



Durham Region Health Department FAX about...

For Health Care Professionals



Health Equity Series – Improve Health Through Financial Empowerment #4

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

There are over 40 benefits and credits in Ontario. Many can only be accessed by filing taxes. Tax filing may help clients receive money back to help cover important expenses like food, rent, and utilities.

Did you know?

- We estimate that in 2024 more than \$23 million in benefits and credits were returned to residents living with low income through free community tax clinics in Durham Region (estimates based on data shared by community partners until December 31, 2024).
- Free tax clinics are available across Durham Region for residents who live with low or no income and have simple tax situations. Clinics are available in a variety of formats: in person, virtual, appointments, drop-in, and drop off (forms).

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 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.

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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.

