



Durham Region Health Department FAX about...

For Health Care Professionals



Health Equity Series – Improve Health Through Financial Empowerment

Health Care Providers have a unique opportunity to address the social determinants of health during client interactions. Health status improves at each level of the income hierarchy.

According to Prosper Canada, Financial Empowerment is an upstream poverty reduction approach focused on improving the financial security of residents living with low income through interventions aimed at building financial literacy, enhancing access to income supports and benefits, growing savings, reducing barriers within the financial system, and more. Please visit prospercanada.org for more information.

Income tax filing

Tax filing may help clients receive money back for important expenses like food, rent, and utilities.

Did you know?

- There are more than 40 income benefits that may be available through tax filing
- In 2022, tax clinics held across Durham Region led to over \$10 million in benefits for low-income residents; the average return was close to \$4,000 per person (based on data collected from 10 partners of the Community Tax Clinic Community of Practice).

Free tax clinics, including in-person, drop-off and virtual formats, are available across Durham Region for residents who live with low income and have simple tax situations. Tax filing may feel overwhelming to some clients, but support is available year-round.

Recommended actions for clinicians

- Advise clients that support is available for filing taxes and direct them to durham.ca/FileYourTaxes for a list of free tax filing supports
- Post the attached poster in a space accessible for clients or the public
- Share this video where you can with clients and your network: durham.ca/TaxFilingVideo (or search the Region of Durham YouTube channel for tax filing)

More information on living with low income supports can be found on durham.ca/livingwithlowincome.

July 24, 2023

905-668-2020 or 1-800-841-2729 | durham.ca/health

If you require this information in an accessible format, contact 1-800-841-2729.





Get money by filing your taxes

If you have no income or earn a low income, you could get more money in your pocket by filing your taxes.

More than 40 income benefits in Ontario can be accessed through tax filing.

Free tax help is available for people with modest incomes and simple tax situations. Visit durham.ca/FileYourTaxes or call 3-1-1 for more information.

