

Seniors' LIVING



A SPECIAL INFORMATION SUPPLEMENT

THE VANCOUVER SUN, WEDNESDAY, JANUARY 31, 2007 **Elc**

MESSAGE FROM THE MINISTER

Seniors today are living longer, healthier and more independently. It's a trend noticed around the world and, with a growing demographic of seniors, British Columbia is no exception. By 2031, the seniors population in our province will double to more than 1.3 million.



Ida Chong
Minister of Community Services and Minister Responsible for Seniors' and Women's Issues

It is important that we celebrate our seniors and their contributions in helping build our province and that we support their ongoing participation in our communities.

As our seniors population continues to grow, our government is committed to helping them live healthy, active and independent lives.

The report from the Premier's Council on Aging and Seniors' Issues, *Aging Well in British Columbia*, will play an impor-

tant role as we continue to plan for our future to ensure we're ready to meet the needs of our aging population.

Initiatives such as our expanded Shelter Aid for Elderly Renters (SAFER) and Independent Living BC programs serve as great examples of how we are already working with community partners to ensure we continue to support seniors.

Today's seniors want the opportunity to stay independent while receiving appropriate

levels of care and support.

By working in partnership with private and non-profit housing providers and other levels of government, we are working to ensure affordable options are available today and in the future.

In this special edition Seniors' Living Feature, you will find a special insert called "Independently Healthy" highlighting the Independent Living BC program and assisted living, a middle option between home and residential care.

As well, there are many useful references for seniors who are exploring different housing options to meet their healthcare needs.

I hope you find this insert informative and useful. You will also find a wide range of information about these and other provincial government programs and supports for seniors available in our BC Seniors' Guide at: www.csevr.gov.bc.ca/seniors.

Investing for income

Ah, the good life! Freedom from the daily regime. Free as a bird to do what you want, when you want. But wait. Are you really prepared....financially?



David T. Graham, PFP
Mr. Graham is an investment advisor with RBC Dominion Securities Inc and has over 20 years experience within the Canadian financial services industry.

Before you settle into retirement mode you should decide where and how you will get the funds necessary to meet your monthly financial needs. Hopefully you would have done some planning well before retirement as to estimate your personal monthly budget during retirement.

There are many forms of investment income available to the average investor.

In the past when interest rates were much higher, investing in guaranteed Term Deposits,

GICs, Canada Savings Bonds and bonds in general was very popular. Not so today. With interest rates near 20 year lows and the earned interest fully taxed just like earned income, these forms of investments often don't deliver the necessary returns for many retired conservative investors.

Many retired investors have now set their sights on riskier but higher yielding investments such as Income Trusts, Preferred Shares and Common Shares (dividend paying) that have non-guaranteed returns well above what guaranteed interest bearing investments yield. It is not that any conservative income investor wants the risk, but rather an issue of achieving the desired income and having to take on the inherent risks.

A second form of investment income is "dividend income" which is paid by some public companies to the owners of its common and preferred shares. This form of investment income is very popular with conservative income oriented investors. The major benefit to receiving dividends is that Canadian investors can apply the Canadian

Dividend Tax Credit which helps to increase the "interest equivalent" yield. The higher the investors taxable income, the greater the benefit from the "Canadian Dividend Tax Credit. For example a BC resident investor in the top tax bracket receiving a dividend yield of 4.50% would be an interest equivalent yield of approximately 6.25%.

For those at or near the top marginal tax bracket, dividend income is slightly less appealing than a third form of investment income called "capital gains income". This is earned when you sell a security for more than you paid for it. Whether it be a stock, bond, mutual fund, investment property, etc., only half (50%) of the capital gain is taxable at your marginal rate.

For most investors this is the most favourable form of investment income due to its tax treatment, but offers no regular payment plan such as dividends and distributions from Income Trusts.

The tricky part for most retired investors needing regular

income is balancing the mix of securities that each pay or have the potential to pay different types of investment income. In general, it boils down to how much money you have to invest and what degree of risk you are willing to take.

Most of my income oriented clients hold a nice mix of quality income trusts, preferred and common shares, and tax efficient income generating mutual funds.

Overall non-guaranteed income portfolios with an average level of risk are now yielding about 5% to 7% depending on the exact mix. The more aggressive the income portfolio, the higher expected rate of return. Typically the higher portfolio yields are often achieved by investing a greater amount of money in quality income trusts.

