

United we can give seniors their independence so they can thrive.

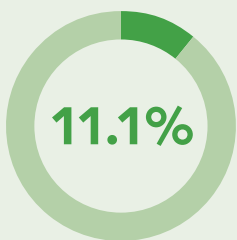


David found balance and support through a seniors' day program and caregiver service powered by United Way East Ontario.

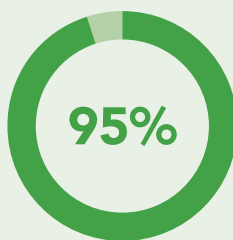
This program offers engaging activities and social connection for seniors who require specialized care, while providing support groups for their caregivers. The service gives David a safe, vibrant environment for his wife, who lives with dementia, allowing him much-needed time to rest, recharge, and connect with peers facing similar challenges.

"I meet people in the same situation as me, and that's been a real eye-opener. We share experiences, we share successes, and we share failures. It's a new social group that's really important for me." —David, program participant

The local facts:*



11.1% of seniors living alone in Ontario are **under the poverty line**, compared to 3% of seniors who live in a family setting.



95% of individuals receiving long-term home care in Canada have an **unpaid caregiver**.



1 in 3 unpaid caregivers experience distress and spend **38 hours each week** providing care, the equivalent of a full-time job..

With support from our donors, together we helped **2,091 seniors and caregivers** access programs in 2024-2025. Read our latest **annual report** to discover how we're helping seniors stay connected and active.

*Visit UnitedWayEO.ca/Local-Issues for fact sources and more information.



United we can create possibilities.



We help isolated and rural seniors stay connected to friends and community with remote and in-person social programs.



We work with partners and experts to identify needs, advance solutions, and strengthen community-based seniors services across our region.



We improve access to well-being supports, nutritious food, grief care, medical transportation, technology training, and mental health counselling for vulnerable seniors.



We advocate for improved policies and increased supports for caregivers, in alignment with recommendations in our Eastern Ontario Caregiver Strategy.



Your gift makes a difference.

**\$20 a month or
\$240 a year**

covers transportation for a senior to access medical appointments, community programs, and caregiver support without losing their independence.

**\$80 a month or
\$960 a year**

funds monthly wellness workshops for seniors that provide health screenings, nutritional guidance, and dementia awareness education.

**\$200 a month or
\$2,400 a year**

powers a full day of programming at an ethnocultural seniors group to support social connection, digital literacy activities, and caregiver respite.

Please give today to help seniors and caregivers get the support they need. Donate through your workplace.



United Way
East Ontario