

## Office of the Seniors Advocate Monthly Update - November 2022

### What's Happening in November

[Fall Prevention Month](#)

[Osteoporosis Month](#)

[Remembrance Day](#) (November 11)

[World Diabetes Day](#) (November 14)

[Digital Health Week](#) (November 14 - 20)

### Activities of the Office of the Seniors Advocate

#### **Long-Term Care and Assisted Living Directory Update**

The Office of the Seniors Advocate has released an updated long-term care home directory which now also includes information on all publicly funded assisted living facilities in British Columbia. This online, searchable directory is an excellent resource for people looking for current information on care homes.

[Learn More](#)

#### **Connecting with Seniors in Rural Communities**

The Seniors Advocate continued engaging with seniors in rural communities throughout the province in October. Notably, she spoke at the Valemount Seniors Fair, a town hall in Squamish, and met with seniors on both Denman and Hornby Islands.

[Learn More](#)

#### **Seniors Advocate Participates in Long-Term Care Survey**

Isobel Mackenzie recently joined the efforts of volunteer surveyors in Downtown Vancouver by interviewing seniors living in long-term care about their quality of life. Read more about a volunteer's experience working with the Seniors Advocate, as well as her reflections on patient-centered care in residential care homes. OSA will be seeking volunteers until spring 2023. Find out more about volunteering on the [project website](#).

[Learn More](#)

## Current Issues and Resources

### Seniors Living Expo and Job Fair

OSA staff will be at the Seniors Living Expo at the Vancouver Convention Centre on the weekend of November 5-6, 2022. The event will showcase services available for older adults, along with organizations that specialize in seniors' health and wellness. To learn more about our office, stop by the booth we will be sharing with the Ministry of Health.

[Learn More](#)

### Webinar: How Technology Can Help Address the Problem of Falling

Falls are the leading cause of injury-related hospitalizations among older adults, often with life-changing consequences. To mark Fall Prevention Month, AGE-WELL is offering a free webinar on how technology is giving researchers a clearer understanding of why older adults fall and what can be done to prevent it. Join them on November 23, 2022, at 11:00 am PT.

[Learn More](#)

### Prescription Renewal Now Available at B.C. Pharmacies

You can now renew or change most prescriptions at your local pharmacy. Your pharmacist can assess your clinical needs and change the dose of your medication or substitute another medication. Note there are exceptions for some prescriptions. To find out more, speak to your pharmacist and bring your government-issued ID, Personal Health Number and your prescription paperwork or medication packaging.

[Learn More](#)

### 18th Ellen M. Gee Memorial Lecture with Gloria Gutman

The Simon Fraser University Gerontology Department is inviting the public to attend the 18th Ellen M. Gee Memorial Lecture on Nov 17, 2022, from 4:30-7 pm. The keynote speaker will be Gloria Gutman, PhD who will present on Diversity within Diversity: An Emerging Theme in Gerontological Research with Important Implications for Policy and Practice. The event is free, but registration is required.

[Learn More](#)

## COVID-19

### COVID-19 Boosters and Flu Shots

The Province is now rolling out its new COVID-19 fall booster campaign. Everyone five years and older is encouraged to get a fall booster at a 6-month interval from their last dose. Adults 18+ and high-risk youth aged 12-17 will be eligible to receive a new bivalent vaccine. Vaccination invitations will go out through the Province's [Get Vaccinated System](#).

People six months and older are eligible for free flu shots and free enhanced vaccines are available to seniors. More information can be found on the government [website](#).

[Learn More](#)

### **Rapid Antigen Tests**

Free COVID-19 rapid antigen tests are available to people of all ages at B.C. pharmacies. No ID is required. If you are concerned about exposure to COVID-19, please consider asking those you will be in close contact with to take a rapid test before your visit.

[Learn More](#)

### **COVID-19 Restrictions**

Most public health restrictions in B.C. remain lifted, including wearing masks in public indoor settings, capacity restrictions on personal gatherings, events and more. Proof of vaccination is no longer required to access most businesses, events and services.

