

Poverty is not always apparent: In Manitoba, approximately 12.1% of families and 29% of children live in poverty.^{1,2}

1 Screen Everyone

“Do you ever have difficulty making ends meet at the end of the month?”

(Sensitivity 98%, specificity 40% for living below the poverty line)³

2 Poverty is a Risk Factor

Consider:

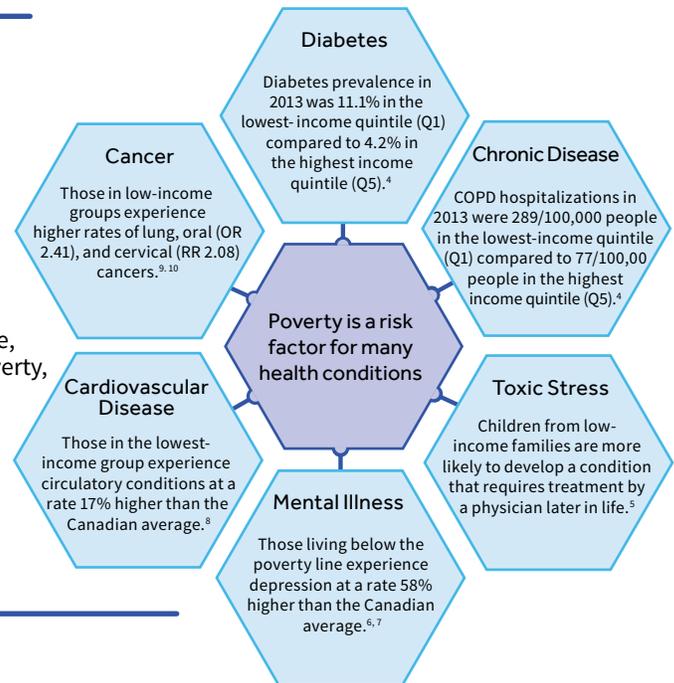
New immigrants, women, Indigenous peoples, and LGBTQ+ are among the highest risk groups.

Example 1:

If an otherwise healthy 35-year-old comes to your office, without risk factors for diabetes other than living in poverty, you consider ordering a screening test for diabetes.

Example 2:

If an otherwise low-risk patient who lives in poverty presents with chest pain, this elevates the pre-test probability of a cardiac source and helps determine how aggressive you are in ordering investigations.



3 Intervene

Ask Everyone: “Have you filled out and sent in your tax forms?”

- Ask questions to find out more about your patient—their employment, living situation, social supports, and the benefits they receive. Tax returns are required to access many income security benefits: e.g., GST / HST credits, child benefits, working income tax benefits, and property tax credits. Connect your patients to [Free Community Tax Clinics](#) and [Community Financial Counselling Services](#).
- Even people without official residency status can file returns.
- Drug Coverage: The patient must have up-to-date tax filings and have a Health Card issued by the Province of Manitoba. Visit [drugcoverage.ca](#) for more options.

Ask



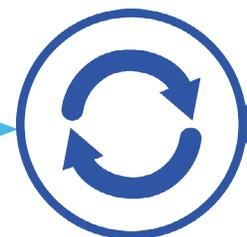
Ask questions to find out more about your patient—their living situation, and the benefits they currently receive.

Educate



The following resources are available to Manitobans: [Manitoba Government Services Portal](#), [Winnipeg 311 City Services](#), and [Manitoba Residents' Portal](#)

