

### Appendix A: Healthy Aging Program Descriptions

Better at Home	Better at Home is designed to help seniors manage day-to-day tasks so that they can remain at home and connected to their communities. Examples of services provided include light housekeeping, grocery assistance, prepared meal delivery, light yard work, minor home repairs, prescription pick-up/delivery, transportation to appointments, snow removal, group activities, navigation and peer support, and friendly visits.
Therapeutic Activation Program for Seniors (TAPS)	The Therapeutic Activation Program for Seniors (TAPS) brings together seniors through specially tailored group activities that engage the body, mind, and spirit. This structured program aims to provide therapeutic and captivating experiences for seniors, particularly those facing physical, cognitive, or emotional challenges. A typical TAPS session may include light exercises, shared learning opportunities, and/or meals accompanied by conversations.
Family & Friend Caregiver Supports (FFCS)	The Family & Friend Caregiver Supports program is designed to help caregivers who offer unpaid care for seniors living in the community. Examples of support provided include one-to-one support, support groups, healthcare system navigation, connection to community services, and knowledge and skill enhancement.
Social Prescribing	Social Prescribing is a healthcare approach that recognizes the profound influence of social and environmental factors on a person's wellbeing. Seniors may be referred to community-based Social Prescribing programs by their health care professional or other service providers. Social Prescribing Community Connectors then engage with the senior, establishing connections to a diverse array of local, non-clinical services provided by community agencies.
Social Meals	The Social Meals program combines nutritious meal sharing experiences with opportunities for seniors to engage socially (e.g., drop-in programs that offer a hot lunch, in-home shared meal with a friendly visitor).

## UNITED WAY BC HEALTHY AGING FRAMEWORK

### Aging in Motion (AIM): Transportation Supports & Innovation

The Aging in Motion (AIM): Transportation Supports & Innovation program delivers local and regional transportation services that help seniors live independently and stay connected to their communities. These services enable seniors to meet daily needs, attend medical and health-related appointments, and participate in social, recreational, cultural, and educational activities—particularly in areas where transportation options are limited or unavailable.

### Volunteer Coordination & Support

This program supports the creation of dedicated roles focused on strengthening local volunteer engagement through strategic recruitment and retention efforts. These roles also help increase participation on United Way BC's iVolunteer platform and contribute to the development of regional and provincial strategies that advance volunteerism within the CBSS sector.