The foundation of any quality income portfolio is high-grade bonds. Depending on the client and what they are trying to achieve, provincial and federal government bonds offer a solid foundation to any conservative income investor's portfolio. Safety and quality wise the next

level above guaranteed bonds would be quality preferred shares and or non-guaranteed quality corporate bonds. The next level up from there on the risk ladder would be income trusts and common shares that pay dividends.

As you go up the risk ladder from guaranteed investments to lesser quality non-guaranteed investments, the investment income generated should increase as should its tax efficiency. My personal rule of thumb is not to have more than 50% invested in income trusts, unless the client absolutely needs the added income and can deal with the additional risk.

The bottom line for all of those investing for income is to know your investment personality and work closely with an experienced investment advisor in building a high quality, low risk income generating portfolio.

Don't forget how long and how hard you worked to build up your portfolio. Retirement is no time to take on unnecessary risks when investing. You wouldn't want to be forced back into the work world would you?



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RETA CLARKE

SAFER program benefits Langley senior

Reta Clarke is a sweet 86-year-old widow who anyone would wish was their own grandmother.

She is also a SAFER (Shelter Aid For Elderly Renters) recipient. The SAFER program provides direct cash assistance to eligible residents of British Columbia who are age 60 or over and who pay rent for their homes.

A resident of Langley for the past 30 years, Reta has lived in her current apartment for 10 years and has been benefiting from the SAFER program for about six years.

"As soon as I knew there was a program for seniors who rent like me, I applied because I needed help with my rent," said Reta. She said the process to apply wasn't difficult. The same day Reta's building manager told her about the SAFER program, she got the forms and phoned BC Housing to sign up.

"The program has meant the difference between staying in my own home and taking care of myself, and not being able to do that anymore," added Reta.

"SAFER is such a blessing. I don't know how seniors on fixed incomes could really manage to live without it."

Since the Province doubled the funding to the SAFER program in 2005, there is more rent assistance available for low-income seniors. And more seniors are benefiting from the expanded eligibility.

Seniors who pay pad rental fees for owner-occupied manufactured homes are now eligible to apply for assistance.

And, more recently, the 10-year Canadian residency requirement was reduced to one year making SAFER even more accessible for seniors who need it most.

To find out if you or a loved one is now eligible for SAFER rent assistance, call BC Housing at 604-433-2218; 1-800-257-7756 outside the Lower Mainland; e-mail to ApplicantandSAFERenquiries@bchousing.org, or visit BC Housing's website at www.bchousing.org.



Fingers won't straighten?

Dr. Kline brings home new solution from Europe

Submitted by Dr. David Kline of Dupuytren's Center

What is it?

Dupuytren's Disease (pronounced doo-pa-trens) is a condition involving the palm and fingers. Connective tissue (palmar fascia) right under the skin begins to thicken and shorten which causes development of contracted

CORDS AND NODULES IN THE PALM. THE FINGERS THEN CURL DOWN TOWARD THE PALM.

The ring and little finger are most commonly affected. Progression is often erratic and arbitrary with no obvious cause.

As the contractions worsen, everyday use – such as shaking hands, putting your hands in your pockets or flat on a table, typing, and swimming laps – become more and more difficult.

This is a genetic disease and is fairly common – especially after the age of 40.

The Simple Solution

Until recently, the only option was a costly, complicated hand surgery which has a long period of rehab. Now there is a simple, quick, non-surgical medical treatment available locally by Dr. David Kline.

Developed in Paris, the method known as Needle Aponevrotomy has been practiced successfully in Europe for over 30 years.

Under local anesthetic, Dr. Kline uses a small hypodermic needle to divide and release the contracting bands in the diseased areas of the palm and fingers. The effectiveness is outstanding. Patients are able to open their hands immediately.

Depending upon the severity of the disease, it can be as little as 1/20 the cost of surgery.

To learn more about Dr. Kline and the Simple Solution, call 208-344-5628 or visit www.dupuytrencenter.com

ADVANTAGES

- Non-invasive office procedure
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- Recover in days instead of months
- Back to work quickly
- Immediate use of hand/fingers
- Available here in the Northwest

DUPUYTREN'S CENTER THE SIMPLE SOLUTION

A doctor's own story

My name is Dr. David Kline and I am a board certified Emergency Room physician practicing medicine near Boise, Idaho. I have the hand condition known as Dupuytren's contracture.

