

Helpful Resources For Canadian Seniors

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

1. Division of Aging and Seniors: Public Health Agency of Canada

- http://www.phac-aspc.gc.ca/seniors-aines/index_pages/publications_e.htm, 1-800-O-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).

2. Seniors Canada On-line: Working for Seniors

- <http://www.seniors.gc.ca/h.4m.2@.jsp?lang=eng>
- **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).

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

- <http://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.”

Helpful Resources For Canadian Seniors

4. Service Canada

- <http://www.servicecanada.gc.ca/eng/home.shtml>
- **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.

5. Victorian Order of Nurses

- <http://www.caregiver-connect.ca>
- **What you'll find here:**
 - Provides comprehensive information on Caregiving, and lists a variety of resources listed by province.

6. Housing: CMHC Housing Adaptations for Seniors

- <http://www.cmhc-schl.gc.ca/en/co/maho/adse>
- **What you'll find here:**
 - Adaptation types and strategies and financial assistance that is available to help low-income households undertake home adaptation projects – offering both on-line and print resources.
 - Check out eligibility for potential financial assistance.

7. Senior Discounts: Canadian Senior Years, Today's Seniors, Seniors Discounts, 50 Plus.com

- <http://www.senioryears.com/canadiandeals.html>
- http://www.todaysseniors.com/pages/Senior_Discounts.html
- <http://www.seniordiscounts.com>
- <http://www.50plus.com>
- **What you'll find here:**
 - Overview of discounts available to seniors in Canada across a large variety of products and services.

8. The Careguide for Seniors

- <http://www.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.

Helpful Resources For Canadian Seniors

9. End of Life Planning: University of Toronto

- <http://www.jointcentreforbioethics.ca/>
- **What you'll find here:**
 - Free downloadable templates for living wills (general and specific cancer patients).

10. Canadian Association of Retired Persons (CARP): Membership organization for 50+ in Canada.

- <http://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. Upon reviewing this material, if you have any questions with regards to your specific personal situation we recommend seeking advice from a qualified professional.

Source: *Canadian Academy of Senior Advisors Inc (2009)*

®Registered trade-marks of Bank of Montreal, used under license.

BMO Financial Group provides this content for general informational purposes only and does not intend for it to substitute professional advice regarding an individual's financial position or personal circumstances. The contents of this publication should not be relied upon as personal, investment, legal or tax planning advice. As always, please consult with your BMO representative to fully understand the personal, investment, legal or tax implications that may be applicable in your specific situation. The information contained herein is based on sources that BMO Financial Group believes are reliable, at the time of publication but is not guaranteed by BMO Financial Group and may be incomplete. The information contained herein is subject to change in the time following publication, without notice. BMO Financial Group makes no representation or warranty, express or implied, in respect thereof, takes no responsibility for errors or omissions which may be contained therein and accepts no liability whatsoever for any loss arising from any use of or reliance on the publication of its content. All rights reserved. No reproduction is permitted without written approval.