

Office of the Seniors Advocate Monthly Update - November 2024

Activities of the Office of the Seniors Advocate

Seniors Advocate Statement on B.C.'s First Ageism Awareness Day

Often referred to as the last socially-acceptable form of prejudice, ageism is discriminating against someone based on their age. Older people are often the targets of inaccurate and negative stereotypes about ageing.

Later this month, OSA will be inviting the public to participate in a short survey to share their perspectives on ageism in B.C. Stay tuned to our [social media](#) channels and [website](#) to find out more about the survey.

[Learn More](#)

Seniors Advocate to Speak at United Way Provincial Summit on Ageing

Seniors Advocate Dan Levitt will deliver a keynote speech on the first day of the upcoming Summit on Ageing and participate in a panel discussion about community-based initiatives for seniors' transportation. The event will take place November 6-7, 2024.

[Learn More](#)

November Message from the Seniors Advocate

With the 2024 B.C. election coming to a close, I am again calling on the provincial government to develop and implement a cross-ministry seniors plan to help meet the needs of older adults in B.C. We have known for decades that the seniors' population is growing and more and more people will require government services. Unfortunately, we are not keeping pace with this growth.

[Learn More](#)

Current Issues and Resources

November is Fall Prevention Month

Did you know that falls are the number one reason for injury-related hospitalization and emergency department visits for older adults in Canada? Now is the time to take action to prevent them with the three themes of Fall Prevention Month 2024: Move, Improve, and Remove. Visit the Balance BC website for resources on how to Move your body, Improve your health, and Remove hazards from your home.

[Learn More](#)

Updated Vaccines for Influenza and COVID-19 Now Available

New flu and COVID-19 vaccines are now available at pharmacies, health authority clinics and some primary care providers' offices across the province. Seniors 65+ may be eligible to receive an enhanced flu vaccine. Notifications with a direct booking link began going out to everyone registered in the Get Vaccinated System in October and will continue to early November.

[Learn More](#)

Old Age Security Pension Increase Clarified

The Office of the Seniors Advocate has become aware of confusion regarding a large increase in federal government Old Age Security (OAS) pension payments. A federal political party recently moved to increase OAS payments for seniors over the age of 75 but was unsuccessful.

If you see or hear conflicting information, call 1 800-277-9914 to speak to an Old Age Pension representative and confirm your monthly payment amount.

[Learn More](#)

Seniors Online Support: Mental Health Peer Support for Older Adults

Are you a B.C. senior experiencing mental health challenges? Simon Fraser University is seeking participants for a new online peer support platform. Connect with others who can relate and support you in 60-minute virtual group sessions.

[Learn More](#)

Provincial News

Recent Announcements from the B.C. Government Impacting Seniors

October 28, 2024 [A Statement from the Lieutenant Governor on the 2024 BC Provincial Election](#)

October 25, 2024 [People encouraged to prepare for seasonal weather](#)

October 22, 2024 [Updated vaccines for influenza, COVID-19 available throughout B.C.](#)

National News

Recent Announcements from the Federal Government Impacting Seniors

October 1, 2024 [Minister Steven MacKinnon celebrates National Seniors Day](#)

Recent Research

Health Care Access Among Older Canadians: Findings from the NIA's Ageing in Canada Survey

(National Institute on Ageing)

As Canada's population continues to age, the demands on the health care system are intensifying. Based on data from the NIA's 2023 Ageing in Canada Survey, a new report, Health Care Access Among Older Canadians, examines the challenges Canadians 50+ face in accessing health care services and the many ways the Canadian health care system is struggling to meet the complex needs of older adults

[Learn More](#)

Investigating the biomechanics of falls in older adults in long-term care using a video camera: a scoping review

(BMC Geriatrics)

Population aging is a global phenomenon. Many older adults living with chronic conditions rely on family and friend caregivers. The growing demand for family and friend caregivers underscores the necessity for adequate and effective support services. The Saskatchewan Caregiver Experience Study sought to gather the perspectives of caregivers of older adults and set priorities for caregiver support.

[Learn More](#)

The Saskatchewan Caregiver Experience Study: Support Priorities of Caregivers of Older Adults

(Sage Journals)

Falls are a worrying and growing phenomenon worldwide that especially affects the elderly. With the development of technology, one way of studying the real-life falls that occur in healthcare settings is by using video cameras.

[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. Staff at BC211 will assist after hours.

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