received the \$300 one-time seniors payment for the Old Age Security (OAS) pension, you will receive **an additional \$300**
- if you received the \$500 one-time seniors payment for both the OAS pension and the Guaranteed Income Supplement (GIS) or the Allowance, you will receive **an additional \$100**

■ BC Senior's Crisis Supplement

- If **you are not receiving** federal Employment Insurance (EI) or the [Canada Emergency Response Benefit \(CERB\)](#) and are on:
 - *Income Assistance*
 - *Disability Assistance*
 - *Comforts Allowance*
 - **BC Senior's Supplement (learned more about this below)**
- You'll automatically receive a \$300 supplement on your cheques issued in April, May, June, July, August, September, October, November and December. No action is required on your part.
- To learn more about this, visit:

<https://www2.gov.bc.ca/gov/content/family-social-supports/income-assistance/on-assistance/covid>

❖ What is the BC Senior's Supplement?

If you are a low-income senior and receive:

- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS) allowances

You may be able to get a monthly payment from the B.C. government to top-up your federal income. You might also be eligible for this payment if you're age 60 to 65 and receive the federal spouse's allowance.

The B.C. government calculates the payment based on how much financial assistance you get from OAS and GIS. **These amounts depend on the income you reported on your income tax the previous year.** If you're eligible, you'll start to get the Senior's Supplement one month after your first OAS/GIS payment.

You don't need to apply. Payment is automatic.

- On March 25, the government **lowered the minimum amount that must be withdrawn from a Registered Retirement Income Fund (RRIF) in 2020 by 25%**,

For instance, if your mandatory withdrawal for this year was \$10,000, you would only be required to withdraw \$7,500.

- **United Way *Better At Home* Program**

Depending on your region, United Way provides services such as:

- ***Friendly visiting***
- ***Transportation***
- ***Light yard work***
- ***Minor home repairs***
- ***Light housekeeping***
- ***Grocery shopping***
- ***Snow shoveling***

For services in your region, see this map: <http://betterathome.ca/map-search/>

For access to these services, register at <https://www.bc211.ca/>

- ***Burnaby Shop-by-Phone*** program:

Call 604-294-7980

- Volunteers contact clients to get their grocery lists by Monday, and then on a Tuesday our volunteers shop the groceries for same day delivery.
- About the program: <https://www.burnaby.ca/Our-City-Hall/City-Departments/Citizen-Support-Services/Volunteer-Opportunities/Grocery-Shop-By-Phone.html>

- **Call 211 to connect with available services**

- BC seniors needing support during the COVID-19 pandemic can call 211, an expanded provincial hotline. The 211 hotline will be made available to pair seniors with volunteers (and vice versa) to ensure the province's elderly receive the help they need, whether it be with groceries, accessing meds, or a video call check-in.

■ **An easy to access page with valuable services near you:**

<http://redbookonline.bc211.ca/>

■ **Doctor phone/video appointments**

- Family physicians are available to provide care to patients using telephone or video during the COVID-19 pandemic.
- To book your appointment, call your family physician's office. If an in-person visit is needed, your family physician will let you know, and their staff will follow up to make arrangements.
- Some local walk-in clinics are also open. Check www.medimap.ca for availability and any special instructions. Medimap will also show which local clinics are accepting new patients.

■ **Resources for Mental Health**

- [Wellness Together Canada: Mental health and substance use support](#)
- [Crisis Services Canada: Resources and supports](#)
- [Canadian Coalition for Seniors' mental health COVID-19 resources](#)
- [National Initiative for the Care of the Elderly](#)
- [Canadian Mental Health Association](#)
- [Fountain of Health for Optimal Aging](#)
- Canadian Frailty Network: Tips to avoid social isolation
 - [For older adults with technology](#) (PDF)
 - [For older adults without technology](#) (PDF)

■ **COVID-19 Support for Seniors**

- <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/resources-older-adults-caregivers.html>

- **Protect yourself from fraud and elder abuse**

Events like COVID-19 can increase the risk of fraud and elder abuse.

Learn how to protect yourself from fraud:

- [COVID-19: Scams, frauds and misleading claims](#)
- [Cyber Security: Cyber hygiene for COVID-19](#)
- [Canada Revenue Agency: Know how to recognize a scam](#)
- [Canadian Anti-Fraud Centre: Reported scams](#)