



Office of the Seniors Advocate Monthly Update - February 2026

Activities of the Office of the Seniors Advocate

New Data: Seniors' Population Increase Outpacing Long-Term Care

New data shows that the pace of building new public long-term care beds and assisted living units in B.C. is not keeping up with the rapidly growing seniors' population, raising further concerns about access to care across the province.

[Learn More](#)

Updated Long-Term Care and Assisted Living Directory Now Available

OSA's updated Long-Term Care and Assisted Living Directory is now available online. This searchable resource offers detailed information on 301 long-term care facilities and 133 assisted living residences across B.C., helping seniors, families and caregivers better understand care options, availability and quality across the province.

[Learn More](#)

Let's Tackle Myths about Ageing in 2026

The BC Seniors Advocate is calling on British Columbians to challenge persistent myths about ageing and confront ageism in 2026. Despite some recent progress, many stereotypes about ageing continue to affect the lives of older adults. Learn about common myths and the facts that disprove them.

[Learn More](#)

February 2026 Message from the Seniors Advocate

The Seniors Advocate highlights the importance of connection during the winter months, shares new data from the updated Long-Term Care and Assisted Living Directory and reflects on ongoing pressures facing seniors and caregivers.

[Learn More](#)

Current Issues and Resources

Free Housing Navigator Training for Seniors and Supporters

Throughout the month of February, Seniors Services Society BC is offering a series of free, informative Zoom workshops designed for seniors and those who support, care for, or work with them. These sessions provide practical insights and resources to help navigate key services and benefits available to B.C. seniors.

[Learn More](#)

Stay On the Road – Learn About Driver Assessments for Seniors

Are you approaching 80 or 85 and curious about driver assessments? Join this free virtual workshop to learn about RoadSafetyBC's Medical Assessment, ICBC's Enhanced Road Assessment and get practical guidance on maintaining safe driving. Presented by the Seniors' Health the Wellness Institute and ICBC, the session is helpful for drivers of all ages.

Date: Feb. 25, 2026

Time: 10 a.m. - 12 p.m. PST

[Learn More](#)

Federal Retirement Hub Expanded with New Planning Resources

The Government of Canada has recently enhanced its online Retirement Hub, an online, one-stop resource that brings together information on federal retirement programs such as the Canada Pension Plan, Old Age Security, and the Guaranteed Income Supplement. New planning tools, including a retirement readiness quiz with a personalized checklist, support Canadians in preparing for retirement, particularly people with limited incomes or in underserved communities.

[Learn More](#)

Provincial News

Recent Announcements from the B.C. Government Impacting Seniors

January 21, 2026 [Improving same-day care for rural, remote communities](#)

January 21, 2026 [Opening 89 new affordable homes in North Vancouver](#)

January 15, 2026 [Declaring speculation and vacancy tax means more housing available](#)

January 14, 2026 [Helping people, communities affected by flooding](#)

January 13, 2026 [Canada announces funding for 77 homes in Victoria](#)

January 12, 2026 [Minister's statement on January 2026 rental report](#)

January 12, 2026 [Expanding transit services in Victoria](#)

January 2, 2026 [Homeowner grant provides tax relief for British Columbians](#)

National News

Recent Announcements from the Federal Government Impacting Seniors

January 26, 2026 [The new Canada Groceries and Essentials Benefit](#)

Recent Research

Perspectives on Growing Older in Canada: The 2024 NIA Ageing in Canada Survey

(National Institute on Ageing)

The National Institute on Ageing (NIA) has published the findings of its 2024 Ageing in Canada Survey, the country's largest ongoing research initiative focused on the perspectives and experiences of Canadians aged 50 and older. The survey underscores the complex and interconnected challenges faced by Canada's ageing population. The findings serve as a call to action for policymakers, organizations, and stakeholders to prioritize evidence-based strategies that address social isolation, financial insecurity, and barriers to health care access.

[Learn More](#)

Living with and beyond cancer: What older adults tell us about healthy aging

(Science Direct)

Healthy aging is a process that allows for optimal functional ability and wellbeing, but little is known about older adults' experiences living with and beyond cancer (also called survivorship). The purpose of this study was to explore the experiences and perceptions of healthy aging among older adults living with and beyond cancer.

[Learn More](#)

Increasing Social Connection in Permanent Supportive Housing: A Participatory Study on Therapeutic Recreation for People With Experiences of Homelessness

(Source)

Social exclusion and isolation due to homelessness are compounded in older people by physical frailty and stigma. Interventions to support older people with experiences of homelessness often neglect social dimensions of well-being. In this participatory action research study, residents, staff, and researchers collaborated to develop,

implement, and evaluate therapeutic recreation programming in a permanent supportive housing facility for older people with experiences of homelessness

[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 operates a toll-free information and referral phone line staffed by seniors' services specialists who can help put seniors and family caregivers in touch with services and navigate issues and concerns. Call 1-877-952-3181 (toll free) or 250-952-3181 (Victoria).

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