

Helpful resources for Canadian seniors

Canada is rich in information resources and this overview consolidates key references providing easy access to senior information.

Division of Aging and Seniors: Public Health Agency of Canada

<https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors.html>, 1-800-0-CANADA (622-6232)

What you'll find here:

- Reliable resource of information on health and well-being.
- Comprehensive library of public health brochures, pamphlets, and publications.
- In addition to an A-Z Index, also contains specific online and print publications (Age Related Chronic Diseases, Health Aging, Caring For Seniors).

Seniors Canada On-line: Working for Seniors

<http://www.seniors.gc.ca/eng/sb/ie/index.shtml>

What you'll find here:

- Key and robust website that links to Federal, Provincial and Territorial services and websites.
- Comprehensive list of resources for seniors (e.g., Care Facilities, Community Resources, Computers and Learning, End of Life, Finances and Pension, Health and Wellness, Housing, Legal Matters, Veterans Services, Work and Volunteering, Government Income Support).

Health Canada: Area dedicated for Seniors – “Seniors – Just for You”

www.hc-sc.gc.ca/hl-vs/jfy-spv/seniors-aines-eng.php

What you'll find here:

- Topics covering Abuse and Self Neglect, Disability, Diseases and Illnesses, Health Care System, Health Statistics,

Medication, Mental Health, Oral Health, Physical Activity, Preventing Falls, Safety, Sexual Activity, Travel, Vision Care, Work-life Balance, Other Resources, Programs.

Tip: This site also has a free comprehensive guide of Government Services to Seniors (PDF) “Services for Seniors Guide.”

Service Canada

<https://www.canada.ca/en/services/benefits/publicpensions.html>

What you'll find here:

- Scroll down on the home page to access the section dedicated to seniors, providing information about Canada's Income Security Programs (CPP, and Old Age Security).
- You can also find the nearest Service Canada resource center.

Victorian Order of Nurses

<http://www.von.ca/en/site/national>

What you'll find here:

- Provides comprehensive information on Caregiving, and lists a variety of resources listed by province.

Housing: CMHC Aging in place

<https://www.cmhc-schl.gc.ca/en/co/acho/index.cfm>

What you'll find here:

- Changing or customizing your residence to accommodate your ever-changing needs allows you to remain in the same home or community and live safely, independently, and comfortably, regardless of your age or ability level.

Senior Discounts:www.seniordiscounts.com<http://www.everythingzoomer.com/>**What you'll find here:**

- Overview of discounts available to seniors in Canada across a large variety of products and services.

The Careguide for Seniorswww.thecareguide.com**What you'll find here:**

- Care provider listings for retirement homes, independent supportive living residences, long-term care homes, Alzheimer care homes, hospice care, home health care and community support.
- Information and services in Alberta, B.C., Ontario only.

End of Life Planning: University of Torontowww.jointcentreforbioethics.ca/**What you'll find here:**

- Free downloadable templates for living wills (general and specific cancer patients).

**Canadian Association of Retired Persons (CARP):
Membership organization for 50+ in Canada.**www.carp.ca**What you'll find here:**

- Advocates for social change that will assist you with financial security, equitable and timely access to healthcare and freedom from discrimination.

We encourage customers to think about both the financial and non-financial aspects of retirement. This information is intended to provide you with a starting point for some of the things that you may wish to consider for your retirement.



For more information, speak with your BMO financial professional.



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