When I first started developing symptoms of Dupuytren's contracture in my little fingers, I went to see two different local hand surgeons.

I was given the standard advice that nothing could be done until the disease progressed and my contractures were more severe. The treatment would be surgery involving 3-4 months of intense rehab afterwards and not being able to use my hands during that time.

I began reading all that I could about Dupuytren's condition and stumbled across a website on needle aponevrotomy (NA) that was being performed in France. I read about this technique with

great interest, as it had not been mentioned to me by the hand surgeons I had seen in the States. So I decided to go to Paris in 2002 for the procedure.

I have now had my condition treated with needle aponevrotomy by Dr. Lermusiaux in France, and also trained there with him, Dr. Lellouche, and the other doctors at Lariboisiere Hospital who perform this technique on a daily basis.

There are now a handful of physicians in the U.S., myself included, who are treating Dupuytren's contractures with NA.

For more information on this disease and treatment methods visit www.dupuytrencenter.com

DUPUYTREN'S DISEASE

What is it?

This is a condition which mainly affects adult males, involving the palm of the hand and the fingers. Connective tissue right under the skin begins to thicken and shorten which causes development of contracted cords and nodules in the palm.

It is the shortening and tightening of these cords that causes the fingers to draw down toward the palm. This is a genetic disease and is fairly common, most prevalent in men with northern European hereditary backgrounds.

Symptoms

The disease usually begins with a palm nodule (can resemble a callus) that develops at the base of the ring or little finger. Gradually a prominent cord develops as the palmar fascia thickens.

As the process continues the overlying skin puckers, dimples, and roughens. The thick cords contract slowly over time, drawing the fingers into the palm and may draw adjacent fingers together.

The ring and little finger are most commonly affected and usually are affected first. Progression is often erratic and arbitrary with no obvious cause.

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Independently Healthy

A SPECIAL PUBLICATION ON BC SENIORS' HOUSING AND CARE NEEDS

A SPECIAL INFORMATION SUPPLEMENT THE VANCOUVER SUN, WEDNESDAY, JANUARY 31, 2007 E3c

Independence through assisted living

For Cissie Rodden, celebrating her 100th birthday in January 2007, assisted living provides her with the opportunity to live independently no matter her age.

"I like to keep busy despite how many candles are on my cake," says Cissie, a spry senior who speaks with a lilting Scottish accent and calls everyone "Dear".

Thanks to her assisted living home at Clarendon Court in Vancouver, Cissie doesn't have to slow down. She has lived in the development since it first opened in February 2006, providing 56 much-needed apartments for seniors under the Province's Independent Living BC program, which makes assisted living an affordable option for B.C. seniors. Before moving in, Cissie lived on her own, but after a bad fall, she decided that it was time for a little bit of help.

With the help of her daughter, she found a place where she could enjoy the best of both worlds - the independence she wants but also some help with laundry and housekeeping, transportation, meals, managing medications and a 24-hour response system if ever needed.

Cissie was assessed by a case worker from Vancouver Coastal Health and then accepted at Clarendon Court.

Having Cissie well taken care of is a relief for her five children who worried about her living on her own.

"We have the reassurance that she's safe, that she's able to socialize with other tenants whom she enjoys spending time with and that she's getting good, nutritional meals," says Cissie's daughter, Patricia Cowie.

Cissie enjoys living at Clarendon Court very much. Since she's moved in, she's even learned to surf the Web and send emails to her relatives in Scotland. She also enjoys spending time with the other tenants going to lunch every Tuesday with the "Lunch Bunch", playing cards and talking.

With the rent for the apartments subsidized under the Independent Living BC program, residents pay 70 per cent of their after-tax income for the rent and a wide range of hospitality and care services.

Through the program, assisted living homes are made more affordable for those seniors with low to moderate incomes who can no longer live completely on their own but who do not want or need 24-hour residential care.



CISSIE RODDEN (CENTER) AND HER DAUGHTERS, PATRICIA (LEFT) AND MAUREEN

Along with regional health authorities, funding partners in the Independent Living BC program may also include the federal government, through the Canada Mortgage and Housing Corporation (CMHC).