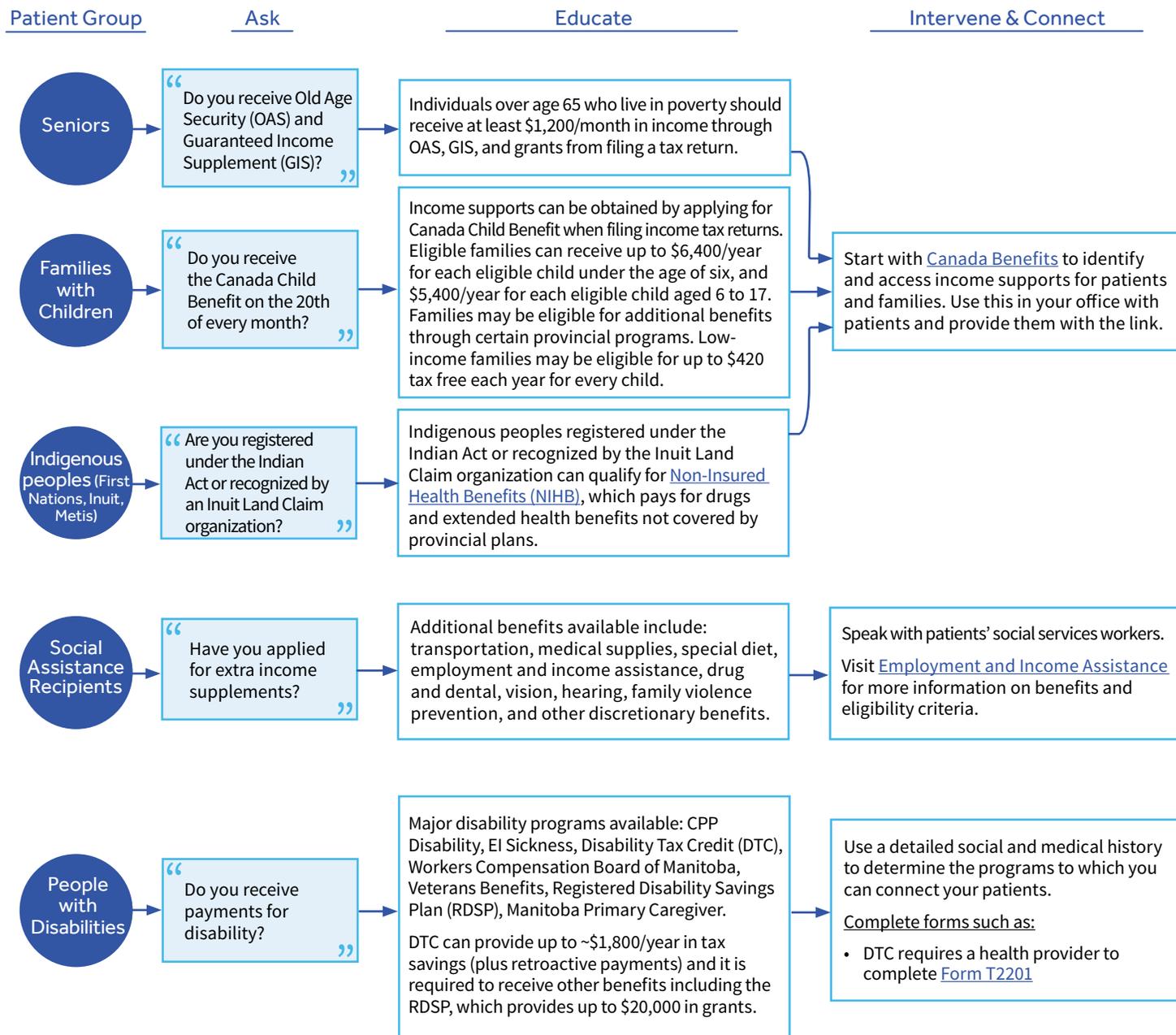
Intervene & Connect



Intervene by connecting your patients and their families to benefits, resources, and services.

more interventions on reverse ➔

Intervening can have a profound impact on your patients' health



Key Resources

<p>Canada Benefits (www.canadabenefits.gc.ca)</p> <p>Provides a full listing of federal and provincial income and other supports, organized by personal status (e.g., “parent,” “Indigenous peoples”) or life situation (e.g., “unemployment,” “health concerns”), with links to the relevant program websites and to application forms.</p>	<p>Support Services</p> <p>The following resources are available to Manitobans: Manitoba Government Services Portal Winnipeg 311 City Services Manitoba Residents' Portal</p>	<p>Legal Help Centre (www.legalhelpcentre.ca)</p> <p>For legal information and referrals and free drop-in clinics for low income individuals, call 204-258-3096.</p>
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Remember: As health care providers, it is our responsibility to provide complete and detailed information that accurately portrays our patients' health status and disabilities.
It is **NOT** our role to serve as the gatekeepers for income security.

