

Office of the Seniors Advocate Monthly Update - January 2025

Activities of the Office of the Seniors Advocate

New Report Release - Monitoring Seniors Services 2024

The new Monitoring Seniors Services report reveals that B.C. seniors are enjoying longer, healthier lives, but increasing waitlists for vital supports and services raise serious concerns.

[Learn More](#)

OSA Ageism Survey Now Closed

The Office of the Seniors Advocate Survey on Ageism is now closed. Thank you to everyone who took the time to participate. Your perspectives and experiences provide valuable insight into the issue of age discrimination in B.C. We are reviewing online results and continue to receive surveys via mail. We look forward to sharing the survey results later in the year.

[Learn More](#)

Seniors Advocate to Speak at BC Community Response Network Learning Event

The BC Community Response Network is hosting a free webinar featuring Seniors Advocate Dan Levitt who will speak on current issues for seniors and how B.C. is doing as far as meeting the needs of older adults. He will also cover the role and recent work of the Office of the Seniors Advocate.

Date: January 21, 2025

Time: 10:30 a.m. PST

[Learn More](#)

January Message from the Seniors Advocate

Seniors Advocate Dan Levitt reflects on the work of the Office of the Seniors Advocate in 2024 and looks forward to highlighting issues facing older people in 2025.

[Learn More](#)

Current Issues and Resources

Stay on the Road Workshop for Senior Drivers

Are you nearing the age of 80 and wondering how driver assessments may affect you? Take this free online workshop offered by the Seniors' Health & Wellness Institute to learn more about driver assessments required by RoadSafetyBC and ICBC, as well as general information about licensing for seniors.

Date: January 15, 2025

Time: 1–3 p.m. PST

[Learn More](#)

January is Alzheimer's Awareness Month

Five percent of British Columbia's seniors live with dementia. Take time this month to learn more about resources available for people with Alzheimer's and their families, such as the First Link Dementia Helpline from the Alzheimer Society of BC. Take part in one of their free webinars on topics such as dementia-inclusive activities, caregiver supports, and the stages of Alzheimer's.

[Learn More](#)

Ipsos Survey Reveals Need to Address Ageism in Canada

A new study commissioned by the Canadian Coalition Against Ageism shows a need to combat ageism in Canada and improve understanding among Canadians about the threat it poses to our health, economy and social fabric.

[Learn More](#)

Disaster Financial Assistance Available for Lower Mainland Residents

Lower Mainland residents impacted by flooding due to severe weather events from October 18 to 20, 2024 may be eligible for Disaster Financial Assistance from the B.C. government. Eligible communities include City of Coquitlam, City of North Vancouver, City of Port Coquitlam, City of Port Moody, City of Surrey, District of North Vancouver, District of West Vancouver, Squamish First Nation, and Village of Anmore.

[Learn More](#)

Provincial News

Recent Announcements from the B.C. Government Impacting Seniors

December 30, 2024 [Cost-of-living supports help with holiday expenses](#)

December 27, 2024 [Drivers can see more of B.C. roads before trips](#)

- December 20, 2024 [New measures in place will boost home construction](#)
- December 19, 2024 [Travel supports increase access to health care](#)
- December 18, 2024 [Speculation and vacancy tax helps bring homes to people](#)
- December 18, 2024 [Minister's statement on mental-health supports for the holiday season](#)
- December 17, 2024 [Provincial assistance payments support people despite strike backlog](#)
- December 17, 2024 [B.C. focuses on supporting people, economy](#)
- December 16, 2024 [More accessible taxis will help people stay connected](#)
- December 13, 2024 [Financial assistance expanded for people affected by flooding](#)
- December 13, 2024 [Premier's statement on agreement with BC Greens](#)
- December 11, 2024 [Second urgent and primary care centre now open in Kamloops](#)
- December 10, 2024 [Minister's, parliamentary secretary's statement on International Human Rights Day](#)
- December 9, 2024 [Government of Canada provides disaster recovery funding to British Columbia for wildfires and floods](#)
- December 6, 2024 [Premier's, parliamentary secretary's statements on National Day of Remembrance and Action on Violence Against Women](#)
- December 5, 2024 [New reports signal progress for B.C. renters as new affordable rentals open in Vancouver](#)

National News

Recent Announcements from the Federal Government Impacting Seniors

- December 2, 2024 [Minister MacKinnon to provide an update on the Canada Post labour dispute](#)

Recent Research

Canadian Clinical Guidelines on Social Isolation and Loneliness in Older Adults

(Canadian Geriatrics Journal)

Preventing and addressing social isolation and loneliness among older adults is important because of the known associations with negative health outcomes. The

Canadian Coalition for Seniors' Mental Health (CCSMH) took on the task of creating clinical guidelines.

[Learn More](#)

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

(BMC Geriatrics)

Although the positive influence of social activity on health is now well-established, a complex relationship exists among social participation 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](#)

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

(Aging & 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. Addressing this knowledge gap, we use a series of quantitative techniques (ordinary least squares and quantile regression) to analyze the impact of an arts-based intervention targeting the elderly.

[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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