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

**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.

**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.

**For More Information**

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

Alternate formats available upon request.
<table>
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<th><strong>Newfoundland and Labrador Seniors’ Benefit</strong></th>
<th><strong>Newfoundland and Labrador Income Supplement</strong></th>
<th><strong>When Will I Receive my Payments?</strong></th>
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| **How much will I receive?**  
For 2016, the maximum yearly amount is $1,313 per family, a $254 increase from last year. | **You do not have to be 65 to receive the NL Income Supplement.**  
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. | 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. |
| **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.  
**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.  
**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.  
**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.  
**Note:** Dollar amounts have been rounded to the nearest dollar in some cases. |