

Office of the Seniors Advocate Monthly Update - September 2023

Activities of the Office of the Seniors Advocate

Seniors Advocate to Speak at North Shore Seniors' Health Expo

Isobel Mackenzie will be a keynote speaker at the North Shore Seniors' Health Expo in West Vancouver on September 8, 2023. The goal of this free event is to provide useful information for seniors, family members and caregivers, as well as highlight opportunities and services for seniors living on the North Shore and in Vancouver. The event will feature exhibitors, innovative speakers and researchers focusing on cognitive, physical, social and financial well-being for seniors.

[Learn More](#)

Long-Term Care Financial Review to be Released End of September

At the end of September, the Office of the Seniors Advocate will release a second systemic review of the expenditures of the contracted long-term care sector that receives public funding to deliver services. The report examines financial reports and oversight in one of the largest contracted sectors within government. The release of the report and presentation by Isobel Mackenzie will be livestreamed on the [OSA YouTube channel](#). Stay tuned to OSA social media channels for more information later in the month.

[Learn More](#)

Thank You Volunteer Surveyors!

The OSA Long-Term Care Survey wrapped up over the past month thanks to our province-wide team of nearly 500 Volunteer Surveyors. They collectively contributed over 18,000 hours of volunteer work and interviewed over 29,000 residents in 297 care homes across British Columbia. The results of the Long-Term Care Survey will be published in a report scheduled to be released in November.

[Learn More](#)

OSA in the Community

In August our office had the opportunity to attend the 47th BC Annual Elders Gathering, the first after a three-year hiatus due to COVID-19. The Elders Gathering has traditionally been a time for people to make connections and exchange memories

and knowledge. Our staff members were honoured to attend and gain new perspectives from B.C. elders.

The Seniors Advocate was pleased to speak at a North Shore Volunteers for Seniors high tea celebrating the seniors centre and its volunteers. The Centre has been serving seniors in the North Shore since 1961.

[Learn More](#)

Current Issues and Resources

Wildfire Preparedness and Safety

Wildfires are spreading in B.C. and some communities are under evacuation orders, evacuation alerts or travel restrictions. Seniors can be more vulnerable to effects of wildfires and should take extra precautions at this time. Please monitor appropriate channels for the latest updates on wildfire activity and safety.

[Learn More](#)

New Horizons for Seniors Funding Applications Closing Soon

Does your organization offer services or programs that benefit seniors? Consider applying for funding through the federal government New Horizons for Seniors Program. This initiative provides grant funding of up to \$25,000 for community-based projects that make a difference in the lives of seniors. Eligible organizations have until September 14, 2023, to apply.

[Learn More](#)

Free Webinar: Benefits and Credits for Adults 65 Years and Older

Do you want to know more about taxes or benefits and credits you may be eligible for from the federal government? Canadian Revenue Agency holds live monthly webinars to provide information and answer questions about benefits, credits and tax deductions for seniors. The next webinar will be held on Wednesday, September 20, 10 a.m. – 11:00 a.m. Click the link below to join the webinar.

[Learn More](#)

Federal Government Seeks Applicants for the National Seniors Council

The Government of Canada is recruiting candidates with expertise and experience working with older adults or on population aging issues to fill vacancies on the National Seniors Council. Apply by October 3, 2023.

[Learn More](#)

Provincial News

Recent Announcements from the B.C. Government Impacting Seniors

- August 2, 2023 [Plan ahead, be ready for wildfire risks this long weekend](#)
- August 2, 2023 [B.C. preserves affordable seniors housing in Vancouver](#)
- August 2, 2023 [Vernon seniors moving into new affordable homes](#)
- August 4, 2023 [Province protecting seniors through education, awareness](#)
- August 12, 2023 [People encouraged to prepare for heat warnings](#)
- August 16, 2023 [New affordable seniors' housing breaks ground in Delta](#)
- August 17, 2023 [Victoria seniors benefit from renovated homes](#)
- August 17, 2023 [Preparing for extreme fire conditions](#)
- August 18, 2023 [Stronger services will support healthy communities in northern B.C.](#)
- August 18, 2023 [Premier's statement on B.C. wildfires](#)
- August 20, 2023 [Poor air quality from wildfires increases health risks to vulnerable people](#)
- August 20, 2023 [Emergency Support Services available for wildfire evacuees](#)
- August 24, 2023 [More people will get nutritious food with new funding](#)
- August 25, 2023 [More Surrey-Delta seniors get better access to service](#)
- August 28, 2023 [Thousands of new affordable homes coming for renters](#)
- August 29, 2023 [New homes open for seniors, people with disabilities in Nanaimo](#)

National News

Recent Announcements from the Federal Government Impacting Seniors

- August 23, 2023 [Government of Canada seeks applicants for National Seniors Council](#)

Recent Research

Independent Senior Centres: Connecting and Supporting Older Adults in Metro Vancouver

(Gerontology Research Centre, Simon Fraser University)

As our population ages and becomes more diverse, the health and social needs of older British Columbians are becoming more fluid and complex. Senior centres play an important role in providing health promotion programs, social services, and recreational activities that enhance the health and wellbeing of community-dwelling older adults.

[Learn More](#)

Wildfires and Older Adults: A Scoping Review of Impacts, Risks, and Interventions

(International Journal of Environmental Research and Public Health))

Climate change is leading to worsening disasters that disproportionately impact older adults. While research has begun to measure disparities, there is a gap in examining wildfire-specific disasters. To address this gap, this scoping review analyzed literature to explore the nexus of wildfires and older adults.

[Learn More](#)

Validity and Accuracy of the Tilburg Frailty Indicator Part B for Identification of Frailty in Older Adults Consulting a Rural Geriatric Medicine Clinic

(Cambridge University Press)

This study provides evidence to support the use of Tilburg Frailty Indicator Part B (TFI-B) to determine frailty in older adults in a North American context. The results show that the TFI-B can be used as a quick screening tool to determine frailty, given its lower administration burden compared with the Fried's Frailty Phenotype (FFP). Clinicians should use a score of < 5 on the TFI-B to rule out frailty, given its high negative predictive value (91.95%).

[Learn More](#)

Outreach by the OSA

BC 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.

Please note Isobel has announced she will retire after March 31, 2024, therefore our office is not accepting invitations for events after this date at this time.

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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