



**Hamilton** Family Health Team

*Better care, together.*

## COVID-19 Supports for Individuals and Families: Income, Housing and Legal Information

The COVID-19 pandemic has brought about many challenges for our community. In order to support our staff and our patients, we have compiled a list of resources related to income, housing and legal supports that may be useful.

As we gather more information, we will send out another list with resources for related to other needs that may have arisen as a result of the pandemic. Stay tuned!

### Income

- People who have stopped working because of COVID-19 can apply for the [Canada Emergency Response Benefit \(CERB\)](#) to receive up to \$500 per week for up to 16 weeks. The Government of Canada website has additional [information about CERB and Employment Insurance \(EI\) benefits](#).
- People who need short-term funds for things like food, housing and medicine can apply for [Ontario Emergency Assistance](#).
- Current [Ontario Works](#) and [ODSP](#) recipients can apply for discretionary benefits for things like cleaning supplies, transportation, food, etc.
- Employers can apply for the [Canada Emergency Wage Subsidy \(CEWS\)](#).
- There are one-time increases to the [GST/HST credit](#) and the [Canada Child Benefit](#).
- Ontario has a one-time [Support for Families payment](#) for children not in school or child care.
- Ontario announced a temporary pay increase for [front-line workers](#) fighting COVID-19.
- Some [deadlines for income tax filing and payment](#) have been extended.

### Housing

- The City of Hamilton has [information for tenants and landlords](#). Additional details are available for [renters](#) and for [landlords](#) from the

Province of Ontario.

- The City of Hamilton has a [Property Tax Assistance Program](#) for homeowners.
- Homeowners can contact their [bank](#) or other lender to find out about deferred mortgage payments.
- Lower-income consumers may be eligible for [help with electricity costs](#).

## Older adults

- The [GAINS maximum payment](#) for low-income seniors has increased.
- [The Registered Retirement Income Fund](#) (RRIF) minimum withdrawal has been reduced.
- Visit [211oncovid19.ca](#) for information about government services, help applying for benefits and help getting groceries, medication, etc.

## Students

- [Two new programs have been announced](#) for post-secondary students: the Canada Emergency Student Benefit and the Canada Student Service Grant.
- Payments and interest are paused until September 2020 for [Ontario Student Assistance Program](#) (OSAP) loans as well as [Canada Student Loans](#) and [Canada Apprentice Loans](#).

## Additional supports

- [General information about legal issues](#) related to COVID-19 such as family law, employment law, debt and consumer rights, etc. is available from Community Legal Education Ontario (CLEO).
- The Ontario Human Rights Commission has published general information about [COVID-19 and individuals' human rights and obligations](#).
- The Canadian Medical Association is asking employers not to require [sick notes](#) during COVID-19.
- [Emergency child care](#) is available for health care and other frontline workers.
- Canadians abroad impacted by COVID-19 can apply for an [emergency loan](#) of up to \$5,000 to help them return home.
- Didn't find what you're looking for in any of the links above? Try one of the links below for general information on various resources provided by different levels of our government:
  - [Government of Canada Supports](#)
  - [Province of Ontario Supports](#)
  - [City of Hamilton Supports](#)
- You can find information related to COVID-19 cases and treatment on the [Public Health Ontario](#) website.

## Questions?

Contact us at [HFHTCommunications@HamiltonFHT.ca](mailto:HFHTCommunications@HamiltonFHT.ca) and we will do our best to help you find accurate information regarding your concern.

Sincerely,  
The Hamilton Family Health Team