

Office of the Seniors Advocate Monthly Update - April 2025

Activities of the Office of the Seniors Advocate

New Report – Reframing Ageing: British Columbians’ Thoughts on Ageism

In November and December 2024, the Office of the Seniors Advocate asked British Columbians of all ages to share their perceptions and experiences with ageism, and whether it has impacted their lives. This report summarizes the feedback we received through five themes: social inclusion, employment, health care, the media, and safety, and includes the experiences shared in the survey.

[Learn More](#)

Caregiver Survey on Access to Long-Term Care Closed

The Office of the Seniors Advocate thanks everyone who took the time to complete the caregiver survey on access to publicly-funded long-term care in B.C. The survey is now closed. Your valuable feedback will inform our upcoming report on long-term care supply and demand issues. Please watch for the report release in the coming months.

[Learn More](#)

April Message from the Seniors Advocate

Seniors Advocate Dan Levitt shares updates about recent activities and initiatives of the Office of the Seniors Advocate.

[Learn More](#)

Current Issues and Resources

File your Taxes to Receive Benefits

Tax season is here! Did you know that eligibility for many government programs and supports depend on your income tax return?

File before the April 30 deadline to get refunds quickly and avoid missing out on important government benefits like the Guaranteed Income Supplement, Shelter Aid for Elderly Renters, or the BC Renter’s Tax Credit. Read our tax tips and resources to find out more about free tax clinics, eligible expenses, tax credits and more.

[Learn More](#)

Beware Canadian Revenue Agency Scams

This tax season be alert for an increase in scams impersonating the Canadian Revenue Agency (CRA). Fraudsters pretending to work for the CRA falsely claim that you have a tax audit, have received a special tax refund, your account has been compromised, or that you owe money. CRA scams can happen by mail, phone, text message or email. Protect yourself by learning how to recognize a scam and identify real contacts from the CRA.

[Learn More](#)

Webinar: Advance Care Planning for Your Health Care Future

Advance Care Planning Day is on April 16. Take time to learn more about how to document your future health care wishes. Fraser Health is offering a free three-part webinar series on advance care planning from April 15-29, 2025. Register to receive practical tips and information to get you started.

[Learn More](#)

CMHA Seeks Project Partners for Seniors Mental Health Research

The Canadian Mental Health Association (CMHA) of Northern B.C. was awarded funding to conduct community-based research on seniors' mental health and homelessness in Prince George. The project will examine systemic barriers to housing security for area seniors. The CMHA is seeking partners to support the research through in-kind contributions such as video editing or sponsorships. For more information, call Elaine Laberge at 250-649-8222 or email elainelaberge@cmhanorthernbc.ca.

[Learn More](#)

Provincial News

Recent Announcements from the B.C. Government Impacting Seniors

- March 31, 2025 [B.C. eliminates carbon tax](#)
- March 31, 2025 [Health authority review launches to ensure support for front-line services](#)
- March 28, 2025 [Province continues to ensure people are protected from COVID-19, measles](#)
- March 28, 2025 [Provincial health officer's statement on end of respiratory illness season](#)
- March 17, 2025 [Boost to community food infrastructure will help build food security](#)
- March 13, 2025 [Cottonwoods long-term care moves closer to construction](#)
- March 12, 2025 [Rent support for survivors of gender-based violence in British Columbia](#)
- March 11, 2025 [British Columbia is taking action to attract doctors, nurses from U.S.](#)
- March 5, 2025 [Parliamentary secretary's statement on B.C. Seniors Care Providers Day](#)

March 4, 2025 [Standing strong for B.C.: Budget prepares to defend British Columbians](#)

National News

Recent Announcements from the Federal Government Impacting Seniors

March 21, 2025 [Government of Canada announces support for up to 20 pan-Canadian projects to increase social inclusion of seniors across the country](#)

March 19, 2025 [New Sectoral Table will advise how government can better support the care economy](#)

Recent Research

A Guide to Vaccines for Older Canadians

(National Institute on Ageing)

This updated guide covers the importance of vaccines in enabling healthy ageing and provides details on vaccines for COVID-19, Influenza, RSV, Pneumococcal (Pneumonia), Shingles, Tetanus and Diphtheria, including the most recent recommendations from the Public Health Agency of Canada's National Advisory Committee on Immunization.

[Learn More](#)

Shingles and pneumococcal vaccination among older Canadians

(Statistics Canada)

Immunization against vaccine-preventable diseases such as shingles and pneumococcal disease is especially pertinent among older Canadians. However, vaccine uptake remains low.

[Learn More](#)

Outreach by the OSA

If you would like to invite BC Seniors Advocate Dan Levitt to speak to your organization or attend an event, please email 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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