CMHC is helping to administer the new capital costs of developing non-profit assisted living units under the Canada-British Columbia Affordable Housing Program Agreement.

To find out if you or a loved one qualifies for assisted living, contact a case manager with your local health authority.

Answers to some commonly asked questions about subsidized assisted living

Q: Do I need assisted living?

A: If you are relatively healthy, don't need 24-hour professional nursing care and supervision, and want to live independently but need a little help with daily activities such as meals, housekeeping, mobility and/or medications, then assisted living may be the answer.

Assisted living is typically for those over the age of 75 who are living alone or isolated, and need some help with personal care through frequent visits. Nutrition may be suffering and there may be worries about safety and security. Assisted living is for senior who can no longer stay in their own home with home support services.

Q: Am I eligible?

A: To be eligible for subsidized assisted living (the Independent Living BC program), you need to:

- Require both personal care (e.g. assistance with meals, mobility, medication management, dressing, bathing) and hospitality services (e.g. laundry and housekeeping);
- Be able to participate in decisions about your activities and needs and be able to communicate these to others;

- Be capable of taking direction in an emergency and be able to use an emergency response system; and,
- Not exhibit behaviours that put the safety or well-being of others at risk.

Q: How do I apply?

A: Your area health authority is responsible for subsidized assisted living resident selection and assessment. Contact your nearest health authority and explain that you are interested in assisted living and ask to speak with a case manager.

A case manager will come to your home or interview you in a clinic setting. They will talk with you about your care needs and

provide information about the services that are available.

If assisted living is considered a good option for you, the case manager will forward your completed paperwork to a priority access team which will review your application and let your case manager know if you are eligible for an assisted living apartment. If eligible, you will be contacted when a suite becomes available.

Q: How much do I pay?

A: You would pay 70 per cent of your after-tax income for your home. For example, if your after-tax income is \$12,240 per year, or \$1,020 a month, your monthly payment would be about \$714.

Q: What services are included?

- A: You would receive:
- Accommodation;
 - Hospitality services such as meals, housekeeping, laundry, recreational opportunities and 24-hour response; and
 - Personal care services such as assistance with grooming, mobility and medications.
 - Personal care and hospitality services are as provided by your regional health authority.

Q: Is there a subsidized assisted living development in my community?

A: Independent Living BC apartments are offered in both for-profit and non-profit assisted living developments throughout the province.

For a complete list of subsidized assisted living developments in your community, please visit www.bchousing.org/programs/independent/List.

Q: How do I find out about the different housing options?

A: The provincial government has a toll-free Information for Seniors line: 1-800-465-4911. Staff are available Monday to Friday from 8:30 a.m. to 4:30 p.m. To answer your questions about seniors' programs and services, including housing options.

You can also access information online at www.gov.bc.ca/seniors or www.healthservices.gov.bc.ca/hcc.

Your nearest Community Health Centre can provide you with information about housing options as well, starting with home care on up to residential care.

To find the centre nearest you, contact your local health authority. There are also seniors' resource centres located throughout the province. Look under your Senior Citizens' Services and Centres in your local Yellow Pages.



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Independently Healthy

A SPECIAL PUBLICATION ON BC SENIORS' HOUSING AND CARE NEEDS

E4c THE VANCOUVER SUN, WEDNESDAY, JANUARY 31, 2007

A SPECIAL INFORMATION SUPPLEMENT

Campuses offer different levels of care

There's a new trend in housing developments for seniors: campuses of care. These sites offer housing with more than one level of care: independent living; assisted living; and/or residential care. Campuses offer residents the option of moving from one level to the next as their health needs change.

Retirement Concepts is a private housing provider with six campuses of care in British Columbia and four more under construction or in the planning phases.

"Campuses are fabulous because they allow tenants to age in place," said Carlo Elstak, the company's director of hospitality services and marketing.

"They offer seniors a continuum of care so they never have to move off-site, unless they choose to. Residents are able to cope much better and we often see their quality of life improve after they move in because they have more interaction with other people and more social stimulation."

Margaret and Lloyd Erickson have lived in Retirement Concept's Chilliwack campus in the Fraser Health region for just over two years. Lloyd suffered a stroke in 2004 and Margaret could no longer cope with looking after him and their large home.

