

# Healthy Aging

## Year in Review

April 1, 2021 - March 31, 2022



**United Way**  
British Columbia

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



## **About United Way British Columbia – working with communities in BC’s Interior, Lower Mainland, and Central & Northern Vancouver Island**

United Way British Columbia supports healthy, caring, and inclusive communities by strengthening vital connections that support people in need. Representing the six regions of Central and Northern Vancouver Island, East Kootenay, Lower Mainland, Southern Interior, Thompson Nicola Cariboo, and Trail and District, our organization serves a population of more than 4 million people, with a focus on kids and youth, seniors, poverty, mental health, and food security.

[www.uwbc.ca](http://www.uwbc.ca)

## We recognize the communities in which we work

We recognize that we operate as guests on the traditional and ancestral homelands of First Peoples and their descendants. We acknowledge that First Peoples' relationships with these lands and waterways span millennia, and most of these territories are unceded. What we refer to as the Lower Mainland and the Fraser Valley include homelands of the hənâəmilj 'əm (Halkomelem) and Skwxwú7mesh snichim (Squamish Language) speaking 'peoples and their descendants, including the First Nations of the xʷməθkʷəyəm (Musqueam), ' Skwxwú7mesh (Squamish), səlilwətaʔt (Tsleil-Waututh), Qayqayt (New Westminister), and Tsawwassen.

Specifically, we recognize the Stó:lō and communities within the S'olh Temexw, including the Nations of Semá:th (Sumas) in Abbotsford, Matsqui (Abbotsford), Skwah (Chilliwack), Skowkale (Chilliwack), Shxwhá:y (Chilliwack River Valley), Squiala (Upper Fraser), Popkum (Upper Fraser), Tzeachten (Fraser Valley), Leq'a:mel (Mission), Yakwekwioose (Sardis), Aitchletz (Sardis), and Skawahlook (Agassiz).

We value healthy and respectful relations with the governments of Snuneymuxw First Nation and Snaw-naw-as (Nanoose First Nation)—the traditional territories upon which the City of Nanaimo was established. In the central and northern regions of Vancouver Island, we acknowledge that we work and live within the traditional territories of the Kwakwaka'wakw (central to northern Vancouver Island), both the unceded and Treaty Settlement Lands of the Nuu-chahn-uulth (west coast of Vancouver Island), and Coast Salish People, including the Stz'uminus (Chemainus First Nation) and members of the Hul'qumi'num Treaty Group.

As well, we acknowledge our relationships with the Kúkpí7 and council of Tkemlúps te Secwépemc, within the ancestral lands of the Secwepemcúlecw, where the City of Kamloops was established. Within what we refer to as the Nicola, Interior, and Cariboo regions, we acknowledge that we do our work on the unceded lands of the Lil'wat (Interior Salish), Secwépemc (Shuswap), and Nlaka'pamux (Thompson).

In what we call the Lower Columbia or West Kootenay region, we acknowledge that we conduct our work on the unceded lands of the Ktunaxa Nation (East Kootenay), the Sinixt (West Kootenay), and Syilx Okanagan Nation. Our recently completed work through the Community Builder Program was within the traditional territories of the Esquimalt and Songhees Nations, and the ləkʷəŋən (Lekwungen) speaking Peoples.

The Healthy Aging team also serves the communities of southern Vancouver Island and the southern Gulf Islands that are located in the traditional, unceded territories of the Coast Salish peoples including: the ləkʷəŋən peoples Songhees Xwsepsum/Kosapsum [Esquimalt] Nations here in the Victoria core area, the WSÁNEĆ (SʔÁUTW/Tsawout, WJOLÉLP/Tsartlip, BOKÉĆEN/Pauquachin, WSIKEM/Tseycum) out on the Saanich Peninsula, and to the west the Beecher Bay, Sc'ianew (Chenuh), T'Sou-ke, Pacheedaht, and MÁLEXEK/ Malahat, and Gulf Islands Penelekut Nation as well as in Northern B.C., the traditional and unceded territory of the Lheidli T'enneh, Haida, Tsimshian, Nisga'a, Haisla, Gitxsan, Wet'suwet'en, Tahltan peoples, and on Treaty 8 territory, lands of the Sicannie, Slavey, Dene and Dane-Zaa, Cree, Saulteaux, and Métis.

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## A message from the President & CEO, United Way British Columbia

2021-2022 reminded us that resilience can lead to monumental change and impact. We all know what a challenging year 2020 was for all of us, especially older adults in British Columbia. With the leadership role United Way British Columbia took on for Safe Seniors, Strong Communities, the expansion of the Better at Home network, and many other initiatives of the Community-Based Seniors' Services sector, we rose to the challenge together to keep older British Columbians safe. 2021-2022 was a chance to come back – better, stronger, and united. And did we ever.

With 335 programs and the support of 188 agencies across the province, our Healthy Aging programs served 34,283 individual British Columbians – what a milestone. Of course, there's no way we could do it alone – we are so grateful to have the support of community service providers, government funders, partners, friends and family caregivers, and close to 6,500 outstanding volunteers.

As we reflect on all that was accomplished through local love in our communities during 2021, we are left feeling thankful for the privilege of helping others, humbled by your trust, and encouraged to press on as we continue to align our efforts in strengthening vital connections and increasing our impact for the good of all. Thank you for making this work, and all that is to come, possible.

Thank you.



