



## Free and Low Cost Services

Updated September 2024

### Canadian Dental Care Plan

New plan offered by the Government of Canada that will cover many of your dental expenses.

If your family net income is less than \$90,000 per year, and you have no private dental insurance, you are likely eligible

Seniors over the age of 65, adults with a valid Disability Tax Credit certificate and children under 18 are eligible to apply in 2024.

People between ages 19 and 64 will be able to apply starting in 2025.

Many dental services will be covered including: teeth cleaning, exams, x-rays, teeth extractions, fillings, root canals, crowns, dentures, and more

For more information, call: **1-833-537-4342** or visit

<https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html>

### Ontario Drug Program for Seniors

When you turn 65 you will automatically qualify. You just need to show your OHIP card to the pharmacist.

It covers prescription medications and some other products such as diabetic supplies.

There is a yearly \$100 deductible plus you can be charged up to \$6 per prescription

If your income is less than \$25,000, or \$41,500 as a couple, you can have the \$100 deductible waived, and just pay up to \$2 per prescription:

Call 416-503-4586 to get an application for the seniors' co-payment program or visit:

<https://www.ontario.ca/page/get-coverage-prescription-drugs>

## Trillium Drug Benefit

Provides coverage for prescription medication for individuals who have high prescription drug costs (ie if you spend 4% or more of your household income on prescription medication)

You will have to pay some of the costs of your prescription drugs (equal to approximately 4% of your household net income). Trillium will cover prescription drug costs above that amount.

This program is most helpful to people between the ages of 26 and 64 who are not on OW or ODSP, and do not have private health insurance.

For more information, go here:

<https://www.ontario.ca/page/get-help-high-prescription-drug-costs>

Or call 416 642 3038

## Help with costs of medical items

**The Assistive Devices Program** helps people with long-term physical disabilities pay for customized medical equipment such as:

mobility aids, hearing aids, diabetic equipment, respiratory equipment, communication aids, custom orthotic braces, compression garments, ostomy supplies, and more.

For more information go to:

<https://www.ontario.ca/page/assistive-devices-program> or call

416 327 8804

**The Toronto Hardship fund** can pay for certain health-related expenses for low income people, such as: eyeglasses, funeral expenses, braces and splints, blood pressure monitors, and custom orthotics.

For more information, go to [www.toronto.ca/hardship](#) or call 416 388 8888

Note: for people on OW or ODSP, you can apply for financial coverage for medical devices through your worker. You do not need to apply directly to the Assistive Devices Program nor the Toronto Hardship fund

## **TTC – Fair Pass TTC Discount Program**

With this program you can receive 36% off single fares, and 21% off monthly passes.

This program is available for people age 20-64 who are low income. You will need a Presto card

You can apply online at:

<https://www.ttc.ca/Fares-and-passes/Other-passes/Fair-Pass-Transit-Discount-Program>

Or by phone: 416-338-8888

Note: seniors over the age of 65 are not eligible for this program, as they are automatically eligible for the seniors TTC discount.

## **Internet and Phone**

### **Rogers Connected for Success**

Internet service as low as \$11 per month (you can also get a bundled plan with cable).

Mobile phone service for just \$28 per month. They will also give you a free phone as long as you stick with the plan for at least 2 years.

To be eligible, you must be on OW, ODSP, be in RGI housing, receiving the Guaranteed Income Supplement, or the Resettlement Assistance Program. For more information:

<https://www.rogers.com/connected-for-success/>

Call: 1 866 689 0758

## **Gift of Sight Program**

If you need new eyeglasses, and cannot afford them, you can use this program.

A worker at any agency can write a letter confirming you are low income and need new glasses.

Take this letter to any Lenscrafters store and you will be given new glasses, free of charge.

If you also need your eyes tested, you may also be able to get this service free of charge.

## **Help with Utility Bills**

**There are three programs that can help with payment of utility bills:**

### **Ontario Electricity Support Program (OESP)**

OESP provides a monthly bill credit (discount) on your electrical bill to those who qualify (you must be low income).

Apply online here: <https://ontarioelectricitysupport.ca/> or call 211 to find an agency that can help you with the application

### **Low-income Energy Assistance Program (LEAP)**

LEAP is a grant program that helps those who are struggling to pay past-due utility bills or have received a disconnection notice. It offers a maximum grant of \$500 per household per year (\$600 for electrically heated homes).

For more information go here: <https://www.saveonenergy.ca/For-Your-Home/Energy-Affordability-Program>

Or call 1 844 770 3148

## **Emergency Energy Fund (EEF)**

Low-income Toronto residents may qualify for help from the City of Toronto with energy-related emergencies to reconnect, prevent disconnection or to assist in the payment of energy arrears for hydro services.

For more information, call Neighbourhood Information Post at 647-727-8988

## **Free computers for low income people**

Lets Get Together is a charitable organization that supplies free computers to low income people. For information on how to apply, go to:

<https://www.letsgettogether.ca> or call: 416 302-8349

## **Free & Lower-Cost Recreation Options**

Older adults aged 60+ who register for adult programs in Toronto Recreation Centres will receive a 50 per cent discount. For more information, contact Client Services at 416-396-7378.

Telephone: 416-396-7378, option 1

## **Welcome Policy**

This program provides a fee subsidy to help individuals and families who live in Toronto to participate in City recreation programs (eg: sports, art, music, children's programs). Eligible residents will receive an annual individual credit that can be used to pay for recreation programs offered at Toronto Community Recreation Centres

For more information call 416 338 8888 or go to:

<https://www.toronto.ca/community-people/employment-social-support/child-family-support/welcome-policy-recreation-fee-subsidy/>