



Navigation & Access to Supports

BEING ABLE TO FIND AND USE THE RIGHT INFORMATION AND RIGHT SERVICES AT THE RIGHT TIME. NAVIGATION HELPS CONNECT PEOPLE TO HEALTH, GOVERNMENT, AND COMMUNITY RESOURCES.



**One-on-One
Support**



**Digital Literacy &
Access**



**Information &
Referral**



Peer Support

Why does navigation and access to supports matter?

- Seniors may face challenges navigating and accessing services due to complex systems, fragmented services, digital barriers, language barriers, or simply not knowing where to turn.
- CBSS programs can effectively link seniors to needed health care and community resources.
- Programs like social prescribing may improve service uptake, reduce unnecessary health care system use, and reduce health care and societal costs.



United Way
British Columbia

Healthy Aging Program Example

Agency: Richmond Cares, Richmond Gives
Healthy Aging Program Stream: Social Prescribing

Cindy, a grandmother managing diabetes, felt isolated and overwhelmed. A Community Connector linked her to health programs, transportation, financial supports, and digital literacy training. Now she participates in social groups, feels healthier, and shares books and games with her grandchildren—more confident and connected than before.

Learn more about navigation & access to supports on Healthy Aging CORE BC:

[Report] [In Community - Information & Referral Services for Seniors in BC. Past learnings and Learnings since COVID-19](#)

[Report] [Asset Mapping Report - Inventory of I&R Services for Seniors in BC](#)

[Guide] [Community Asset Mapping Guide for Social Prescribing](#)

[Guide] [Social Prescribing: Implementation Guide](#)

[Report] [Social Prescribing Training Needs and Opportunities in Canada: Survey Findings and Early Insights](#)