



Member of Parliament
Pontiac-Kitigan Zibi
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Supporting Seniors

Seniors deserve to live with dignity, security, and peace of mind after a lifetime of contributing to our communities and to Canada.

Yet many seniors are facing real financial challenges as the cost of living continues to rise, particularly those living on fixed incomes. These pressures are being felt across communities and require thoughtful, practical action.

That is why our government has taken concrete steps to better support seniors, including:

- **The new Canada Groceries and Essentials Benefit**, providing up to \$950 this year for a single senior and about \$700 annually over the next four years.
- **The Canadian Dental Care Plan**, making oral health care more affordable for seniors without insurance, and to date 19,796 residents in Pontiac-Kitigan Zibi have been approved for the program.



- **A permanent 10 per cent increase to Old Age Security (OAS)** for seniors aged 75 and older, recognizing the added financial vulnerability that can come with aging.
- **Increases to the Guaranteed Income Supplement (GIS)** for the most vulnerable seniors.
- **Lowering the age of eligibility for OAS and GIS** back from 67 to 65, allowing Canadians to retire sooner.
- **The Age Well at Home initiative**, which helps organizations expand volunteerbased services such as housekeeping, meal preparation, home maintenance, and transportation, allowing seniors to remain safe, independent, and connected in their communities.

- **Support for local and national community projects through the New Horizons for Seniors Program**, improving seniors' quality of life and helping them remain active and socially connected.

- o For example, La FAB sur Mill received funding to renovate its community kitchen, creating new opportunities for seniors to host events and lead culinary and cultural activities.

- **Automatic tax filing beginning in the 2026 tax year**, ensuring that up to 5.5 million low-income Canadians receive the benefits they qualify for, including the Canada Child Benefit, the Canada Disability Benefit, and more.



While the cost of living continues to rise, supporting seniors means acting, not just acknowledging the problem.

