

Healthy Aging Theory of Change

The opportunity:

All seniors in BC should have the opportunity to age in place and live healthy, resilient and engaged lives.

Using these guiding principles...

- Person-Centred
- Responsive & Flexible
- Evidence-Based
- Community Development
- Collaborative & Connected
- Innovative & Sustainable
- Learning, Growth & Accountability

Our Healthy Aging programs support key determinants that help people age well...

Determinants of Healthy Aging

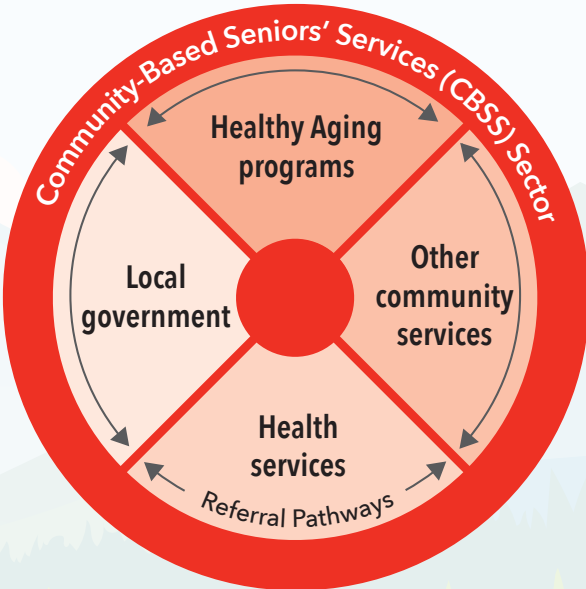
- Social Connection
 - ● ● ● ●
- Healthy Eating
 - ● ● ● ●
- Physical Activity
 - ● ● ● ●
- Transportation
 - ● ● ● ●
- Mental Wellness
 - ● ● ● ●
- Safety & Security
 - ● ● ● ●
- Navigation & Access to Supports
 - ● ● ● ●

Capacity-Building Initiatives (e.g., Volunteer Coordination, Healthy Aging CORE BC, Project Impact Healthy Aging)

Program Legend

- Aging in Motion: Transportation
- Better at Home
- Social Meals
- Family & Friend Caregiver Supports
- Social Prescribing
- Therapeutic Activation Program for Seniors

And holistically meet needs through collaboration with key partners, such as...



Producing positive changes for seniors, caregivers, and communities...

KEY OUTCOMES

- SHORT TERM**
 - The needs of seniors and their caregivers are holistically met
 - Improvements in the determinants of healthy aging
 - More seniors age safely at home
 - Enhanced collaboration with key partners
 - Enhanced coordination to and from the health care system
- LONG TERM**
 - Reduced health inequities
 - Reduced avoidable health care utilization and associated costs

Which leads to...

IMPACTS

- Seniors age in place and remain healthy, resilient, and engaged in their communities
- Older British Columbians are supported to live life to the fullest in the communities they call home



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