Michael McKnight  
President & CEO, United Way British Columbia



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Interior, Lower Mainland, Central  
& Northern Vancouver Island



## A Message from Kahir Lalji, Provincial Director, Government Relations and Programs, UWBC

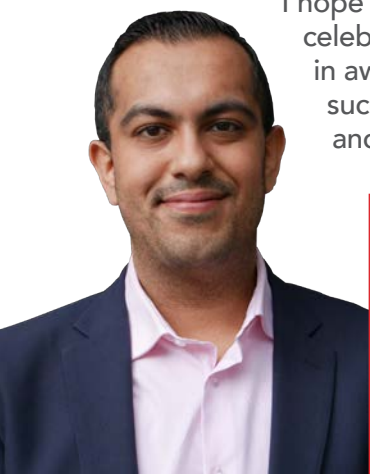
It's no secret that these past two years have led us to rapidly pivot our programming, regroup, and create impactful solutions that helped older adults across British Columbia continue to stay safely in their homes and remain connected to their communities. As a sector, we collectively rose to the challenge, and as the world continues to change, it is more critical than ever to continue to work together to strengthen vital connections in keeping older people active, connected, and engaged.

With over \$20.6 million dollars invested in community, United Way Healthy Aging administered 335 programs, many working side-by-side in close-knit communities to provide person-centered and wholistic programming to almost 35,000 seniors, Elders, and caregivers – a 30% increase from 2020-21. We also saw British Columbians access almost 560,000 services that enhanced their independence, social engagement, physical activity, and sense of belonging. With the easing of Pandemic restrictions, many agencies were able to shift back to providing in-person supports, where safe and possible, to best serve their participants through important relationship-building, face-to-face.

As we reflect on the 2021-22 year and the work which has been underway since April 1st, 2022, there are some key themes I would humbly submit as vital as we continue this essential work:

- 1) The conversation must keep going: This Year in Review is an opportunity to celebrate what we've accomplished, yet it is also a springboard to the work we have ahead of us. We highlight areas that the sector will continue to work on together, as well as partnerships between the Community-Based Seniors' Services Sector and all partners and allies, to ensure impactful healthy aging initiatives can continue for older adults in British Columbia.
- 2) People need to feel safe, healthy, and engaged: These are our networks, partners, volunteers, family and friend caregivers, and many more. We've heard the issues with volunteer capacity, challenges that caregivers face, impact of the labour market; these are all critical considerations as we offer services to ensure we are delivering our programs sustainably.
- 3) We are better together: Working together will help older adults in B.C. be ready when disaster strikes – extreme weather, heat domes, fires, or the ongoing Pandemic. Going forward, Healthy Aging programs can now further support the health and safety of vulnerable seniors during extreme events. We're also better together when we collaborate. The 2022 Provincial Summit on Aging held in April 2022 allowed delegates to gather again, many for the first time in two years, to co-create, co-develop, and celebrate the work that the Community-Based Seniors' Services sector is doing for older British Columbians, their family, friends, and caregivers.

I hope this Healthy Aging Year in Review will be an opportunity for you to reflect, celebrate, and renew your energy as we continue this journey together. I'm inspired and in awe of the organizations, partners, staff, volunteers, and all others who made this a successful year; and most importantly, kept older British Columbians active, connected, and engaged.



A handwritten signature in blue ink that reads "Kahir Lalji".

Kahir Lalji  
Provincial Director, Government Relations and Programs  
United Way British Columbia

## A Message from the Community-Based Seniors' Services Leadership Council

Every year when we reflect on what we've accomplished, the idea of being able to say, "...and we're just getting started!" excites us more and more. When we established the Community-Based Seniors' Services (CBSS) sector, we set out to create a provincial network that:

- Brought together non-profit leaders, municipalities, and seniors in volunteer leadership
- Fostered collaboration rather than competition
- Built the business case for funding through the demonstration of impact and value

The CBSS sector is a diverse collection of organizations that provide services and programming for older adults in local communities. It comprises seniors' centres, community centres, professional associations, community coalitions, ethnocultural organizations, multi-service nonprofit societies, intermediary organizations, funders, municipalities and other government bodies. The CBSS Leadership Council, made up of sector representatives from across B.C., is a consultative body that provides insight and advice to United Way British Columbia.

Today, compared to when we started in 2015, there's an increased focus on frailty prevention. Some of the key risk factors of frailty are related to social, not health, reasons. These include poor nutrition, inactivity, social isolation, and loneliness. So, a key consideration in our approach continues to be keeping older adults active, connected, and engaged.

Now, as we continue the work that's been started, we are grateful to the people working and volunteering in the sector for their generosity, inclusivity, dedication, knowledge, flexibility, and willingness to collaborate .

....And yes, we're just getting started!



A handwritten signature in black ink that reads "Marcy Cohen".

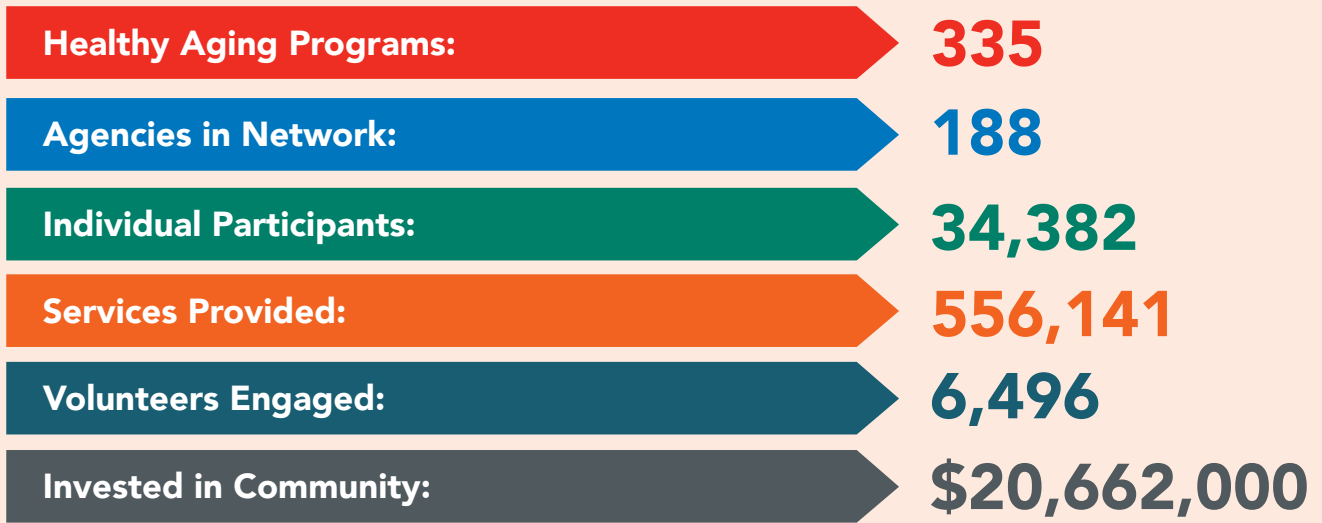
Marcy Cohen  
Co-Chair,  
CBSS Leadership Council



