



# Therapeutic Activation Programs for Seniors (TAPS)

## INFORMATION SESSION



**United Way**  
British Columbia

Working with communities in  
BC's North, Interior, Lower Mainland,  
Central & Northern Vancouver Island

We want to humbly and respectfully acknowledge all Indigenous nations and peoples throughout this province and raise our hands to their resistance and resilience in the face of grave injustices and the continuing legacy of colonialism.

Today, we join you from the **ancestral and unceded** homelands of the Coast Salish Peoples, including the Musqueam, Squamish, and Tsleil-Waututh nations as well as the Semiahmoo, Katzie, Kwikwetlem, Kwantlen, Qayqayt, and Tsawwassen First Nations.

We feel indebted to them for caring for this land.



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# Information Session Procedures

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- All participants will be kept on mute for the duration of the Information Session
- Please type questions into the chat box
  - Questions can be submitted at anytime and will be responded to during the Q&A portion of the Information Session
- Organizations must attend this session or watch the recording to be eligible to apply



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**Prab  
Sandhu**  
Health Care  
System &  
Community  
Specialist



**Dr.  
Indira  
Riadi**  
Specialist,  
Healthy  
Aging: Fraser  
Region



**Dr.  
Beverley  
Pitman**  
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Healthy  
Aging:  
Vancouver  
Coastal  
Health



**Lisa  
Cyr**  
Specialist,  
Healthy  
Aging:  
Interior BC



**Cheryl  
Baldwin**  
Specialist,  
Healthy  
Aging:  
Vancouver  
Island &  
Gulf Islands



**Sarrah  
Storey**  
Specialist,  
Healthy  
Aging:  
Northern  
BC



# Agenda

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- Overview of new collaborative model
- Overview of TAPS
- Examples of existing TAPS program
- Application process
- Q&A



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# TAPS Overview



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# United Way BC's Healthy Aging

Develops and supports a range of person-centered programs and initiatives that support seniors and Elders to remain active, connected, and engaged.



## Our Vision

Older British Columbians live and thrive in the communities they call home.



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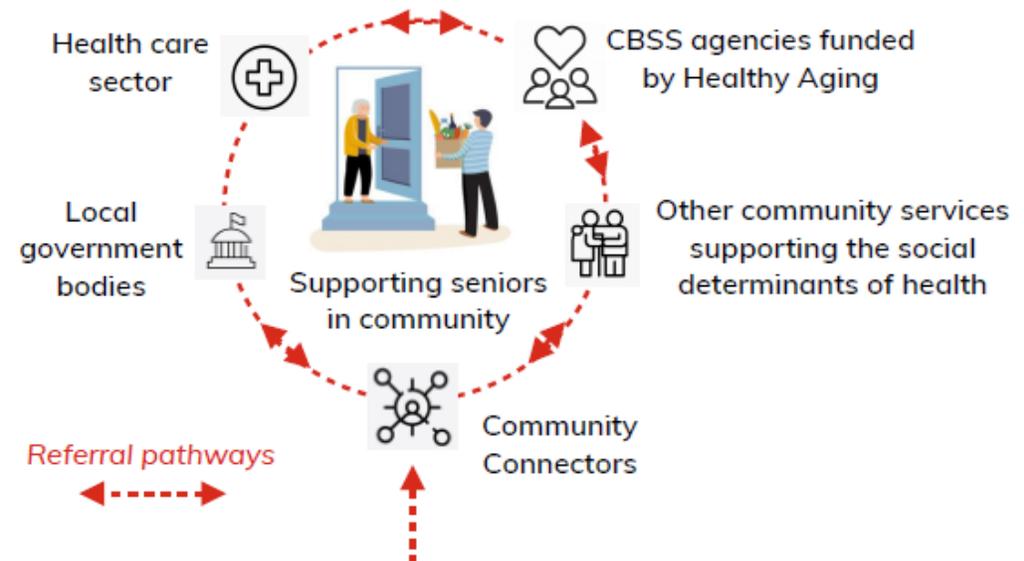
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# New Program & Service Delivery Model

In every area of the province, vulnerable community dwelling seniors have access to low-barrier, locally coordinated, strength-based programming and services that significantly contribute to physical, mental and emotional health and well-being.

