

June is Seniors' Month



Stay Safe, Stay in Touch

Information for Seniors in Ontario

The Ministry for Seniors and Accessibility works with community organizations to offer supports and tools to help seniors **stay safe and stay in touch** to help prevent social isolation and elder abuse. We are pleased to share information about the programs and services available for Ontario's seniors.

Staying Healthy and Safe During the COVID-19 Outbreak

- Seniors are at higher risk of contracting COVID-19
- The Chief Medical Officer of Health advises staying at home to reduce risk
- Along with staying home, you should take these everyday steps to reduce exposure to the virus and protect your health:
 - wash your hands often with soap and water or alcohol-based hand sanitizer
 - sneeze and cough into your sleeve
 - avoid touching your eyes, nose or mouth
 - avoid contact with people who are sick
- Use grocery delivery services, friends or family to drop off supplies. Alternatively, seniors in need can visit www.ontariocommunitysupport.ca for the COVID-19 Support Finder to get help. If you can't request service using the internet, or if you require service in a language other than English or French, call:
 - Toll-free: 1-877-330-3213
 - Toll-free TTY: 1-888-340-1001
- Inquire about seniors-only shopping hours available at many stores if you must go out
- Consider [Meals on Wheels](#) food delivery
- Keep physically active at home as much as possible
- Stay alert to avoid fraud and scams targeting seniors

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- Avoid sharing financial or health information by phone
- Do not engage with door-to-door salespeople

Staying in Touch During the COVID-19 Outbreak

Seniors Active Living Centre programs are helping local seniors stay connected to the community even as they practice physical distancing. Many programs have been modified to allow seniors to connect with others from home. These programs include:

- Seniors Centre Without Walls
- Telephone check-ins
- Online video sessions

To find a Seniors Active Living Centre program in your area, please visit the [Ministry for Seniors and Accessibility](#), or contact your municipality.

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](#).

Facts About Ontario's Senior Population

Here are some key facts about Ontario's seniors population that are helping to guide ministry planning and programs:

- Seniors are the fastest-growing demographic in Ontario
- 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
- Ontario is home to more than half of all immigrant seniors in Canada – 53%
- 28% of seniors in Ontario, aged 65-69 are working
- 30% are at risk of becoming socially isolated