

Office of the Seniors Advocate Monthly Update - May 2026

Activities of the Office of the Seniors Advocate

Property Tax Deferral Remains a Good Option for Cash-Strapped Senior Homeowners

Changes to B.C.'s Property Tax Deferment Program mean higher interest costs for new applications, but the program is still a valuable option for seniors who own their home and need more flexibility with monthly expenses. For many older adults living on a fixed income, deferring property taxes can help free up money for essentials like home support, medical travel, or unexpected bills, while allowing them to stay in their home.

[Learn More](#)

May 2026 Message from the Seniors Advocate

The BC Seniors Advocate provides an update on priorities for the month and recent activities.

[Learn More](#)

Current Issues and Resources

Emergency Preparedness Week: Be Ready, Stay Connected

Emergency Preparedness Week, May 3 – 9, is a chance to take simple steps now to stay safe during emergencies. This year's theme, "In it Together," emphasizes the importance of staying connected with neighbours and community. Visit the [PreparedBC website](#) for guides on preparing for emergencies of all kinds.

Join a free PreparedBC webinar this week for practical tips on building support networks and improving community resilience during emergencies.

Date: May 7, 2026

Time: 7–8 p.m. (PDT)

[Learn More](#)

The Road Ahead: Understanding Driver Assessments

Are you approaching age 80 or 85 and wondering what to expect when it comes to driver assessments? Join the Seniors Health and Wellness Institute for an informative virtual workshop designed to help older adults understand the driver assessment process in B.C. Learn about

RoadSafetyBC medical assessments and ICBC enhanced road assessments, what they involve and how they may impact your driving.

[Learn More](#)

Choose to Move: New Sessions Open this May

Stay active, build strength and connect with others through Choose to Move, a free program designed to help older adults become more physically active through personalized coaching, group support and practical tools for healthy ageing. Programs are offered both in person and online, making it easy to participate in a way that works for you. New sessions are opening in May and registration is now open.

[Learn More](#)

Canadian Dental Care Plan: Renew by June 1

If you're enrolled in the Canadian Dental Care Plan, don't forget to renew your coverage by June 1 to keep your dental benefits in place. The plan helps cover the cost of dental care, including checkups and cleanings, for eligible Canadians. To renew, you need to have filed your most recent tax return and received your Notice of Assessment. Coverage must be renewed each year.

[Learn More](#)

Provincial News

Recent Announcements from the B.C. Government Impacting Seniors

- April 30, 2026 [Strengthening community resilience in climate emergencies](#)
- April 29, 2026 [Transforming care in northern B.C.](#)
- April 27, 2026 [Extending support for survivors of partner violence in family justice system](#)
- April 24, 2026 [Supporting increased financial security in retirement](#)
- April 16, 2026 [Encouraging people to prepare for seasonal hazards](#)
- April 16, 2026 [Strengthening emergency support for evacuees](#)
- April 10, 2026 [Improving access to team-based care for people in Surrey](#)
- April 1, 2026 [More than 600,000 people connected to primary care since 2023, over 500 U.S. health professionals hired](#)

National News

Recent Announcements from the Federal Government Impacting Seniors

- April 23, 2026 [Government of Canada announces funding to improve the quality of life for seniors across the country](#)

April 17, 2026 [Secretary of State McLean highlights Canada Groceries and Essentials Benefit top-up](#)

April 7, 2026 [Government of Canada highlights National Caregiver Day](#)

Recent Research

Future Care Planning for and by Older Adults Living in the Community: A Scoping Review

(Research on Aging)

The aim of this scoping review was to compile empirical studies, outside of an institutionalized care context, that discuss future care planning at old age for and by older adults living in the community. Future care planning was identified as planning behaviours and decisions made in anticipation of a forthcoming period of life in which comprehensive care and support (i.e., financial, emotional, instrumental, and personal) become necessary due to ageing and declining health

[Learn More](#)

Factors associated with high nutrition risk by 10-year age group: Data from the Canadian Longitudinal Study on Aging

(Nutrition and Health)

Nutrition at midlife and beyond influences how an individual ages. Nutrition risk, the risk of poor nutritional health, is highly prevalent in community-dwelling adults in these age groups. As the factors associated with nutrition risk may vary between different age groups, research is needed on the differences in nutrition risk between age groups.

[Learn More](#)

Exploring the association between dental insurance coverage and dental care utilization and oral health among elderly Ontarians

(Journal of Public Health Dentistry)

There has been an increasing interest in addressing the equity issue of accessing dental care for low-income elderly. This study aimed to estimate the marginal effects of dental insurance coverage for seniors on dental care utilization and oral health status outcomes.

[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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