



# Seniors Oral Health Promotion

Shalon Jeffers, Health Promoter

June 10, 2025



halton.ca 311



# Agenda

- ❖ Seniors: a Growing Age Group
- ❖ Oral Health and Overall Health
- ❖ The Ontario Seniors Dental Care Plan
- ❖ Seniors Oral Health Promotion

# Seniors: A Growing Age Group

- Good news: Canadians are living longer!
- Seniors aged 65+ make up almost 20% of Canada's population (projected to be 30% in the next 25 years).
- In Halton Region, in 2021, seniors made up 16% of Halton's total population.

# Oral Health and Overall Health

- Oral health is closely linked to overall health.
- Oral hygiene becomes especially important with age.
- Many factors can challenge oral health
- Historically, limited access to dental care coverage

# Ontario Seniors Dental Care Program (OSDCP) - Eligibility

Individuals are eligible if they are:

- are 65 years of age or older
- are a resident of Ontario
- meet the income requirements:
  - an annual net income of \$25,000 or less for a single senior
  - a combined annual net income of \$41500 or less for a couple
- have no other form of dental benefits, including private insurance or dental coverage under another government program such as Ontario Works, Ontario Disability Support Program or Non-Insured Health Benefits.

# Ontario Seniors Dental Care Plan (OSDCP) – How to Apply



## Online

1. Visit [ontario.ca/SeniorsDental](https://ontario.ca/SeniorsDental) and select the 'apply online' button.
2. Complete the online application form.
3. Print and sign the Consent form.
4. Mail the Consent form to:  
**Ministry of Health**  
**Ontario Seniors Dental Care Program**  
**Station P, P.O. Box 159**  
**Toronto, ON M5S 2S7**

## Mail

1. Get an application form from [ontario.ca/SeniorsDental](https://ontario.ca/SeniorsDental), call 311 to receive it by mail or pick it up at [1151 Bronte Road, Oakville](#).
2. Complete and sign the application.
3. Mail the application to: **Ministry of Health**  
**Ontario Seniors Dental Care Program**  
**Station P, P.O. Box 159**  
**Toronto, ON M5S 2S7**

Halton residents can only access the program's services through Halton Region Public Health. To begin receiving care through this program in Halton, please call 311.



# Ontario Seniors Dental Care Program (OSDCP) – What's covered

Coverage includes:

- dental exams, including cleaning, and fluoride
- repairing broken teeth and cavities
- x-rays
- oral surgery & sedation
- treating infection and pain (endodontic services)
- treating gum conditions and diseases (periodontal services)
- dental prosthetics (prosthodontic services), including dentures, covered partially



# Canadian Dental Care Plan (CDCP) - Eligibility

Individuals are eligible if they:

- have no access to dental insurance
- have an adjusted net family income is under \$90,000
- are a Canadian resident (for tax purposes)
- have filed taxes for the previous year

Apply by online: [Canadian Dental Care Plan - Apply - Canada.ca](https://canadadentalcare.ca/apply) or by phone: 1-833-537-4342



# Seniors Oral Health Promotion

Outreach - Oral health and Ontario Seniors Dental Care Program (OSDCP) promotion:

- Tax clinics
- Meals on Wheels
- Seniors' month community centre exhibits
- HATCH partnership
- More community outreach to come!

# Questions? Thank you!

Contact info:

Shalon Jeffers,  
Health Promoter, Oral Health  
Team

Email address  
905-825-6000 x 2834



[This Photo](#) by Unknown Author is licensed under [CC BY](#)