"I love it here," she said. "It's reassuring to know that if Lloyd's care needs change and he has to move to residential care, we can still live in the same development."

Over 200 of Retirement Concept's assisted living suites are funded in part by the Province's Independent Living BC program. The Province partners with private developers like Retirement Concepts in order to provide more affordable housing options for seniors.



MARGARET AND LLOYD ERICKSON

It's reassuring to know that if Lloyd's care needs change and he has to move to residential care, we can still live in the same development.

Milestone reached in 5000 bed commitment

British Columbia has surpassed 2,500 net-new residential care beds, assisted living, and supportive housing units as part of the government's commitment for 5,000 new beds and units by the end of 2008.

We are investing in better quality care and ensuring that seniors receive the right care in the most appropriate setting.

Assisted living is at the centre of this commitment.

In 2001, the government initiated a redesign of seniors' care in British Columbia. The existing residential care infrastructure was deteriorating and many facilities no longer met modern standards of care.

Residents were in rooms with up to four beds, sacrificing privacy and dignity. Bathrooms were cramped, rooms and hallways were crowded.

"When we came into government in 2001, seniors' care facilities needed upgrading and our government took action to improve the quality of care for our seniors," says B.C.'s Health Minister George Abbott, who announced the milestone of 2,500 net-new beds in December 2006.

Province-wide consultations were held with seniors, advocacy groups and health professionals that resulted in a number of improvements that responded to the needs of today's seniors.

"We heard that the idea of entering a nursing home for life did not always fit with modern lifestyles," says Abbott.

"Seniors wanted more opportunities to retain their independence and remain in the community. So we embraced a new direction and publicly subsidized assisted living was introduced widely across the province."

Assisted living provides a bridge for seniors who are no longer able to remain at home, but are not yet ready to enter a residential care facility.

Residential care is also being improved with some existing facilities being modernized and new facilities being built to replace those buildings that were not suitable for upgrades.

Since 2001, the government has built more than 7,200 new and replacement beds and units.

"We are investing in better quality care and ensuring that seniors receive the right care in the most appropriate setting," adds Abbott.

In the next 25 years, the percentage of British Columbians over the age of 65 will almost double from 14 percent today to 24 percent by 2031. Not only is this a growing demographic, but today's seniors are the healthiest, most active, and longest living in B.C.'s history.

This means an increased need for health care services and an increased demand for a range of care options.

"As a result of the 5,000 bed commitment, seniors in B.C. now have better care options and more choices when they are planning for their future health and lifestyle needs," says Abbott.

"We are changing health care in British Columbia for the better."

Creating new housing and care options for seniors

B.C.'s seniors are leading longer, healthier lives. And the Province is responding to their needs by working with a wide range of partners to create innovative housing options that support seniors' independence and quality of life – from the SAFER rent assistance program to Independent Living BC, which provides assisted living apartments with services like meals, housekeeping, and 24-hour response.

The Province, through BC Housing, is pleased to work with the federal government, regional health authorities and the housing sector to present this informative insert for seniors, *Independently Healthy*.

www.bchousing.org



HOUSING MATTERS



40 YEARS

Adult day centres ease transition to more full-time care

Nestled in the heart of Tsawwassen, the Kinsmen Retirement Centre serves seniors throughout south Delta. The centre, located in the Fraser Health Region, offers a wide range of housing options from independent living to assisted living to residential care as part of a campus of care. It is also home to an adult day centre, a place where seniors who live outside the centre can go during the daytime.

The adult day centre is one of many throughout the province that are funded by the government; clients pay small drop-in fees that cover meals and supplies for activities such as crafts.

"We help seniors continue to live independently in their own homes," said John Lusted, the centre's director of recreation and volunteer services. "But we also help people get ready to move to a higher level of care such as assisted living. The staff is the same; the food is the same; the programs are similar."

Eighty-five year old Marion Crowley loves the time she spends at the centre. "I'm like a kid coming home from Kindergarten after spending the day there," said Marion, who now lives with her daughter in Delta.

"I've made lots of friends and we're all a similar age, so we understand each other. I also enjoy the exercise class, the speakers, and the special events."