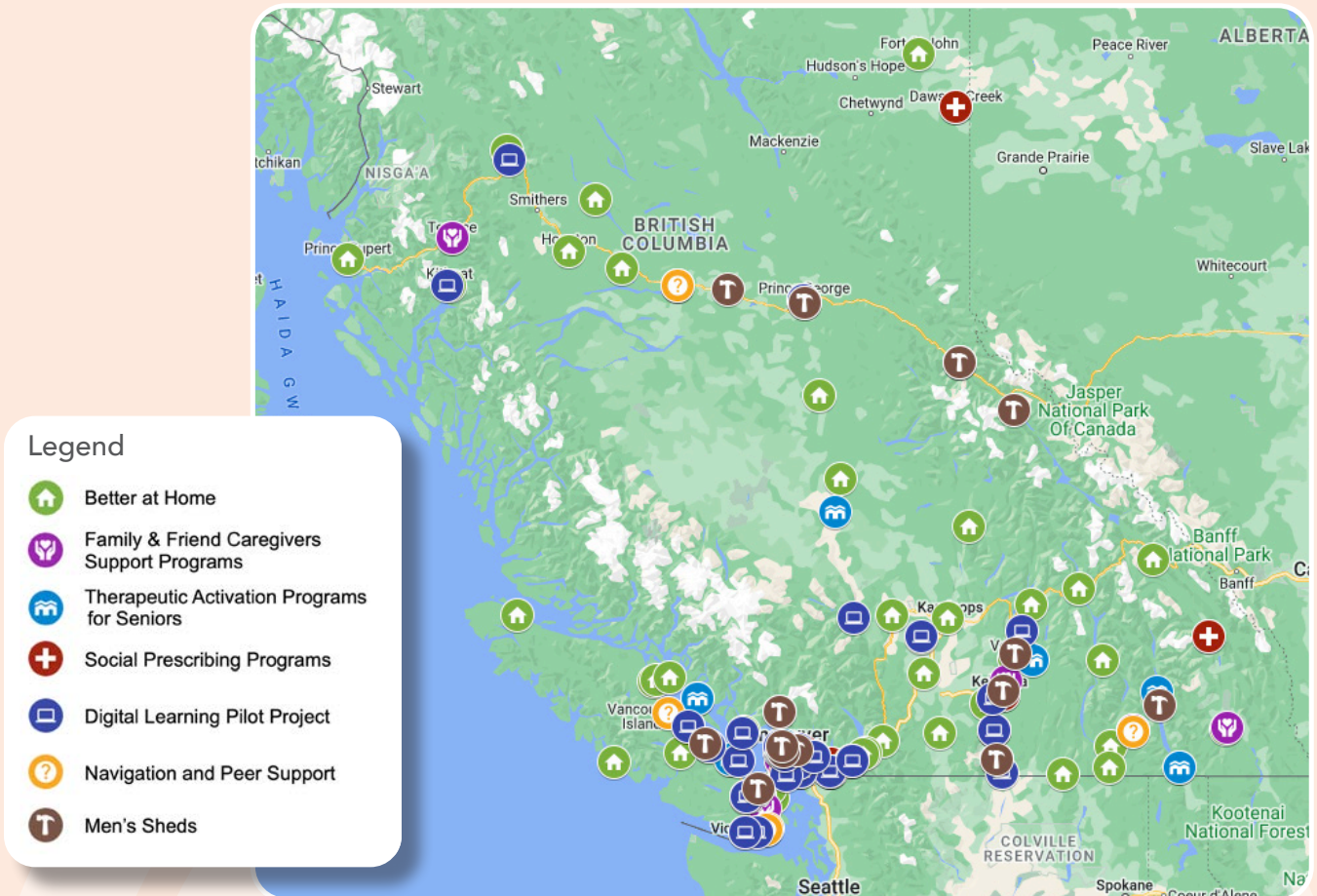
A handwritten signature in black ink that reads "Annwen Loverin".

Annwen Loverin  
Co-Chair,  
CBSS Leadership Council

## 2021-22 Highlights



### Map of Programs





## Community Grants & Programs

United Way Healthy Aging is anchored by eight provincial programs:

- [Better at Home](#)
- [Safe Seniors, Strong Communities](#)
- [Family & Friend Caregiver Supports](#)
- [Social Prescribing](#)
- [Therapeutic Activation Programs for Seniors \(TAPS\)](#)
- [Navigation and Peer Support](#)
- [Digital Learning Pilot Project \(Active Aging Plus and iTech\)](#)
- [Men's Sheds](#)

These initiatives support older adults in B.C. to stay active, connected, and engaged by focusing on health promotion and prevention practices and by offering seniors-centred programming and services that enhance independence, social engagement, physical activity, and a sense of belonging. With the lifting of pandemic restrictions, the service offerings for these initiatives shifted from an emphasis on check-ins to in-person programming.

