



Québec  
*a friend*  
to Seniors

Actions  
that count

Québec 

# ADVANTAGEOUS TAXATION

**Nicole and her spouse are wondering what tax benefits they are entitled to.**

*As of July 1, 2011, one of them can apply for the solidarity tax credit and, if eligible, receive the payment each month in his or her bank account.*

*In addition, they can split retirement income in order to save on taxes.*

*They can also receive the tax credit for caregivers, which is now also available to relatives who are caregivers of a spouse 70 years of age or over, and to those cohabiting with an assisted relative.*

**There are other advantageous tax measures for seniors, such as the tax credit for home-support services for seniors and the age amount.**

**[www.revenuquebec.ca](http://www.revenuquebec.ca)  
Québec: 4180-659-6299  
Montréal: 514-864-6299  
Elsewhere in Québec:  
1-800-267-6299**

# SUPPORT FOR EXPERIENCED WORKERS

The plant where Joe worked just closed. He is 55 years old and wants to remain active in the labour market. But he's afraid he won't have enough money until he finds a new job.

*Joe may have access to direct assistance to return to the labour market or to remain active in the meantime. He can also respond to job offers for workers 55 or older.*

[www.emploi.quebec.net](http://www.emploi.quebec.net)  
Québec: 418-643-4721  
Elsewhere in Québec: 1-888-643-4721

As of January 1, 2012, more than 100 000 workers 65 or older who remain on, or return to, the labour market can receive a tax credit for workers 65 or older.

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## COUNTERING ELDER ABUSE

Since her spouse died, Fran has lived alone in her home. She believes that her grandson, who comes to see her regularly, steals money from her wallet.

When she questioned him about it, he responded that she must be losing her mind. Fran is embarrassed and wonders what to do.

*Fran can talk about her problem completely confidentially and be directed toward resources that can meet her needs.*



Crisis and Referral Telephone Line  
*Elder Abuse Help Line*  
1-888-489-ABUS (2287)  
[www.maltraitanceaines.gouv.qc.ca](http://www.maltraitanceaines.gouv.qc.ca)




## ASSISTANCE AT HOME

**Rose is worried, as she is less and less autonomous. She thinks she'll have to move to a seniors home.**

*She can remain in her home and receive nursing care (changing of bandages, blood tests) or assistance with personal care.*

***Age-related Loss of Autonomy Service Program (PALV)***  
Contact Services Québec  
[www.aines.info.gouv.qc.ca](http://www.aines.info.gouv.qc.ca)  
Québec: 418-644-4545  
Montréal: 514-644-4545  
Elsewhere in Québec: 1-877-644-4545



***Rose can also receive assistance with household and clothing maintenance, meal preparation and shopping.***

***Financial Assistance for Domestic Help Services***  
[www.ramq.gouv.qc.ca](http://www.ramq.gouv.qc.ca)  
Montréal: 514-873-9504  
Elsewhere in Québec: 1-888-594-5155  
TTY number: 1-800-361-3939

# A HELPING HAND WITH HOUSING

Jackie is 65, she has a low income and she devotes a hefty share of her budget to housing.

*She could obtain supplemental financial housing assistance.*

As of October 1, 2011, the age of eligibility for the Shelter Allowance Program will be lowered by one year every year for five years, from 55 years of age in 2010 to 50 years of age in 2015. That will enable roughly 17 000 additional households to receive the allowance.

*Shelter Allowance Program*  
[www.habitation.gouv.qc.ca](http://www.habitation.gouv.qc.ca)  
1-800-463-4315



# EXTENSIVE INFORMATION

**Bob wants to have all information about the government programs and services for which he may be eligible, including the Guaranteed Income Supplement provided by the federal government, and the steps to take to register for them.**

*Bob can contact the seniors information centre in his area. A volunteer senior can then provide him with sufficient information and even go to his home to give him free, personalized help.*

**Currently, there are seniors information centres at the following locations: Berthierville, Gatineau, Laval, Matane, the LaSalle borough in Montréal and the Chicoutimi borough in Saguenay. Others will be set up throughout Québec in the coming years.**

**Seniors Information Centres  
Fédération des centres d'action bénévole du Québec  
[www.fcabq.org](http://www.fcabq.org)  
1-800-715-7515**

## Other actions that count . . .

- › Seniors can use a rural public transportation service and disabled seniors have access to paratransit services in almost all Québec municipalities, particularly to access health services and for social and recreational activities.

**For more information, contact your municipality or your regional county municipality.**

- › Natural caregivers will soon be able to contact the caregivers support centre in their area in order to be directed to nearby training, information, psychological support and respite services.

**For more information, contact Services Québec:**

**[www.aines.info.gouv.qc.ca](http://www.aines.info.gouv.qc.ca)**

**Québec: 418-644-4545**

**Montréal: 514-644-4545**

**Elsewhere in Québec: 1-877-644-4545**

**TTY number: 1-800-361-9596**

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TELL A FRIEND ABOUT IT!**

**You'll find this pamphlet online at:  
[www.mfa.gouv.qc.ca](http://www.mfa.gouv.qc.ca)**

**Québec** 