## How we get there:

- Better, Better at Home
  - Expansion of service basket, focus on social connections
- Enhancement Grants:
  - Aging in Motion: Transportation Supports & Innovations
  - Social Meals
  - Volunteer Coordination & Strategy
- Revised target population with a health equity lens
- Community Connectors in all Local Health Areas
- Community Collaboratives working closely together
- Learning, evaluating, and adapting



# Priority Population

We will be focusing primarily on community-dwelling seniors (65+) who are:

- Low income
- Low to moderate frailty
- Loneliness and social isolation
- Marginalization (e.g., language, LGBTQ+, Indigenous, recent immigrants/refugees)



# Overview of TAPS

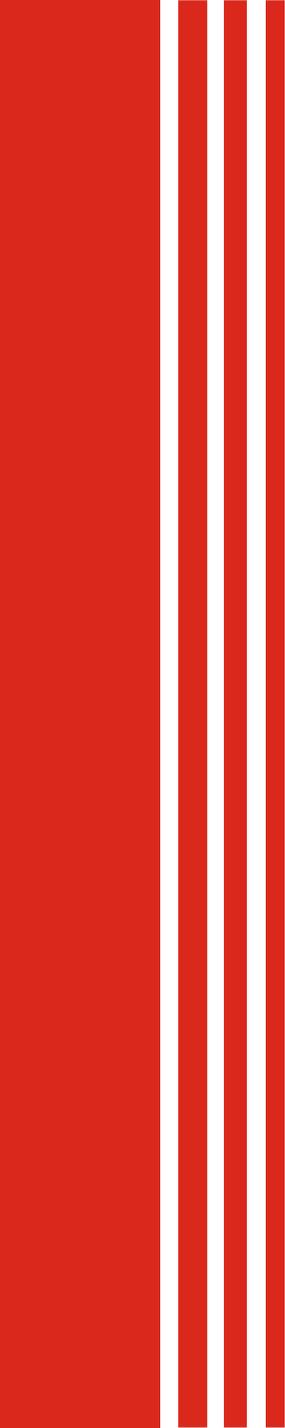
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TAPS brings together older adults, specifically those facing adverse challenges, for tailored group activities that engage the body, mind, and spirit. The goal of this program is to elevate the quality of life, foster independence, and promote overall well-being among seniors



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# Overview of TAPS

Programs will include proactive outreach through:

- Daily/weekly telephone calls to participants
- Transportation to and from the program
- A nutritious meal
- Exercise/education/ recreational activities tailored to the needs of different individuals within the program (e.g. activities appropriate to male participants, people from different cultural communities, people living with dementia, people with mobility impairments, etc.).

# Goal & Objectives

## Goal

To support older adults at risk of frailty to stay in their own home for longer.

## Objectives

- Increase older adults' access to social, physical, and nutritional supports
- Improve older adults' quality of life
- Increase older adults' sense of social connectedness
- Reduce and/or delay older adults' use of home health, adult day care, assisted living and/or resident care services



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# TAPS Program Philosophy

- Supporting dignity, independence, maintaining positivity, being supportive and using humour are at the core of program delivery
- Different cultures are welcomed and celebrated according to the cultures of those in attendance
- Maintaining program flexibility is key to program success; in this way we meet the needs of participants where they are
- The needs of participants guide program delivery

# Funds Available

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- 6 to 7 new programs across the province
- \$150,000 to \$200,000 per program, per year



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# Core Program Elements

## 1. One to One Check ins:

- **Delivery Options:**

- Provided through a phone call on program days.
- Available more frequently upon request by the participant.

- **Home Visits:**

- Offered when a participant is temporarily away from the program.

# Core Program Elements

## 2. Socialization, Physical Activity, and Educational Programming

- **Therapeutic Model:**
  - Daily activities are designed using a **therapeutic approach**.  
**Tailored Activities:** Programs reflect the **interests of attendees**.
- **Comprehensive Programming:**
  - Each day includes opportunities for:
- **Socialization**
- **Physical Activity**
- **Educational Programming**

# Core Program Elements

## 3. Transportation

- **A Core Element of TAPS:**
  - Vital for seniors without access to consistent, flexible transportation to attend.
- **Programming Begins at Pick-Up:**
  - The same driver for pick-up and drop-off helps build relationships, especially for new participants.
- **Neighborhood-Based Pick-Up:**
  - Participants are picked up by neighborhood, fostering connections with nearby residents.
- **Flexibility:**
  - A range of flexible transportation options ensures accessibility.

