

## Office of the Seniors Advocate Monthly Update - January 2024

### Activities of the Office of the Seniors Advocate

#### **Updated Long-Term Care and Assisted Living Directory Released**

The Office of the Seniors Advocate has released its updated directory of long-term care and assisted living homes. The directory provides detailed information on over 400 publicly subsidized facilities in a searchable, online format and includes information on a number of measures including: funded care hours, number of beds and room configuration, spending on food, medication use, use of physical restraints, how much physical/occupational and recreational therapy is provided, complexity of care in the resident population, licensing complaints, reportable incidents and inspection reports.

[Learn More](#)

#### **Facility Level Results of Long-Term Care Survey Now Available**

This year's update of the Long-Term Care and Assisted Living Directory includes the results of the 2023 OSA Long-Term Care Resident and Visitor Survey. The survey, undertaken by over 500 volunteers, captured the experiences of residents of 297 publicly subsidized long-term care homes in B.C. Survey questions included topics such as food quality, staff responsiveness and personal autonomy. View the results for a specific care home by searching for the name of the facility in our online directory.

[Learn More](#)

### Current Issues and Resources

#### **Canadian Revenue Agency Webinars on Income Tax Credits and Benefits**

The Canadian Revenue Agency is offering free webinars in the upcoming months on filing income tax, free tax clinics, as well as tax credits and benefits. These credits and benefits can make a big difference to eligible individuals, such as seniors and people living on modest incomes. Find out if you qualify.

[Learn More](#)

#### **Canadian Dental Care Plan Details Released**

The Government of Canada has unveiled some details of the long-awaited Canadian Dental Care Plan, which will help make oral health care more affordable for uninsured. The program will be rolled out in a phased approach over the coming months, starting with seniors aged 87 and above.

Letters with application information are being mailed out to potentially eligible seniors. More information, including eligibility criteria, is available online.

[Learn More](#)

### **Get Active with Choose to Move and ActivAge Programs**

Is your New Year's resolution to get more active in 2024? Explore the Choose to Move and ActivAge programs. Offered through the BC Recreation and Parks Association, these programs offer free and flexible support for older adults trying to increase physical activity. Programs are offered online, over the phone and in-person in communities throughout the province.

[Learn More](#)

### **Alzheimer's Month**

January is Alzheimer's Month in Canada. Take time to learn more about resources available for people with Alzheimer's and their families. The Alzheimer Society of BC regularly offers free webinars on topics such as, brain health, dementia-inclusive activities, and the stages and progression of dementia, as well as a multitude of resources for people living with Alzheimer's and their families.

[Learn More](#)

## **Provincial News**

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

- December 4, 2023 [Speculation and vacancy tax continues to support homes for people](#)
- December 4, 2023 [B.C.'s economy forecast to slow in 2024, followed by steady growth](#)
- December 5, 2023 [Province expands health-care workforce and increases patient access](#)
- December 6, 2023 [Province supports allied health workforce, improves patient care](#)
- December 7, 2023 [Homes opening for seniors, people living with disabilities in Comox](#)
- December 8, 2023 [300,000 have received free contraceptives, expanded pharmacist care](#)
- December 13, 2023 [B.C. improving services, wait times for tenants, landlords](#)
- December 13, 2023 [New rebates make healthier home heating more affordable](#)
- December 20, 2023 [Richmond Hospital redevelopment reaches milestone](#)
- December 31, 2023 [Premier's statement on the new year](#)

## **National News**

## Recent Announcements from the Federal Government Impacting Seniors

December 11, 2023 [Making dental care more affordable in Canada](#)

December 14, 2023 [600,000 Old Age Security clients successfully onboarded to the new common benefit delivery platform](#)

December 19, 2023 [Government of Canada helps more seniors age at home](#)

## Recent Research

### **Understanding the Patient Experience of Foreign-Born Older Adults: A Scoping Review of Older Immigrants Receiving Health Care in Canada**

(Cambridge University Press)

In Canada, foreign-born older adults (FBOA) have a higher prevalence of chronic conditions and poorer self-reported physical and mental health than their Canadian-born peers. However, very little research has explored FBOAs' experiences of health care after immigration. This review aims to understand the patient experiences of older immigrants within the Canadian health care system.

[Learn More](#)

### **Impact of health and transportation on accessing healthcare in older adults living in rural regions**

(Transportation Research Interdisciplinary Perspectives)

Living in rural areas poses challenges to accessing healthcare, often requiring individuals to travel to major cities. This study examined the impact of health and transportation among older adults using no healthcare services, family doctor services, and medical specialist services, and compared to those living in rural and small population centers.

[Learn More](#)

### **Alternatives to the transfer of long-term care patients to emergency departments: a new kind of house call?**

(Canadian Journal of Emergency Medicine)

Long-term care residents have unique care needs such that ageing, medical complexity, frailty, polypharmacy and increasing care requirements have all been associated with a higher likelihood of emergency department transfer for illness or injury. Similarly, advance care planning and advanced directives have been shown to decrease the rate of emergency department transfers for long-term care residents. Previous research has demonstrated that nursing home residents may not even want transport to the emergency department, and patients and families, and nursing home staff desired shared decision-making.

[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](mailto: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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