Supporting Material*

- [i] Free Community Tax Clinics: <http://www.cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/mb-eng.html>
- [ii] DrugCoverage.ca: <http://www.drugcoverage.ca/en-ca/>
- [iii] Canada Benefits: <http://www.canadabenefits.gc.ca>
- [iv] Winnipeg 311 city services: <http://www.winnipeg.ca/interhom/311Online/>
- [v] Manitoba Residents' Portal: <http://residents.gov.mb.ca/index.html>
- [vi] Manitoba government services portal: <http://www.gov.mb.ca/services/>
- [vii] Non-Insured Health Benefits for First Nations and Inuit: <http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/index-eng.php>
- [viii] PovNet: <http://www.povnet.org/regional/manitoba>
- [ix] Form T2201: <http://www.cra-arc.gc.ca/E/pbg/tf/t2201/README.html>
- [x] Manitoba Health, Seniors and Active Living: <http://www.gov.mb.ca/health/>
- [xi] Workers Compensation Board of Manitoba: <http://www.wcb.mb.ca/>
- [xii] To see who is an eligible Non-Insured Health Benefits Client: <http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestatiion/index-eng.php>
- [xiii] Fact Sheet on Systemic Racism on Indigenous Peoples in Canada: http://www.cfpc.ca/uploadedFiles/Resources/PDFs/SystemicRacism_ENG.pdf
- [xiv] National Collaborating Centre for Aboriginal Health's "Poverty as a Social Determinant of First Nations, Inuit, and Metis Health": http://www.nccah-ccnsa.ca/Publications/Lists/Publications/Attachments/21/2015_02_16_FS_SDOH_Poverty_Updated_EN_Web.pdf
- [xv] Get Your Benefits! booklet: <http://www.getyourbenefits.ca>
- [xvi] Community Unemployed Help Centre: <http://www.povnet.org/node/2850>
- [xvii] Manitoba Child Benefit: <http://www.gov.mb.ca/jec/eia/mcb/>
- [xviii] 55 Plus Program: <http://www.gov.mb.ca/jec/eia/55plus/index.html>
- [xix] Directory of Addiction Services: <http://www.gov.mb.ca/healthyliving/addictions/>
- [xx] Native Addictions Council of Manitoba: <http://www.nacm.ca/>
- [xxi] Assembly Manitoba Chiefs/Eagle Urban Transition Centre: <http://www.manitobachiefs.com/>
- [xxii] Immigrant Centre of Manitoba: <http://www.icmanitoba.com/>
- [xxiii] Winnipeg Harvest: <http://winnipegharvest.org/>
- [xxiv] Manitoba Housing: <http://www.gov.mb.ca/housing/mh/find/find.html>
- [xxv] Manitoba Association of Women's Shelters: http://www.maws.mb.ca/where_can_i_go.htm
- [xxvi] Employment Manitoba: <http://www.gov.mb.ca/wdis/ites/tes/>
- [xxvii] About the Canada Child Benefit program: <http://www.cra-arc.gc.ca/E/pub/tg/t4114/t4114-e.html>
- [xxviii] How to calculate your Canada Child Benefit: <http://www.cra-arc.gc.ca/bnfts/ccb/clcltyrccb-eng.html>

*These supporting materials are hosted by external organizations, and as such the accuracy and accessibility of their links are not guaranteed. CEP will make every effort to keep these links up to date.

References

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