

# Healthy Aging Theory of Change

## The opportunity:

































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

Using these **guiding principles...**

-  Person-Centered
-  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

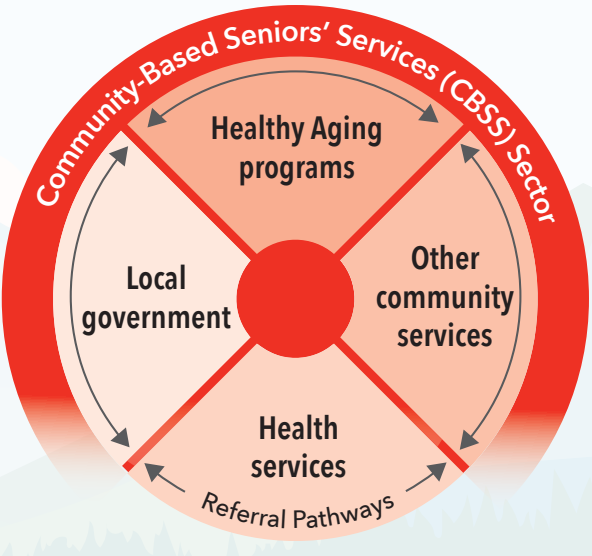
-  Social Connection
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-  Healthy Eating
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-  Physical Activity
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-  Transportation
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-  Mental Wellness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

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 and independently at home
  - Enhanced collaboration with key partners
  - Enhanced coordination to and from the health care system
- LONG TERM**
  - Reduced health inequities
  - Reduced 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 communities they call home



The Healthy Aging Programs are generously funded by the Province of British Columbia