[Learn More](#)

### **Long-Term Care Update**

Most visiting restrictions have been lifted at long-term care facilities in B.C. and people who meet the visitation requirements are permitted. Visitors must provide proof of vaccination and a negative rapid antigen test, which may be taken at home up to 48 hours before the visit, or on arrival at the facility. Please review each facility's restrictions before your visit.

[Learn More](#)

## **Provincial News**

### **Statements from the Provincial Health Officer and Minister of Health**

The Provincial Health Officer and the Minister of Health release regular statements that can be accessed on the [BC Government News](#) website.

### **Recent Announcements from the B.C. Government Impacting Seniors**

- October 5, 2022 [Incentives bringing physicians to family practices](#)
- October 6, 2022 [New affordable homes for families, seniors open in Oliver](#)
- October 7, 2022 [Minister's, provincial health officer's statement on approval of more bivalent vaccines](#)
- October 11, 2022 [Protect yourself and your loved ones: It's free and easy to get an influenza vaccine](#)
- October 13, 2022 [People encouraged to prepare for potential flooding](#)
- October 14, 2022 [Minister's statement on Allied Health Professionals Day](#)

- October 18, 2022 [Minister's statement on Health Care Assistant Day](#)
- October 19, 2022 [Patients the focus of new health legislation](#)
- October 20, 2022 [Vernon's newest affordable rental homes welcome families, seniors](#)
- October 24, 2022 [320 protection services officers will support safer workplaces for health-care workers](#)

## National News

### Statements from the Chief Public Health Officer of Canada

The Chief Public Health Officer of Canada releases regular statements that can be accessed on the [Government of Canada News](#) website.

### Recent Announcements from the Federal Government Impacting Seniors

- October 6, 2022 [Minister Khera and Minister Duclos announce Expert Panel to provide recommendations for establishing an Aging at Home Benefit](#)
- October 18, 2022 [Legislation to double the GST Credit for six months receives Royal Assent](#)

## Recent Research

### Aging in Place in Social Housing: A Scoping Review of Social Housing for Older Adults

(Canadian Journal on Aging)

Access to affordable housing is a rising concern, and social housing is one approach to support low-income, older renters. A scoping review was undertaken to understand the characteristics of older tenants and social housing services to identify strategies to promote aging in place. Seven peer review databases were searched to identify relevant articles.

[Learn More](#)

### Aligning Virtual Care in Canada with the Needs of Older Adults

(Canadian Journal on Aging)

Public health measures associated with coronavirus disease (COVID-19) have accelerated the adoption of virtual health care across Canada. We explore the opportunities that virtual care presents in achieving the Quadruple Aim and challenges to navigate, through the lens of care for older adults. In particular, we recommend virtual care-related policies related to older adults that address (a) limited uptake among the socio-economically disadvantaged, (b) user-centered design of virtual care technologies, and (c) integration of iterative evaluations to ensure equitable and efficient achievement of desired outcomes. As virtual care accelerates forward, we must not leave older Canadians behind.

[Learn More](#)

## **Ageing in the Right Place: Supporting Older Canadians to Live Where They Want**

(National Institute on Ageing)

Supporting older adults to age in their own homes and/or communities for as long as possible, commonly referred to as “ageing in place,” can help Canada’s already-strained LTC systems. Yet doing so effectively also requires responsive systems and services that can enable what the NIA calls “Ageing in the Right Place.” Recognizing the growing importance of supporting older Canadians’ ability to age successfully while remaining engaged members of their communities, this report aims to present a practical definition and framework to understand what ageing in the right place (AIRP) is and what is required to make it work.

[Learn More](#)

### **Outreach by the OSA**

Seniors Advocate Isobel Mackenzie continues to meet with seniors across the province, attend events and deliver presentations both in person and virtually. If you would like to invite her to present at your event, please contact our office at [info@seniorsadvocatebc.ca](mailto:info@seniorsadvocatebc.ca).

The Office of the Seniors Advocate has an information and referral line that is available 24 hours a day, every day. Our senior service specialists will work with you during our office hours to provide resources and help resolve issues. Staff at BC211 will assist after hours.

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