### Better at Home

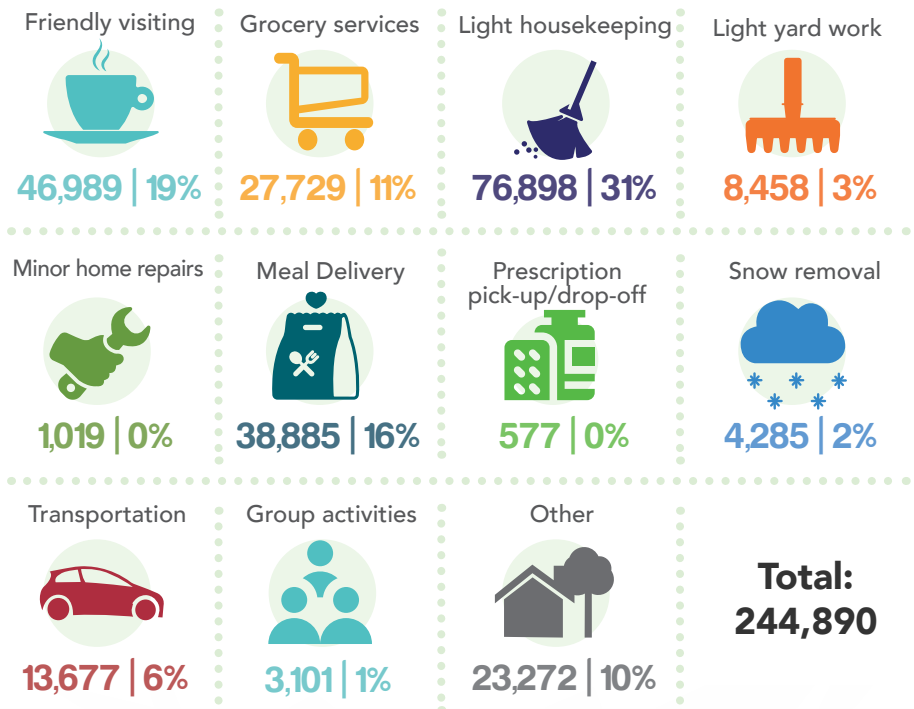


United Way helping seniors remain independent.

Better at Home helps seniors and Elders with non-medical, day-to-day tasks (like light housekeeping, yard work, and transportation to appointments) so they can continue to live independently in their own homes and remain connected to their communities. Friendly visits also keep participants socially engaged and connected. With a community-based approach, local agencies can respond to local and emerging needs.



#### Better at Home Services 2021-22



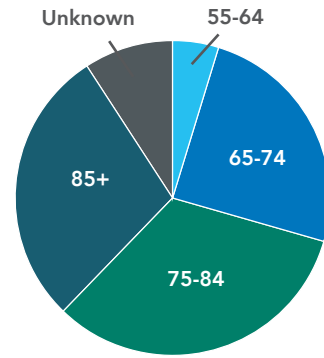


43% of all services were delivered by way of 2,381 generous volunteers, 52% who are seniors themselves, who are proud to support the initiative.



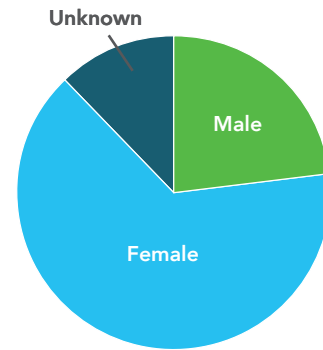
### BH Participants by Age

<54:	29 / 0%
55-64:	612 / 5%
65-74:	3,183 / 25%
75-84:	4,160 / 33%
85+:	3,656 / 29%
Unknown	1,136 / 9%
<b>Total:</b>	<b>12,776</b>



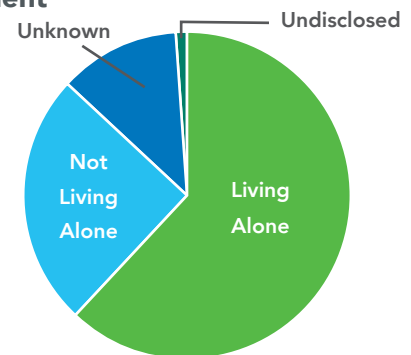
### BH Participants by Gender

Male:	2,987 / 23%
Female:	8,207 / 64%
Other:	4 / 0%
Prefer not to disclose:	27 / 0%
Unknown	1,551 / 21%
<b>Total:</b>	<b>12,776</b>



### BH Participants by Living Arrangement

Living alone:	7,920 / 62%
Do not live alone:	3,195 / 25%
Unknown:	1,589 / 12%
Prefer not to disclose:	72 / 1%
<b>Total:</b>	<b>12,776</b>



Also in the past year, Better at Home expanded into six new communities and widened the reach of three existing agencies in various areas of the province. Each new location was selected based on criteria such as the overall proportion of seniors and Elders in the area, vulnerability factors like availability and access to home support services, and requests from community to bring the Better at Home program in.

## Safe Seniors, Strong Communities



**“It’s been great to do something for other people...I didn’t know that people were struggling so much.”**

*– North Shore SSSC Volunteer*

In 2020, in response to the COVID-19 pandemic, Healthy Aging introduced the Safe Seniors, Strong Communities (SSSC) initiative – a coordinated, province-wide response to ensure older adults in B.C. could access essential services and supplies like groceries, prepared meals, and prescriptions. SSSC also provided check-ins, by phone and virtually, to assist older adults who needed to stay at home who were at risk of experiencing loneliness.

**7,674 referrals** came in through the bc211 network and other sources to connect with **106 agencies** in the province who supported SSSC in 2021-22.