# Core Program Elements

## 4. Meals

- **Food Security and Nutrition:**
  - TAPS meals ensure food security and improve participants' nutrition.
- **Connection - Meals connect isolated participants to:**

• Each other

• Volunteers

• Staff

• The wider community

### **Group Meal Benefits:**

- Provide a sense of belonging and comfort ("Someone has prepared this meal for me").
- Offer safety by meeting participants' needs.
- Create opportunities for care and support among peers.

# Learning & Evaluation

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## Healthy Aging's Learning & Evaluation (L&E) Plan includes:

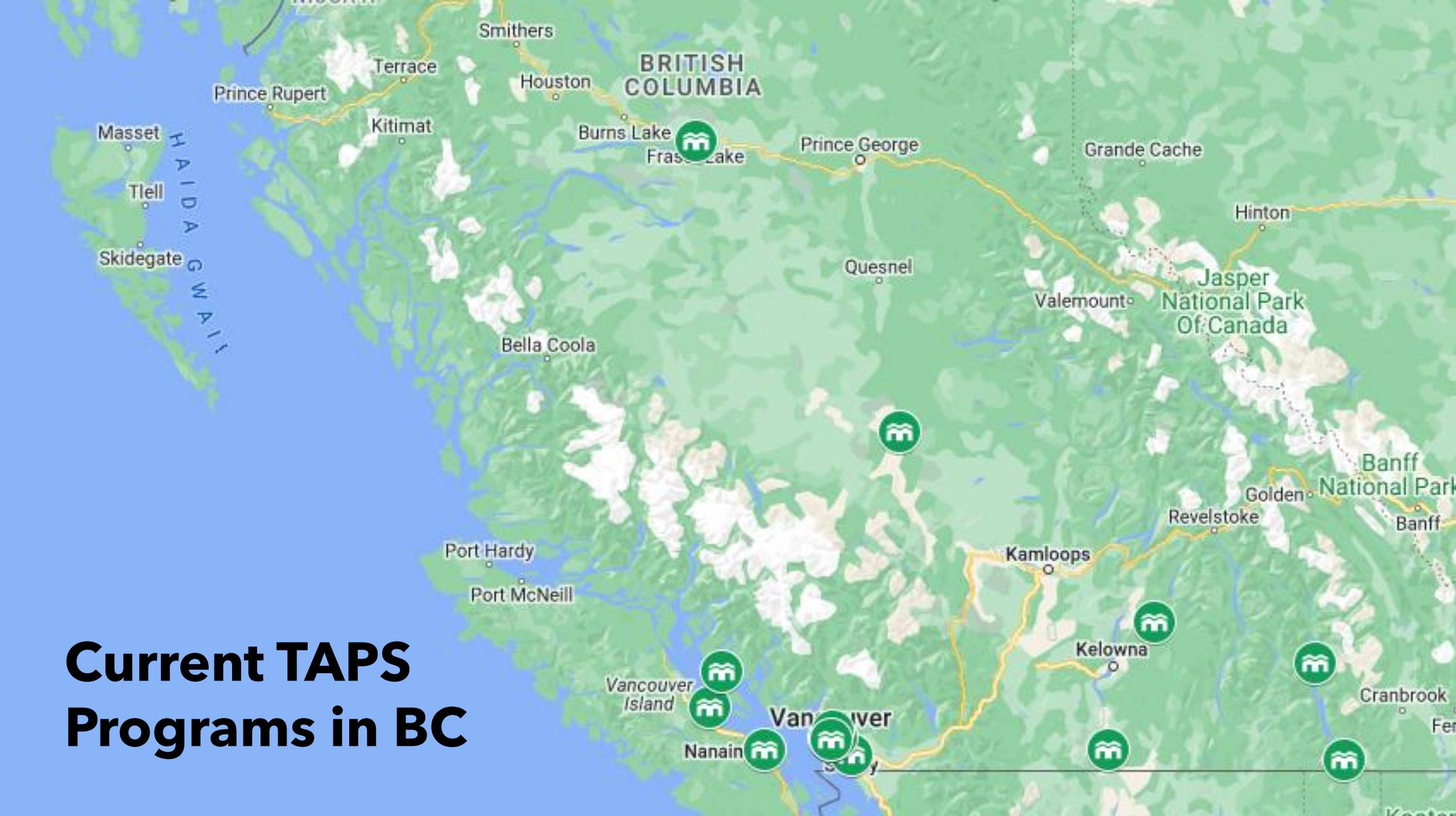
- Provincial/regional consultations
- Communities of Practice (COPs)
- Collaboration activities & supports
- Quarterly and annual reporting requirements
- Biennial CBSS Celebration & Learning Event and Provincial Summit on Aging
- Healthy Aging CORE BC
- And others



