

"Government programs you might be eligible for"

Are there benefits you or someone close to you are eligible for?

Don't miss out on financial supports that can assist you. These include:

Ontario Disability Support Program (ODSP)

For those with serious physical or mental issues of more than a year's duration.

Provides monthly income; coverage of most medications; coverage of dental work. You can begin the online application process [here](#).

Canada Pension Plan Disability Benefit

For those under 65 who have contributed to CPP and who have a serious physical or mental disability that prevents them from working on a long-term or permanent basis.

Provides monthly income based on your CPP contributions. For more information, visit [this site](#).

Climate Action Incentive

For anyone who files income tax, regardless of income level.

Provides \$300 in 2021.

GST/HST Credit

For those with a low to moderate income, to help offset the sales tax you pay; this federal credit is calculated when you file your income tax return. If you haven't filed for previous years and do so, you will receive retroactive amounts of this benefit.

Provides an annual amount. The [Child and Family Benefits Calculator](#) can tell you how much to expect when you file your income tax.

Ontario Sales Tax Credit

For those with a low to moderate income, to help offset the sales tax you pay; like the GST/HST Credit, it is calculated when you file your income tax return. If you haven't filed for previous years and do so, you will receive retroactive amounts of this benefit.

Provides an annual amount. The [Tax Credit Calculator](#) can tell you how much you could receive for this benefit.

Ontario Energy and Property Tax Credit

For those with low to moderate income who pay property tax or rent on their principal residence; the amount is dependent on your income and requires that you file income tax.

Provides a maximum of \$1,095 for those 18 to 64; up to \$1,247 for those over 65. The [Tax Credit Calculator](#) can tell you how much you could receive for this benefit.

Low-Income Individuals and Families Tax Credit (LIFT)

For employed individuals whose adjusted net income is under \$38,500; the ceiling for family income is \$68,500.

Provides a credit of up to \$850 toward the Ontario personal income tax that you owe.

Ontario Child Care Tax Credit

For families with incomes up to \$150,000 a year.

Provides a tax credit—for details visit [this site](#).

If you need more information about any of these benefits or help accessing them, confidential assistance is available through the TICA Community Support Group. Email TICA at taxandincomehelp@gmail.com, with the subject line "Government benefits." Or you can drop a note in the mailbox at the Rectory building, 102 Lakeshore Avenue, addressed to TICA.