During this incredibly challenging year, **282,497 services** were delivered to **6,063 seniors and Elders** across B.C.

Additionally, **3,308 volunteers** charitably gave their time to provide critical supports to those that needed them most.

## Family & Friend Caregiver Supports



Family & Friend Caregiver Supports is a program for family members and friends who assist and care for the seniors in their lives. These community-based programs offer information and education resources along with other supports that help caregivers build skills and confidence. [Family Caregivers of B.C.](#) give emotional and educational supports to Healthy Aging’s network of **17 agencies** who delivered this program to **492 caregivers** of older adults in B.C. in 2021-22.

## Therapeutic Activation Programs for Seniors (TAPS)



Therapeutic Activation Programs for Seniors (TAPS) brings people together for group activities that engage the body, mind, and spirit. In 2021-22, **seven new TAPS programs** were formed making a total of **16 local agencies** providing TAPS programming to **627 participants** in B.C.

Programming varies by community, but a typical session might include some light exercise, a shared learning opportunity through a workshop or webinar, and a healthy meal with some equally nourishing conversation. These simple group activities are important for people who live alone, helping them stay connected and engaged.



Joel lives in North Saanich and retired from her career in healthcare about 20 years ago. During a trip to Europe in 2014, she started noticing some signs of early onset dementia in her husband. He was soon diagnosed with dementia, and she has been acting as his caregiver ever since. Over time, Joel was experiencing substantial anxiety and stress given the demands of her caregiving role. She felt like she was drowning.

In Summer 2020, she decided it was time to do something for herself and joined Beacon Community Services at the SHOAL Centre in Victoria. She started participating in their caregiver support group and accessed different educational offerings, such as communication workshops. The support group has been incredibly useful for Joel. It provides her with the opportunity to share with others, build relationships, and have a break from her caregiving

duties. She has learned practical tips to support her caregiving journey, such as the availability of the disability tax credit and how to access a person with disabilities parking pass. She doesn't feel as isolated and has noticed substantial improvement in her mental well-being. Accessing the program's educational offerings has resulted in Joel developing effective caregiving skills, such as how to be more patient and empathetic with her husband.

Joel also plays an influential role in supporting other caregivers to navigate their journeys, given her years of experience. She welcomes new members to the group, ensures they feel supported, and aims to provide them with useful guidance. She takes this leadership role seriously and looks forward to continuing to support others.

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## Social Prescribing

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A "social prescription" addresses a person's social needs as part of their overall health and wellness plan...

Social Prescribing is when primary care physicians or other health practitioners refer senior patients to a community-based Social Prescribing program. Social Prescribing Community Connectors then work with these individuals, connecting them to a range of local, non-clinical services that are available through community agencies. A "social prescription" addresses a person's social needs as part of their overall health and wellness plan and allows for a comprehensive approach to multiple medical issues. There are **19 community agencies** in B.C. that run Healthy Aging's Social Prescribing program, and who served **634 seniors** in 2021-22.



Archway's Social Prescribing program was able to provide support to an older participant, living by herself with no nearby family or other means of support. The participant needed a medical procedure but was unable

to access virtual consultations and transportation on her own. Through our program, the client was supported with a virtual consultation meeting and transportation was arranged for preliminary x-rays and the procedure.

*Daughter of participant:*

**“With [the program coordinator’s] knowledge of the resources available, combined with her kindness and a passion to help, together we were able to move mountains.”**

## Digital Learning Pilot Project – Active Aging *Plus* and ITech



The Digital Learning Pilot Project (DLPP) comprised two streams, ITech and Active Aging *Plus*. ITech packages provided agencies with up to five devices, with paired data and tech support, to lend out or give to older adults in their community. Active Aging *Plus* programs adapted or created new activity programs, this time, offered virtually. Both initiatives supported 1:1 or group classes on how to use devices and other tech-building skills, held activity classes, and introduced virtual group events to keep people engaged during the pandemic. Supported by [HelpAge Canada](#), Communities of Practice and sharing/working sessions were held throughout the year to ensure the success of all organizations in delivering this grant.

In 2021-22, **4,734 older adults** participated in **4,546** activities and programs.

**“It is a big help in stimulating my aging brain function and allowing me to move forward in this digital world.”**

*S.U.C.C.E.S.S. DLPP Participant*



See here for DLPP's program launch: [https://www.uwlm.ca/wp-content/uploads/2021/05/MEDIA-RELEASE-United-Way-Digital-Learning-Pilot-Project\\_May-20-2021.pdf](https://www.uwlm.ca/wp-content/uploads/2021/05/MEDIA-RELEASE-United-Way-Digital-Learning-Pilot-Project_May-20-2021.pdf)

## Navigation and Peer Support



Navigation and Peer Support programs help seniors more easily navigate and locate information about government and community services. Incorporating a peer-to-peer model, volunteers and staff work closely with older adults to help them overcome multiple barriers and access supports to maintain their independence. In 2021-22, **15,573 services**, including referrals to services such as income tax assistance, financial services, housing, social supports, food services, and health and wellness programs were provided to **8,718 seniors** who accessed the program.

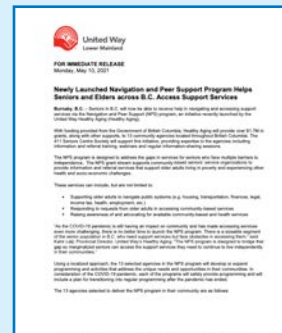
[411 Seniors Centre Society](#) provides backbone leadership by hosting Communities of Practice, organizing training opportunities and presentations on community-determined hot-button issues, and sharing important resources.

