



FAQ for United Way BC's Therapeutic Activation Programs for Seniors (TAPS) Info Session

November 19, 2024

What is United Way BC Healthy Aging's New Program & Service Delivery Design Model?

The new program and service delivery model focuses on a revised target population with a health equity lens based on the social determinants of health. It aims to serve vulnerable community dwelling seniors, providing access to low-barrier, locally coordinated, strength-based programming and services that significantly contribute to physical, mental, and emotional health and well being. The new service delivery model has been developed in conjunction with Community-Based Seniors' Service (CBSS) programs across the province. This new vision requires us to shift to placing social connections at the heart of our programs.

What is the priority population?

Community-dwelling older adults, aged 65 or older, who are experiencing the following vulnerabilities:

- Low to modest income
- Low to moderate frailty
- Socially isolated/lonely
- A member of an underserved population, including Indigenous Elders, immigrant and ethnocultural minority, caregivers, 2SLGBTQIA+, persons living with a disability, and others.

What are Therapeutic Activation Programs for Seniors or TAPS?

Therapeutic Activation Programs for Seniors, or 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

TAPS continues to foster nurturing and diverse community in a warm and supportive environment for seniors who may find it challenging to connect socially on their own. TAPS offers a variety of recreational and leisure activities to support seniors across a spectrum of mobility, emotional, and cognitive challenges.

The TAPS model operates under a holistic and strengths-based framework ensuring that the dignity and life experiences of every participant are honoured and celebrated and improves mental and physical health and well-being of participants.

TAPS programs meet participants "where they are at".



What are the TAPS core program elements?

- One to one check ins
- Socialization, Physical Activity, and Educational Programming
- Transportation
- Meals

What is the goal of TAPS?

The goal of TAPS is to support older adults at risk of frailty to stay in their own home for longer. The objectives of the program are:

- 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

What kind of funding is available?

Funding is available for 6-7 new programs across the province. Each program would receive between \$150,000 - \$200,000 dollars annually.

Communities are encouraged to work with people in the community to identify what the costs would be to run a TAPS program, such as a full-time coordinator, funding to bring in guest speakers, facilitators, support transportation and meals. Please consider all these factors when developing budgets. Communities are also encouraged to consult with their HAS (healthy aging specialist/RCD) as they have a broader lens and range of information that may be helpful in developing a budget.

What if my community already has a TAPS program?

Communities where there is already a TAPS program are ineligible to apply.

However, United Way BC encourages communities/agencies to define "community" as we would consider them to be the most knowledgeable about their geographic reach. Communities are encouraged to consult with each other to determine what areas are served - Expressions of Interest will be considered if there is no overlap in programming.

What is the eligibility to apply for TAPS funding?

You must have either attended the TAPS session held on November 19, 2024 or have watched the recorded session, see here: [United Way BC Healthy Aging TAPS Program - Expression of Interest & Information Session Recording, Slides and FAQ in Healthy Aging CORE BC.](#)

Priority will be given to areas with high need/demand, where there are service gaps or "deserts", and where there is capacity for a collaborative to carry out and sustain the program.



What is the timeline?

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

Can communities apply together for TAPS funding?

Communities are highly encouraged to apply together and submit a joint Expression of Interest.

Can smaller communities still support a TAPS program?

In the case of smaller populations, United Way BC will work to ensure the priority populations are met, without necessarily funding the maximum amount. Communities should ensure that there is feasible space for the program to operate effectively, with community supports available to meet the core programmatic elements.

What are the space/requirements of TAPS?

A space that would accommodate 40-50 people at a time is ideal – i.e. participants should have ample space to move around and participate fully and comfortably. Off-site programs (such as the local library or church) are acceptable, as well as day trips to these locations. Innovations are highly encouraged!

How many people are typically involved in each activity?

This will differ from community to community. TAPS is not necessarily defined by quantity of people served, but about quality of programming. TAPS is focused on serving a core number of individuals that can come to the program multiple times a week and is focused on what makes sense for each community.

How many days a week of TAPS programming is expected?

Minimum 3-4 days per week, depending on the community.



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Working with communities in
BC's North, Interior, Lower Mainland,
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Is the expectation that we involve other community partners e.g. for transportation, and to involve participants from other programs?

Yes, this is highly encouraged. TAPS is a great opportunity to identify opportunities to work with other partners such as transportation agencies or the food bank. The collaborative approach leverages work done in the community to reduce gaps in services and avoid duplication of services.

My community serves a long geographic area. Would it be appropriate to run the program in 3 separate communities?

There are many unique ways to deliver TAPS - we encourage creativity! If that's what makes the most sense in your community, please come together to apply and it will be considered.