

# AGING STRONG:

# RESPECT AND PROTECT SENIORS

## Information for Seniors in Ontario

The Ministry for Seniors and Accessibility offers many community supports and tools to help seniors stay physically active and to help prevent social isolation and elder abuse. This factsheet describes the make up of Ontario's senior population and provides information about the programs and services available for them.

### Ontario's senior population

- Most seniors living in Ontario want to age at home and in their community.
- Ontario seniors' experience with aging may be impacted by a variety of factors such as gender, ethnicity, health, education, financial security, etc.
- Ontario has the most culturally diverse seniors' population in the country and is home to over half of all immigrant seniors in Canada. Almost half (53 per cent) of seniors in Ontario are immigrants.
- 28% of seniors in Ontario, aged 65-69 are working.
- 30% are at risk of becoming socially isolated.

### Staying active

Seniors Active Living Centre programs help local seniors stay active, become more involved in their community and meet new friends. These programs include:

- Unique social activities.
- Learning and educational opportunities.
- Recreational programming.

There are over 300 programs across the province that serve 115,000 seniors annually.

To find a Seniors Active Living Centre program, please visit the [Ministry of Seniors and Accessibility](#), contact your municipality or call 2-1-1.

### Staying engaged

The Seniors Community Grant program supports projects in local communities that encourage seniors to remain active and engaged and to continue learning. These grants help non-profit organizations develop programs for seniors that:

- Reduce social isolation.
- Increase safety and well-being.
- Prevent elder abuse.
- Help engage seniors with Seniors Active Living Centres.

For those interested in applying, general questions about the program can be answered by calling 1-833-SCG INFO (1-833-724-4636) or by emailing [seniorscommunitygrant@ontario.ca](mailto:seniorscommunitygrant@ontario.ca).

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## Staying connected

Age-Friendly Communities are inclusive, accessible environments with programs and services that help seniors stay connected. These communities can include:

- Outdoor spaces and buildings that are accessible for seniors
- Accessible communication and information about services and programs
- Improved transportation services and housing for seniors
- More social and civic participation opportunities

## Staying healthy

Ontario will be providing low-income seniors access to quality dental care through a new publicly-funded dental care program, beginning in late summer 2019.

Ontarians aged 65 and over with an income of \$19,300 or less or couples with a combined annual income of \$32,300 or less, who do not have dental benefits, will qualify for the Ontario Seniors Dental Care Program. The services will be accessed through public health units, community health centres and Aboriginal Health Access Centres across the province. See [Publicly Funded Dental Care](#) for further information

## Keeping safe and secure

Seniors Active Living Fairs help to connect seniors and their caregivers with others in their community. These fairs help seniors learn about key issues that affect their health and well-being.

Topics covered at Seniors Active Living Fairs may include:

- Healthy living
- Fraud prevention
- Elder abuse
- Fall prevention
- Driving
- How to reduce social isolation

In 2018-19, about 70 fairs were delivered across the province.

For more information on ministry programs and services, please visit the [Ministry for Seniors and Accessibility](#).

Also, please visit: [A Guide to Programs and Services for Seniors in Ontario](#).

For other programs and services available in your area visit: [211ontario.ca](#)