

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)

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
- Reduced health inequities
- Reduced avoidable health care utilization and associated costs

LONG TERM

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

United Way
British Columbia

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