

The Government of Newfoundland and Labrador is investing \$76.4 million to increase the Seniors' Benefit and develop a new Income Supplement.

Do I apply for these programs?

No. If you filed your income tax return for 2015, the payments will come to you automatically.

How will I receive my payments?

Both the NL Seniors' Benefit and NL Income Supplement will be added to your GST cheques.

Office of the Seniors' Advocate

In addition to increased financial benefits, the Government of Newfoundland and Labrador is creating an Office of the Seniors' Advocate.

For More Information

Please call 1-888-494-2266 or go online at www.gov.nl.ca/incomesupplement.

Alternate formats available upon request.

Supporting Newfoundland and Labrador Seniors



Newfoundland and Labrador Seniors' Benefit

How much will I receive?

For 2016, the maximum yearly amount is \$1,313 per family, a \$254 increase from last year.

For Example: If you are a single senior, or a senior couple, and your only income is Old Age Security (OAS) and the Guaranteed Income Supplement (GIS), you will receive the maximum \$1,313 per year.

Am I eligible?

You must be 65 by December 31, 2016 and your family net income must be less than \$40,663 to receive a benefit from this program. You will receive the maximum benefit if your family net income is less than \$29,402.

What is family net income?

In most cases, if you are single, your family net income is line 236 of your income tax return. If you have a spouse, it is the sum of line 236 of both tax returns.

Newfoundland and Labrador Income Supplement

You do not have to be 65 to receive the NL Income Supplement.

How much will I receive?

Most eligible people will receive between \$220 and \$450 per family per year.

You may receive extra if you have a spouse (\$60), an eligible dependant (\$200 for each dependant), or if you or your spouse are claiming the disability tax credit (\$200 per person).

For Example:

- A single senior receiving only OAS and the GIS will get \$319 per year.
- A senior couple receiving only OAS and the GIS will get \$510 per family per year.

Am I eligible?

If you are a single person with a net income under \$44,912, or a couple with a family net income under \$45,578, you are eligible.

When Will I Receive my Payments?

You will receive your first two payments in October 2016 to cover July to December 2016. You will receive another payment in January 2017, and another in April 2017.

For Example:

If you are a single senior, and your only income is OAS and the GIS, you will receive \$1,313 from the NL Seniors' Benefit and \$319 from the NL Income Supplement. In October, you will receive \$816, then \$408 in January and \$408 in April for a total of \$1,632.

If you are a senior couple, and your only income is OAS and GIS, you will receive \$1,313 from the NL Seniors' Benefit and \$510 from the NL Income Supplement. In October, you will receive \$911, then \$456 in January and \$456 in April for a total of \$1,823.

If you receive the NL Seniors' Benefit, you will also receive the NL Income Supplement.

Note: Dollar amounts have been rounded to the nearest dollar in some cases.