**“Thanks for preparing and sending our income tax in. We are slowly recovering from COVID-19, the fight of our lives.”**

*- Janet and Burt,  
Abbotsford NPS participants*

**“There have been several clients that came in to file their Income Taxes who didn’t realize they would be eligible for Shelter Aid for Elderly Renters (SAFER) and Guaranteed Income Supplement (GIS). At the start of the pandemic, we met a homeless senior living in a shelter. We were able to help him set up his pension, assist with income tax and OAS/GIS, and secure housing and part time employment.”**

*- Abbotsford NPS Program*



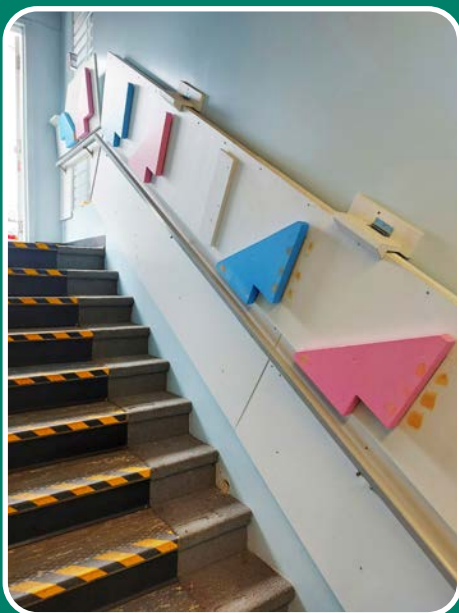
See the launch of the NPS program here:

<https://www.uwlm.ca/wp-content/uploads/2021/05/MEDIA-RELEASE-United-Way-Navigation-and-Peer-Support-Program.pdf>

## Men's Sheds

Men's Sheds are community-based groups that support the health and well-being of members and foster positive engagement within their community..."

Men's Sheds are community-based groups that support the health and well-being of members and foster positive engagement within their community, for the benefit of the community. In 2021, Healthy Aging launched an initiative to help strengthen, expand, and sustain the Men's Shed movement in Canada by providing start-up and project grants to **19 Sheds** in B.C.



The design and building of a delivery chute for a local Food Bank greatly improved the health and safety of the volunteers as they used to carry 75 lb sacks of potatoes down 12 steps and into a storage area. It used to be difficult for some of the volunteers and very time consuming. With the installation of the chute that we designed and built, the volunteers can now slide the heavy items down the chute and walk down the stairs safely. They also unload the trucks in a fraction of the time it used to take.

- Coquitlam Men's Shed

## Community Engagement

Collaboration and engagement with the Community-Based Seniors' Services (CBSS) sector and other partners is a key aspect of our Healthy Aging service model so that it is informed by the community, in service to the community, and is collaborative, responsive, and flexible.

To ensure our programs are relevant and effective, our outreach and engagement is broad and extensive, and includes strategies to include communities that are often harder to reach. Through this intentional and ongoing engagement with agencies that support and advance healthy aging and independent living, we are reducing seniors' isolation and enhancing quality of life for older British Columbians, their families, friends, caregivers, and allies.

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### Community-Based Seniors' Services (CBSS) Leadership Council

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**The CBSS Leadership Council serves as a consultative body for the United Way's community engagement and sector building strategic initiatives...**

The CBSS Leadership Council serves as a consultative body for the United Way's community engagement and sector building strategic initiatives, and advocates for increasing the capacity of the CBSS sector to meet the growing needs of B.C.'s aging population, including the identification of and remedies for systemic and emerging policy issues.

The Council comprises volunteer and staff leaders from throughout the province, both urban and rural, and includes representation and expertise of frequently underserved or under-represented communities, such as LGBTQ2, Indigenous, disability, and newcomers.

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### Provincial Working Groups

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**CBSS Provincial Working Groups focus on activities aimed at "moving the dial" in several priority areas...**

CBSS Provincial Working Groups focus on activities aimed at "moving the dial" in several priority areas identified through Raising the Profile outreach, Provincial Summits on Aging, Regional and Provincial Consultation feedback, and other community engagement activities. Working Groups on Housing, Transportation, Nutritional Supports, Rural and Remote Wellness, and Seniors Community Action Committees are led by Leadership Council members and engage sector representatives from throughout the province who have an interest and expertise in the topic. Throughout the 2021-22 year, their work was informed by and shared with the CBSS sector through webinars, Healthy Aging CORE, the biennial Summit on Aging, and Consultations.





## Provincial and Regional Consultations

**In 2021-22, Provincial Consultations were held on the topics of Seniors Transportation and Emergency Preparedness, Response, and Recovery for Older Adults...**

In 2021-22, Provincial Consultations were held on the topics of Seniors Transportation: *Hanging Up the Keys: Life After Driving? and Emergency Preparedness, Response, and Recovery for Older Adults*. These sessions were aimed at sharing information about innovative activities relevant to these topics, as well as related challenges and service gaps experienced in local communities. Featuring presentations and small group discussions, these virtual events each attracted over 130 participants, and provided valuable information, insights, and ideas for use in planning and program support.

Regional Consultations will resume in 2022-23 across the province.

## Healthy Aging CORE

**HEALTHY AGING CORE** Collaborative Online Resources & Education BRITISH COLUMBIA

**Healthy Aging CORE B.C. is the online knowledge hub that supports capacity building, connection, and coordination in the CBSS sector in British Columbia.**

[Healthy Aging CORE B.C.](#) (Collaborative Online Resources and Education) is the online knowledge hub that supports capacity building, connection, and coordination in the CBSS sector in British Columbia. It also supports collaboration and bridging of research and practice, as well as communities of practice and other interactive Group activities.

CORE's curated evidence-based resources, training, and knowledge sharing and its commitment to reliability, accessibility, and efficiency is helping to strengthen the expanding network of volunteers, staff, researchers, and allied agencies working to support older adults to age in place.



