

Overview of tax benefits and other income supports

	Adults, working age	Child	Seniors	
	Adult	Up to 17 yrs old	Young senior (60-64 yr)	Senior (65+ yrs)
Income tax related benefits* (Accessed through tax filing)	<ul style="list-style-type: none"> • GST/HST credit • CWB (previously WITB) • Home Buyer's Amount (line 31270) • Medical expense supplement (line 45200) 	<ul style="list-style-type: none"> • Canada Child Benefit • provincial/territorial child or family benefit programs 	<ul style="list-style-type: none"> • GST/HST credit • Medical expense supplement (line 45200) • Home buyer's amount (line 312700) 	<ul style="list-style-type: none"> • GST/HST credit • Age Amount • Pension Amount • Home buyer's amount (line 312700)
Income supports* (Other federal or provincial income programs with eligibility based on income)	<ul style="list-style-type: none"> • Employment Insurance (EI) • Ontario Works (OW) • Alberta Income Support • Low-income Energy Assistance (LEAP) 	<ul style="list-style-type: none"> • Canada Child Benefit (CCB) • Transition Child Benefit (Ontario) • B.C. Child Opportunity Benefit (BCCOB) • provincial/territorial child or family benefit programs 	<ul style="list-style-type: none"> • Canada Pension Plan (CPP) Early Retirement • Allowance for the Survivor • Ontario Energy Support Program (OESP) • OW 	<ul style="list-style-type: none"> • Old Age Security (OAS) • Guaranteed Income Supplement (GIS) • Ontario Guaranteed Annual Income Supplement (GAINS) • Alberta Seniors Benefit
Other supports* (Other programs at provincial or municipal level with eligibility based on income)	<ul style="list-style-type: none"> • Trillium drug benefit (Ontario) • Extended health benefits (Ontario) • Alberta Adult Health Benefit 	<ul style="list-style-type: none"> • Childcare subsidies (by province or municipality) • Recreation subsidies (by municipality) 	<ul style="list-style-type: none"> • Trillium drug benefit (Ontario) • Extended health benefits (Ontario) • Rent subsidies (by province or municipality) • Recreation subsidies (by municipality) 	<ul style="list-style-type: none"> • Provincial drug benefit • Rent subsidies (by province or municipality) • Recreation subsidies (by municipality)
Asset building	<ul style="list-style-type: none"> • Registered Retirement Savings Plan (RRSP) • Tax Free Savings Account (TFSA) • CPP contributions (workplace) 	<ul style="list-style-type: none"> • Registered Education Savings Program (RESP) • Canada Learning Bond (CLB) • Canada Education Savings Grant (CESG) 	<ul style="list-style-type: none"> • RRSP • TFSA • CPP 	<ul style="list-style-type: none"> • TFSA

Adapted from materials created by West Neighbourhood House, Toronto, ON.

*These are mostly federal examples. Each province/territory will have their own benefits and income programs with different eligibility criteria. Add your own to the chart based on your provincial and, where relevant, municipal/regional programs available.