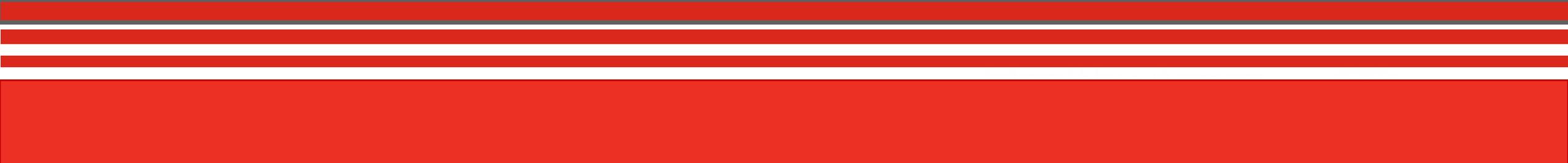
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# Current TAPS Programs in BC



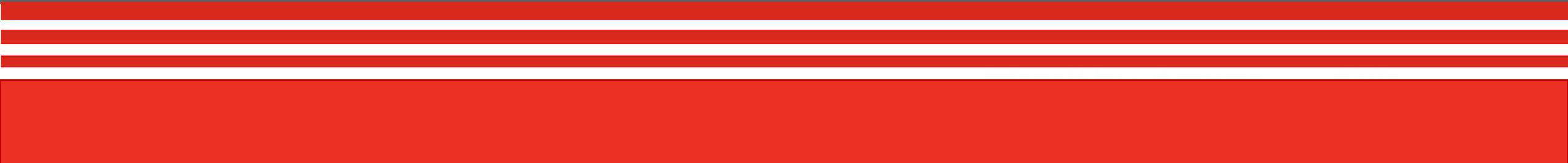
An example of existing TAPS  
program in Creston, BC



# TAPS: A story from Creston



# How to Apply



# Approximate Timelines

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Approximate Timeline	
November 2024	Expressions of Interest open
Early January 2025	Expressions of interest close
Mid-January 2025	Shortlisted agencies informed
Early February 2025	Shortlisted agencies invited to apply
Mid-March 2025	Applications close
April 2025	Programs launch



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# Step 1: Expression of Interest Process

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- Link to the Expression of Interest (EOI) form to be sent out within the next few days, following this presentation
- Expression of interest is first step; shortlisted agencies will then be asked to submit an application
- Expression of interest will consider:
  - Areas with high need/demand
  - Priority will be given to interest coming out of service deserts
  - Capacity for a collaborative to carry out and sustain the program (i.e space to gather, staff)

# Step 2: Application Process

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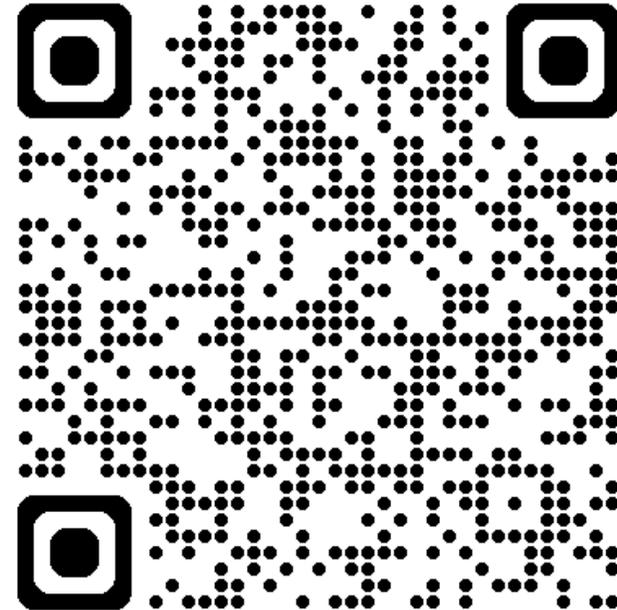
- Only short-listed organizations will be invited to apply
- Successful applicants will be notified and invited to fill out a program application
- Unsuccessful applicants will be waitlisted for consideration in the next round of applications

# TAPS Handbook

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We are also excited to share our completed TAPS Handbook!

[The handbook](#) has been posted in your [TAPS Group on CORE BC](#). Please take a look at the handbook when you have time.



# Contact Info

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# Healthy Aging Specialists

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**Thank you & Questions**



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