In early 2021, CORE BC and [CORE Alberta](#) were joined by a national site with the launch of [Healthy Aging CORE Canada](#), which connects the CBSS sector inter-provincially and with national organizations. The three sites include hundreds of searchable resources, as well as events, funding opportunities, news, featured community programs, and profiles of local, provincial, and national organizations and initiatives. Thousands of visitors access this information each month from throughout Canada, and, increasingly, from many from other countries. As members of a peer network and knowledge hub, many CORE users also contribute information, participate in learning events, and lead in webinar development and presentations.

In 2021-22, all CORE sites included twice monthly e-newsletters, along with webinar development and delivery, and coordination of groups. Key learning and engagement topics included the Men’s Shed movement around the world, Social Prescribing and the Frome Model of integrated community support, advancing emergency preparedness, response, and recovery, seniors’ transportation, grant writing, modular construction, promoting health of older Canadians, dementia, advance care planning through community-led programs, and improving food security and nutrition for seniors in B.C.

To access CORE’s B.C.’s wealth of resources, visit: <https://bc.healthyagingcore.ca/>

## Sector Strengthening

### Project Impact Healthy Aging

**Project Impact Healthy Aging (PIHA) is a developmental evaluation course that helps the CBSS sector prove and improve impact in B.C.**

Project Impact Healthy Aging (PIHA) is a developmental evaluation course that helps the CBSS sector prove and improve impact in B.C. Through funding from the Province of BC and in partnership with Dialogues in Action, Healthy Aging convenes cohorts of teams from agencies in the community-based seniors’ service sector in B.C. The teams learn to design effective exemplars and to develop evaluation strategies in order to collect data to determine findings, communicate impact, and produce data-informed program experiments and innovations. At each step, teams are guided and given feedback to produce credible findings from the data of the evaluation process.

In 2021, six teams from various organizations participated in the course. The entire program was delivered online, and the teams championed this through a very challenging time of delivering services to community virtually as well. These teams are to be commended for their stamina and resilience.



**"It has been a truly rewarding experience for the team, and we gained a lot of insight into the impact we have had in our community."**

*– 2021 PIHA participant*

Since its inception in 2015, Project Impact Healthy Aging has trained a total of 59 organizations on how to prove and improve the impact of their work with older adults.

## Capacity Building

In March 2022, UWBC launched a capacity building needs assessment survey of the not-for-profit sector. The survey had input from Vantage Point, Board Voice, and Vancouver Foundation

representatives and was distributed by these organizations and United Way BC.

Analysis of the quantitative data revealed the sector's top asks to be leadership development, self care and diversity, equity, and inclusion development.

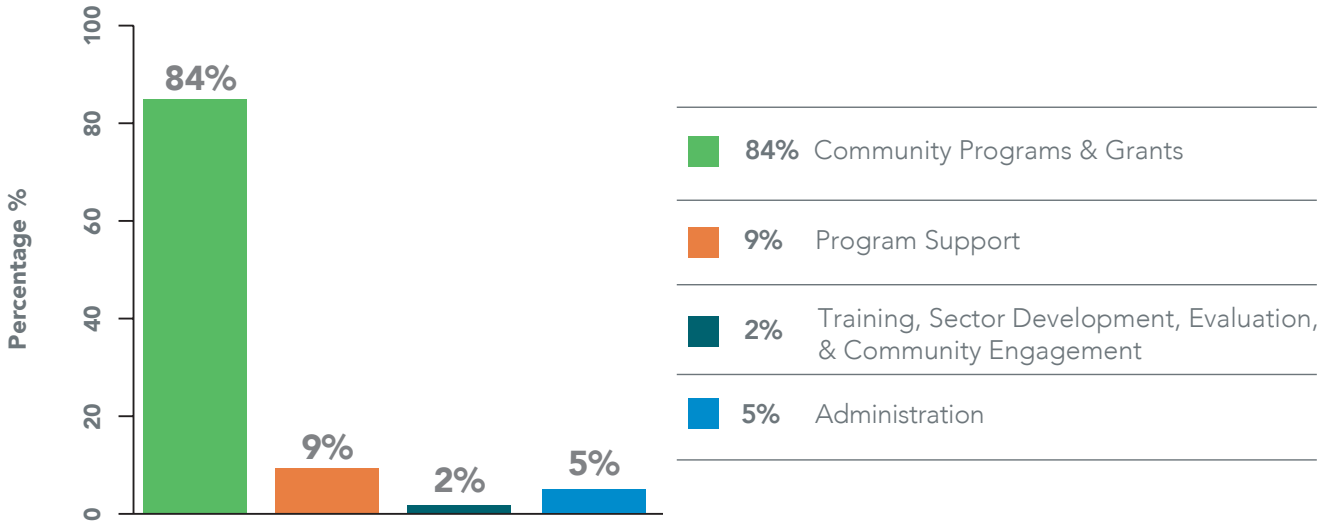
When analyzing the qualitative data, the following themes emerged:

1. Self Care, Renewal, Trauma and Crisis Training
2. Change Management, Leadership, and Program Development
3. Fundraising and the Role of Technology
4. Human Resources, Conflict Resolution, and Collaboration

This information will be used to guide our organization's capacity building framework and we will continue to collaborate and partner with other organizations to find ways to meet the needs of the sector collectively.

