

Office of the Seniors Advocate Monthly Update - November 2023

Activities of the Office of the Seniors Advocate

BC Seniors Advocate Statement on Health Care Assistant Day

October 18 was Health Care Assistant Day in B.C and an opportunity to acknowledge the increasingly important role of these professionals in the well-being of seniors not only in our province but across the country.

[Learn More](#)

Seniors Advocate Attends Canadian Association on Gerontology Conference

In October, the Seniors Advocate attended the 52nd Canadian Association on Gerontology's (CAG) Annual Scientific Meeting in Toronto. CAG is the leading conference in Canada for all those who work, research and have an interest in the field of ageing. This year's theme, 'CAG2023: Community EngAGED Teaching, Research and Practice', recognizes the importance of communication, consultation and collaboration with community partners to advance gerontological knowledge, practice and policy.

[Learn More](#)

Long-Term Care Survey Results to be Released in November

In mid-November, OSA will release Every Voice Counts, a report on the results of the second province-wide survey of residents living in all 294 publicly-subsidized long-term care homes in B.C. The Seniors Advocate's presentation will be posted on the OSA YouTube channel and the report will be available on our website. Stay tuned to our social media channels for more information.

[Learn More](#)

Current Issues and Resources

Survey on Market Basket Measure of Poverty

The federal government has launched a comprehensive review of the Market Basket Measure which is Canada's Official Poverty Line. To support this, StatsCan is asking Canadians to complete an online survey to estimate how much money a family needs for food, clothing, shelter and transportation. The questionnaire takes no more than five minutes to complete and is open until March 31, 2024. All responses are anonymous.

[Learn More](#)

Fall Prevention Month

November is Fall Prevention Month and Seniors' Fall Prevention Awareness Week runs from November 6-12. Falls are the leading cause of injury among seniors and over 30% of older adults who are hospitalized for a fall end up in long-term care. Take some time to learn about fall prevention tips and strategies.

[Learn More](#)

Webinar: Vaccines for Older Canadians

Navigating which vaccines to get and when can be challenging, especially when coverage varies in different locations. Join Dr. Samir Sinha, Director of Health Policy Research at the National Institute on Ageing and other experts for a discussion on this year's cold and flu season and the vaccines that are currently recommended to protect older adults this year and beyond. This free webinar takes place on November 13, 2023, at 9 a.m. PST.

[Learn More](#)

Fall Vaccination Program

People six months and older can get an updated influenza and COVID-19 vaccine at the same time. Invitations are being sent by email and text message to everyone who has received a COVID-19 vaccine in B.C. The invitation includes a direct link to book an appointment to receive the vaccines. People most at risk of severe illness, such as residents of long-term care facilities and seniors 65+, are encouraged to get their vaccinations as soon as possible.

[Learn More](#)

Provincial News

Recent Announcements from the B.C. Government Impacting Seniors

- October 4, 2023 [New pension plan option will provide benefits for longer](#)
- October 6, 2023 [More people in B.C. will have access to nutritious food](#)
- October 9, 2023 [Premier's statement on Thanksgiving](#)
- October 12, 2023 [Northern B.C. getting better access to nutritious food](#)
- October 14, 2023 [Minister's statement on Allied Health Professionals Day](#)
- October 16, 2023 [Legislation introduced to rein in short-term rentals, deliver more homes for people](#)
- October 17, 2023 [British Columbians advised to prepare for fall storms, heavy rain](#)
- October 18, 2023 [Joint statement on Health Care Assistant Day](#)
- October 19, 2023 [New long-term care home coming to Nanaimo](#)

October 30, 2023 [New affordable homes opening for families, seniors in Sparwood](#)

October 30, 2023 [People in B.C. to benefit from healthier, stronger communities through boost to non-profits](#)

National News

Recent Announcements from the Federal Government Impacting Seniors

October 4, 2023 [Government of Canada launches call for concepts for pan-Canadian projects to help increase the social inclusion of Canadian seniors](#)

October 1, 2023 [Canadians can now access improved Service Canada tools to support and plan for retirement](#)

October 1, 2023 [Message from the Minister of Health - National Seniors Day](#)

October 1, 2023 [Minister Seamus O'Regan Jr. celebrates National Seniors Day](#)

Recent Research

Factbook on Aging, 8th Edition

(Gerontology Research Centre, Simon Fraser University)

This 107-page monograph compiles the most up-to-date demographic, social and health data on older adults with comparisons between B.C. and Canada, as well as historical patterns. Data are drawn from several sources, but primarily the 2021 Canadian census and BC STATS.

[Learn More](#)

Fall prevention interventions for older community-dwelling adults: systematic reviews on benefits, harms, and patient values and preferences

(BMC Systematic Reviews)

An estimated 20–30% of community-dwelling Canadian adults aged 65 years or older experience one or more falls each year. Fall-related injuries are a leading cause of hospitalization and can lead to functional independence. Many fall prevention interventions, often based on modifiable risk factors, have been studied. Apart from the magnitude of the benefits and harms from different interventions, the preferences of older adults for different interventions as well as the relative importance they place on the different potential outcomes may influence recommendations by guideline panels.

[Learn More](#)

Surveillance report on falls among older adults in Canada

(Statistics Canada)

Falls among older adults are a public health concern worldwide. According to the World Health Organization, about a third of older adults fall each year. The percentage ranges from 32% to

42% for those 70 years or older. In Canada, falls are the leading cause of injury-related hospitalizations and injury deaths among people aged 65 or older. Injuries from falls reduce older adults' quality of life, increase caregiver demands, and precipitate admissions into long-term care.

[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.

Please note that Isobel Mackenzie has announced that 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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