

## Office of the Seniors Advocate Monthly Update - October 2024

### Activities of the Office of the Seniors Advocate

#### **Province to proclaim Oct. 9 as B.C.'s first Ageism Awareness Day**

The Office of the Seniors Advocate applied to have Oct. 9 proclaimed Ageism Awareness Day to raise awareness and dispel myths of ageing to reduce prejudices, stereotypes and misconceptions, and show support and appreciation for the contributions of older people in British Columbia. The Seniors Advocate statement and proclamation will be available on Oct. 9.

[Learn More](#)

#### **Council of Advisors Meets in Victoria**

The office's 15-member Council of Advisors met in Victoria on September 9 and 10. The event was an opportunity for new members to be oriented to the office, meet the advocate, hear from Dr. Bonnie Henry and discuss ageism and how it manifests in their lives. A special thank you to our legacy COA members serving as transition advisors to the new members.

[Learn More](#)

#### **International Day of Older Persons and National Seniors Day**

Read the Seniors Advocate's statement recognizing the countless ways seniors provide invaluable contributions to communities and reminds British Columbians to help ensure the supports, services and programs are available for older people when and where they're needed.

[Learn More](#)

### Current Issues and Resources

#### **Provincial Election 2024**

Saturday, October 19 is election day in B.C. The Elections BC web site has important information on eligibility, advanced polls, candidates, voter registration and more and asks people to share the [Voter's Guide](#) throughout their networks. The web site also

has information about services available to help people with disabilities and health conditions vote via telephone provided certain criteria are met.

[Learn More](#)

### **National Caregiving Strategy Survey**

The Canadian Centre for Caregiving Excellence is gathering input from caregivers and care providers across the country to inform a proposed National Caregiving Strategy. The Strategy will focus on areas under the jurisdiction of the federal government. Share your ideas by completing a short online engagement form.

[Learn More](#)

### **BC Nurses and Dental Hygienists Join Forces to Improve Seniors' Oral Health in Long-Term Care (LTC)**

The goal of the Nurses and Nurse Practitioners of BC and the BC Dental Hygienists' Association is to see dental hygienists integrated to the permanent LTC staff alongside other allied health professionals. Nurses understand that access to proper oral care is essential for the overall health and well-being of residents in long-term care, however the nursing scope does not extend to comprehensive oral care. Appropriate oral care requires the expertise of oral health professionals such as dental hygienists.

[Learn More](#)

### **Too Old, Too Young: A Conversation on Ageism and Human Rights**

The Simces & Rabkin Family Dialogue on Human Rights, in partnership with the Canadian Museum for Human Rights and Equitas (International Centre for Human Rights Education), are holding a virtual event featuring a dialogue with global experts to explore how ageism in Canada impacts both older adults and youth and to talk about legal protections and innovative strategies for countering ageism on Monday, Oct. 28. Please register in advance.

[Learn More](#)

## **Provincial News**

### **Recent Announcements from the B.C. Government Impacting Seniors**

September 18, 2024 [Better patient care, more nurses coming to B.C.](#)

September 17, 2024 [B.C. connecting thousands of people to family doctors quicker than ever](#)

September 13, 2024 [More affordable homes open in New Denver](#)

September 13, 2024 [More than 150 new rental homes coming to Victoria](#)

September 13, 2024 [More long-term care beds coming to Penticton](#)

- September 11, 2024 [New long-term care home coming to Langley](#)
- September 9, 2024 [Nearly 1,200 rental homes coming to Langley, Burnaby through BC Builds](#)
- September 9, 2024 [New long-term care home coming to Squamish](#)
- September 6, 2024 [More than 70 new attainable rental homes open, underway in Gibsons](#)
- September 6, 2024 [New long-term care home coming soon to Kamloops](#)
- September 5, 2024 [Long-term care home moves forward in Surrey](#)

## National News

### Recent Announcements from the Federal Government Impacting Seniors

None to report.

## Recent Research

### Key Learnings from ‘Seniors of Canada’: A Community Project Aimed to Disrupt Ageism (2024)

(Cambridge University Press)

Visual representations of aging have historically relied upon binarized clichés: idealized youthfulness versus frailty and illness. To challenge these oversimplified depictions, graduate students developed a community outreach project titled ‘Seniors of Canada’. The aim of this project was twofold: (1) share images and stories of people in later life; and (2) challenge dominant narratives and stereotypes of aging.

[Learn More](#)

### The little intervention that could: creative aging implies healthy aging among Canadian seniors

(Aging and Mental Health)

Through a process of ‘creative ageing’, there is increased interest in how active participation in the arts can help promote health and well-being among seniors. However, few studies have quantitatively examined the benefits of a foray into artistic expression, and even fewer employ rigorous identification strategies.

[Learn More](#)

### Social participation of older people in urban and rural areas: Canadian Longitudinal Study on Aging

(BMC Geriatrics)

Although the positive influence of social activity on health is now well-established, a complex relationship exists among social participation, personal, social and the environment. Social participation of older adults was examined in rural and urban settings to identify features of the built-environment and perception of neighborhood specific to the locale.

[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](mailto: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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