

Office of the Seniors Advocate Monthly Update - September 2026

Activities of the Office of the Seniors Advocate

OSA Attends Elders Gathering

The Seniors Advocate and OSA staff were honoured to join Elders and community members from across B.C. at the 50th Annual Elders Gathering. The gathering was an opportunity to listen, learn and connect while celebrating the wisdom, culture and important contributions of Indigenous Elders.

[Learn More](#)

Our Newsletter is Getting a Refresh

Our next OSA Update will have a refreshed look and will be sent from a new email address: info@seniorsadvocatebc.ca. Please add this address to your contacts or safe senders list to help ensure future newsletters arrive in your inbox. We look forward to sharing our updated newsletter with you next month!

[Learn More](#)

September Message from the BC Seniors Advocate

Read the latest message from the Seniors Advocate about our work to listen and advocate for B.C. seniors.

[Learn More](#)

Current Issues and Resources

Resources for Wildfire Recovery

Returning home after a wildfire evacuation can be a difficult and uncertain time, particularly for older adults who may need additional support with housing, health care, finances or replacing important documents. This is an important time to check in on seniors, neighbours, friends and family who may need a little extra support. The Province of B.C. has information and resources to help people navigate the recovery process.

[Learn More](#)

Have Your Say: Age-Friendly Air Travel

Are you 60 or older and have travelled by air in the past three years? Researchers at the University of Ottawa are inviting older adults to take part in a one-time online survey about their air travel experiences. The study aims to better understand what helps or hinders comfort, confidence and accessibility when travelling by air. Share your experience and help inform more age-friendly and inclusive air travel.

[Learn More](#)

Rent increase limit set for 2027

The Province has announced the maximum allowable rent increase for 2027: 2.2%. If you rent your home, take a moment to review any rent increase notice you receive and make sure it follows the rules.

It is also important for seniors living in [independent living retirement homes](#) where mandatory service fees may also be subject to the government's annual rent increase limit.

[Learn More](#)

October is Personal Planning Month: Are you prepared for the future?

Who can make decisions for you if you're unable to make them yourself? Even close family members may have limited legal authority during a health emergency. Join BC Seniors Advocate Dan Levitt and Audrey Jun, Executive Director & Lawyer at Nidus Personal Planning Resource Centre, for an overview of B.C.'s personal planning laws, including enduring powers of attorney, advance care planning, supported decision-making and incapacity planning.

[Learn More](#)

Get Ready for National Seniors Day!

October 1st marks National Seniors Day and the International Day of Older Persons, a chance to celebrate and recognize the contributions of older adults in our communities. The National Seniors Day Guidebook offers practical tips for planning and hosting activities, whether you're organizing a large celebration or something simple.

[Learn More](#)

Provincial News

Recent Announcements from the B.C. Government Impacting Seniors

August 27, 2026 [Annual rent increase lowers as Province again caps it at inflation](#)

August 18, 2026 [Providing new funding for community shuttle services](#)

August 14, 2026 [Premier announces three cabinet changes](#)

August 12, 2026 [Reducing health risks from wildfire smoke](#)

August 6, 2026 [Strengthening consumer protection in B.C.](#)

August 5, 2026 [B.C.'s future doctors start classes at SFU Stephens Family School of Medicine](#)

National News

Recent Announcements from the Federal Government Impacting Seniors

August 26, 2026 [Secretary of State McLean announces funding for 12 projects in Vancouver Granville through the New Horizons for Seniors Program](#)

Recent Research

Understanding the Experiences of Family Caregivers of Persons Living With Dementia Participating in an 'Overnight' Adult Day Program

(Dementia)

Family caregivers of persons with dementia often face chronic stress, disrupted sleep, and emotional exhaustion. While adult day programs provide daytime respite, support during nighttime, when caregiving responsibilities can intensify, remains limited. "Overnight" adult day programs are a promising yet underexplored model that offers short-term respite by extending adult day program care into evening and overnight hours.

[Learn More](#)

Dementia and Delayed Hospital Discharges: Assessing the Post-Discharge Care Gap for Older Adults in Canada

(Hospital Topics)

In Canada, hospitalized patients aged 65 and older with dementia as a primary diagnosis often face delayed discharges due to limited access to long-term care facilities and homecare services.

[Learn More](#)

The Association Between Continuity of Care and Emergency Department Utilization Among Canadian Senior Adults

(Journal of the American Board of Family Medicine)

Continuity of care with a primary care physician is critical for appropriate health care utilization, particularly among seniors with complex health needs. This study examines the association between the length of care continuity and the usual place of care for minor health problems, focusing on emergency department use.

[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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