

Office of the Seniors Advocate Monthly Update - September 2025

Activities of the Office of the Seniors Advocate

Annual Report

We're excited to release the Office of the Seniors Advocate 2024/25 Annual Report, highlighting a year of meaningful progress, including three new major reports, two province-wide surveys and engagement with thousands of B.C. seniors and caregivers.

[Learn More](#)

OSA Attends Annual Elders Gathering

This month, the Seniors Advocate and staff were honoured to attend the Annual Elders Gathering, an event that celebrates the wisdom, culture, and contributions of Elders from across the province. Our team was grateful for the opportunity to listen, learn, and connect with community members throughout the gathering.

[Learn More](#)

September Message from the Seniors Advocate

Dan Levitt shares news and progress on recent initiatives undertaken by the Office of the Seniors Advocate.

[Learn More](#)

Invite the Seniors Advocate

Did you know the Seniors Advocate regularly speaks with seniors' groups and community organizations about issues affecting older adults in B.C.? If you'd like to invite Dan Levitt to speak at an event or to your organization, please contact us by email.

[Learn More](#)

Current Issues and Resources

Webinar: Protecting the Rights of Older Adults

Join BC Human Rights Commissioner Kasi Govender for a BC CRN Provincial Learning Event webinar on protecting the rights of older adults. She will speak about the work of her office and recent inquiry into detentions under the Adult Guardianship Act.

Date: September 16, 2025

Time: 10:45 a.m. PDT

[Learn More](#)

Free Training Workshops on Supports for Seniors

Join Seniors Services Society of BC for a series of free Housing Navigator Training Workshops designed for people who support and work with seniors. The workshops will cover key topics such as housing navigation, home and community care and income tax tips. The sessions will offer valuable insights and resources to help older adults navigate services available in B.C.

[Learn More](#)

Applications for New Horizons Funding Open Now

Is your community organization making a difference in the lives of seniors? Applications for New Horizons for Seniors funding are open until Sept 17. Eligible community-based programs led by seniors, for seniors could receive up to \$25,000.

[Learn More](#)

Provincial News

Recent Announcements from the B.C. Government Impacting Seniors

August 29, 2025 [BC Transit services expand in Fort St. John](#)

August 29, 2025 [BC Transit services expand in Kamloops](#)

August 29, 2025 [BC Transit services expand in Comox Valley](#)

August 26, 2025 [Annual rent increase falls for second straight year capped at inflation](#)

August 26, 2025 [Province moves to protect supply of two more diabetes drugs](#)

August 22, 2025 [Nanaimo hospital opens new unit for patients with complex, high-care needs](#)

August 21, 2025 [New housing targets will bring thousands more homes](#)

August 15, 2025 [Collaborative, upfront approach to public safety will benefit people in Creston](#)

August 8, 2025 [Work begins on new long-term care home in Vancouver](#)

- August 7, 2025 [Province provides first report on community-based primary care services](#)
- August 6, 2025 [Nearly 40 new shelter spaces open in Williams Lake](#)
- August 5, 2025 [Adult literacy programs strengthen B.C.'s workforce, communities](#)

National News

Recent Announcements from the Federal Government Impacting Seniors

- August 6, 2025 [Government of Canada launches call for proposals for community projects to help seniors](#)

Recent Research

Move more, age well: prescribing physical activity for older adults

(Canadian Medical Association Journal)

People who survive to age 65 years are expected to live another 20 years on average; however, life expectancy gains have not corresponded with “compression of morbidity,” whereby extra years are largely lived in good health. At least one-third of older adults in Canada live with two or more chronic conditions, and this rises to almost one-half after age 85 years.

Physical activity is a modifiable risk factor for more than 30 chronic conditions relevant to the older adult (including coronary artery disease, heart failure, type 2 diabetes mellitus, chronic obstructive pulmonary disease, osteoporosis, depression, dementia, and cancer). Regular physical activity can prevent these or reduce their severity and can improve functional independence

[Learn More](#)

The need to adapt after Alzheimer's disease diagnosis: Coping strategies used to maintain identity and quality of life

(Journal of Alzheimer's Disease)

Receiving a diagnosis of a major neurocognitive disorder due to Alzheimer's disease (AD) brings with it the need to adjust to a new life situation. People with AD seek to maintain emotionally positive goals in their current lives and use positive experiences from the past to create continuity in their lives, with the aim of maintaining their quality of life and gaining a sense of hope.

[Learn More](#)

Estimating municipal life expectancy and health-adjusted life expectancy in Canada, 2019 and 2020

(Statistics Canada)

Data measuring life expectancy (LE) and health-adjusted life expectancy (HALE) in Canada are available for large geographical areas, such as provinces, territories, and health regions. However, until now, no study has analyzed LE and HALE at the municipal level.

[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. Call 1-877-952-3181 (toll free) or 250-952-3181 (Victoria).

You are receiving this email because you are on our mailing list to receive updates and other occasional correspondence from our office. You can [subscribe](#) or [unsubscribe](#) to this mailing list.

Follow us on [Twitter](#) and [Facebook](#) or visit the [OSA website](#).