INFORMATION FOR SENIORS

There are benefits, credits and deductions that you could get if you file your taxes every year, even if you have no income at all. We use the information from your return to calculate your federal benefits, credits and deductions, and any related provincial and territorial programs.

Some of the benefits, credits and deductions you could be getting

GST/HST credit	Tax-free payment every three months for those with low or modest incomes. This is automatically calculated when you file your taxes.
Medical expenses	Claim eligible medical expenses. For more information go to cra.gc.ca/medical.
Home accessibility tax credit	Non-refundable tax credit to help with the cost of making your home accessible.
Pension income splitting	Split eligible pension income with a spouse/common-law partner to reduce taxes paid.
Disability tax credit	Can reduce the amount of income tax paid. To be eligible a medical practitioner has to confirm on Form T2201, Disability Tax Credit Certificate , that you have severe and prolonged impairment, and the Canada Revenue Agency has to approve the form.

My Account and Direct Deposit

If you are registered for My Account, you can sign up for direct deposit and get your refund and other payments like your GST/HST credit deposited into your bank account.

My Account can help you quickly and easily manage your tax and benefit affairs online. For more information or to sign up go to cra.gc.ca/myaccount.

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Need help filling in your forms?

Community Volunteer Income Tax Program

A free program where volunteers prepare income tax and benefit returns for those with a modest income and a simple tax situation. For information about free tax clinics go to cra.gc.ca/volunteer.

Authorize a representative

You can give permission to another person (such as a family member, a friend, or an accountant) to deal with the CRA for you. Fill out Form **T1013**, Authorizing or Cancelling a Representative, and send it to the CRA. Find the form at cra.gc.ca/forms.

Don't get scammed!

Beware of tax fraud schemes. If you get a call or email that sounds like a scam, it probably is. When in doubt, check My Account or call the individual general enquiries line. For more information, go to cra.gc.ca/fraudprevention.



Online

Information for seniors and to get forms: cra.gc.ca/seniors

Information about benefits and credits: cra.gc.ca/benefits

For tax tips: cra.gc.ca/taxtips



By phone

To get your social insurance number: Service Canada 1-800-206-7218

To inquire about benefits: 1-800-387-1193

For other inquiries and to get forms: 1-800-959-8281



Agency



