

# June is Seniors Month

Stay Safe, Active and Connected

## 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, Active and Connected,”** and to live life to the fullest. 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](http://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

- Keep physically active at home as much as possible
- Stay alert to avoid fraud and scams targeting seniors
- Avoid sharing financial or health information by phone
- Do not engage with door-to-door salespeople

# June is Seniors Month

Stay Safe, Active and Connected

If you haven't already, book your COVID-19 vaccination appointment. Visit Ontario's [vaccine booking system](#) to schedule an appointment, or call the Provincial Vaccine Booking Line at 1-833-943-3900. For general inquiries, individuals can call the Provincial Vaccine Information Line at 1-888-999-6488. TTY service is also available by calling 1-866-797-0007.

## 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 and online video sessions.

## Resources

Find a [Seniors Active Living Centre](#) program in your area.

Read [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 has the most culturally diverse seniors' population in the country, and is
- home to more than half (53%) of all immigrant seniors in Canada
- 28% of seniors in Ontario, aged 65-69 are working
- 30% are at risk of becoming socially isolated