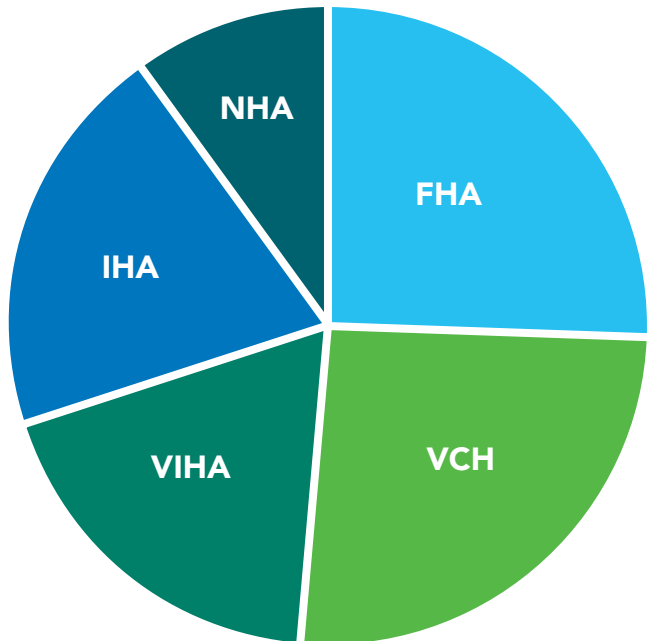
# Healthy Aging Financials

## 2021-22 Healthy Aging Budget Expenditures



## Total Community Programming by Region

Vancouver Coastal Health (VCH)	26.37%
Fraser Health Authority (FHA)	25.62%
Interior Health Authority (IHA)	21.26%
Island Health (VIHA)	17.72%
Northern Health Authority (NHA)	9.03%



Totals above include the following grant streams: Better at Home, Safe Seniors, Strong Communities, Digital Learning Pilot Project (Active Aging Plus and ITech), Social Prescribing, Therapeutic Activation Programs for Seniors (TAPS), Family & Friend Caregiver Supports, Navigation and Peer Support, and Men’s Sheds.

## Looking Forward - What We've Been Working on Since March 2022!

### Additional Better at Home Expansions

In 2022-23, Better at Home will continue to build new or enhance existing programs in 6-8 communities throughout the Interior and Northern regions of the province, including Elk Valley (Fernie, Sparwood, Elkford and area), Southern Cariboo (100 Mile House and area), and Chetwynd and Tumbler Ridge, and further expansions in First Nations territories.



Each new location will be selected based on criteria such as the overall proportion of seniors and Elders in the area and the number of those likely to require Better at Home services (e.g., isolated and vulnerable) among other factors. We look forward to meeting in-person and resuming full community engagements in all planned expansion regions.

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### Extension of Safe Seniors, Strong Communities

Safe Seniors, Strong Communities (SSSC) was extended for another year in 2022-23, with help from the integrated network of Better at Home programs, to continue to help those in the most urgent need. As the COVID-19 Pandemic persists, the initiative's robust Hub & Spoke model allows SSSC programs to partner with other local agencies to provide a range of comprehensive emergency supports.

### Extension of Social Prescribing, TAPS, and Family & Friend Caregiver Supports

Social Prescribing, TAPS, and Family & Friend Caregiver Supports programs were extended until March 31, 2022, to allow for sustained programming and to align with all other Healthy Aging grant timelines. Since many programs were required to pivot their service delivery to support COVID emergency services since 2020, this extension will also ensure the completion of the summative evaluation, demonstrating value, and allowing agencies to serve older adults the way they intended.

## 2022 Provincial Summit on Aging



From April 27th to 29th, 2022, [United Way British Columbia](#)'s Healthy Aging hosted the third biennial 2022 Provincial Summit on Aging at the Executive Hotel Vancouver Airport in Richmond, B.C.

Driven by delegate interest via community and provincial consultations, previous 2017 and 2019 Summit takeaways, and other Community-Based Seniors' Services (CBSS) activities and insights, the 2022 Summit assembled CBSS sector organizations, older adults, family and friend caregivers, academia, and government representatives to discuss and collaborate on current issues and innovations in healthy aging in B.C., and beyond. The 2022 Summit theme was 'Better Together', and attendees gathered, many for the first time in more than two years, to pave the way towards an integrated, older person-centered model of support in British Columbia.

The Summit provides a valuable forum to facilitate community leaders speaking to and inspiring other community leaders. For the first time, online and in-person participation options were provided to Summit attendees. [Whova](#), an event management app, made this possible, providing comprehensive features including registration, program information and personalized agendas, networking, messaging, exhibitor connections, and more.

We welcome you to review the official [2022 Provincial Summit on Aging Program](#) for more details about the event, agenda, speakers, panelists, exhibitors, sponsors, and more!



**UWBC is excited to announce the next Summit on Aging will be held in the fall of 2024.**

## Launch of the Emergency Preparedness and Response Grant



In the face of unprecedented climate emergencies that took place in 2021, agencies from across the CBSS sector stepped up to support the health and safety of isolated and/or vulnerable seniors during extreme weather events.

In response, in 2022-23, Healthy Aging launched the Emergency Prevention and Response grant to support organizations in their efforts to coordinate partnerships, and plan for or respond to extreme weather or climate emergencies such as floods, wildfires, extreme heat, and other weather-related crises.



## Thank you

to the Province of B.C., our donors, volunteers, and partners for investing in the health and well-being of older adults in British Columbia.



More about Healthy Aging by United Way:  
<https://www.uwlm.ca/healthyaging/>

Visit Healthy Aging CORE B.C. to access resources, training, webinar information, and more:  
<https://bc.healthyagingcore.ca/>

Sign up for the Healthy Aging CORE B.C. newsletter to learn about sector initiatives and updates, new resources, and events and training opportunities:  
<https://bc.healthyagingcore.ca/newsletter-signup>

Visit Better at Home for more information on non-medical home supports for British Columbia's older adults:  
<http://www.betterathome.ca>

Visit United Way British Columbia's website for more information about our work across the province:  
<https://www.uwbc.ca>



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**United Way**  
British Columbia

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

4543 Canada Way  
Burnaby, B.C. V5G 4T4  
P 604.294.8929 | F 604.293.0220  
Email: [healthyaging@uwbc.ca](mailto:healthyaging@uwbc.ca)