For Eleanor Cornett, the day centre means some time off from caring for her husband who is in the middle stages of Alzheimer's. "Lloyd isn't too hard to deal with yet, but it is difficult to get errands done when he's around," said Eleanor. She drops him off twice a week and uses the time to have a break from being a full-time caregiver.

Adult day centres structure their programs to meet the needs of their clients. People with dementia or Alzheimer's visit on the same days and play memory games and are given opportunities to reminisce. Clients who are frail will participate in art and music therapy, go on outings, and enjoy special events.

A major goal of a day centre is to provide social opportunities for people who may otherwise be isolated. If you believe that you, or an adult you are caring for, would benefit from attending a day centre, you will need to be assessed by a case manager. Contact your health authority for details.



ELEANOR AND LLOYD CORNETT

Lifelines assist seniors in remaining independent



HAZEL FEARN

A little over a year ago Hazel Fearn was on the phone with her niece when the 83 year old fainted. Fortunately, Hazel's niece called 911 immediately and her aunt was taken to hospital.

But that was the wake-up call that prompted Hazel to get herself a Lifeline, a monitoring and response product used by over 4,000 seniors in the Lower Mainland.

During the daytime, Hazel wears her Lifeline around her neck; other models can be worn on a wrist. When users need help, they simply press a button to dial a response centre. Within minutes, help is dispatched.

"Lifelines are marvellous because they allow seniors to remain independent and continue to live in their

own homes," said Katie Harmer, Lifeline Coordinator for Fraser Health in Burnaby. "When you know you can get help quickly, it gives you a greater sense of security."

Katie notices that it is often adult children who sign their parents up for a Lifeline. "Usually it happens after a fall; it would be better if more people signed up for them before they get to that stage."

Debbie Choy, Manager of Providence Lifeline in Vancouver, agrees. "It would be great to have people be more proactive," she said.

"Last summer, during the heat wave, we had calls from people who had been lying in their gardens for hours unable to get help. I've heard of people who have fallen and been

unable to get help for up to a day."

Lifelines have been available in Canada for over 30 years. The cost varies depending on where you live and how much the provider in your area is able to subsidize the cost.

In the Lower Mainland prices range from \$35 to \$50 for installation and \$30 to \$36 per month for monitoring.

To find out more about the Lifeline program in your area call 604-872-5433 (Vancouver, North Shore, Richmond) or 604-517-8617 (Burnaby, New Westminster, TriCities, Surrey, Delta, Langley).

For more information on Lifeline visit their website at www.lifeline.ca.

So nice to come home to.



Welcome to Retirement Concepts!

We are a family-owned Canadian Company head-quartered in Vancouver, BC. We provide a full-range of services to seniors and their families. Whether you are looking for seniors' housing, seniors' care, or respite care services we're here to help.

We've divided our current operations into 3 categories; Retirement Communities, Assisted Living Services & Skilled nursing Care Facilities. If we don't have a seniors residence that meets your needs, we'll help you find one!

We also offer services to seniors & their families which include, respite care, short-term stays, adult day centres, wellness and information seminars.

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RESOURCE CONTACTS

PROVINCIAL GOVERNMENT

BC Housing

Information on housing programs in B.C. including seniors' housing and the Shelter Aid for Elderly Renters (SAFER) program
www.bchousing.org
Lower Mainland: 604-433-2218
Toll free: 1-800-257-7756

Choosing a Care Facility or Home

An online guide to choosing a licensed residential care facility or residential care home.
www.healthservices.gov.bc.ca/ccf/adult/com031.pdf

Information for Seniors

Answers to questions about seniors' services, including housing options.
www.gov.bc.ca/seniors
1-800-465-4911

Enquiry BC

Lower Mainland: 604-660-2421
Greater Victoria: 250-387-6121
Toll free: 1-800-663-7867
Enquiry BC can assist you in contacting the provincial program, service or person that you need to speak to, Monday to Friday, 7:30 a.m. to 5 p.m.

Home Owner Grants for Seniors

Information about grants that reduce the amount of property tax that homeowners pay.

www.rev.gov.bc.ca/rpt/home_owner_grants.htm
Greater Victoria: 250-356-8904 or 250-387-8166
Toll free: 1-888-355-2700

Office of the Assisted Living Registrar of British Columbia

The Assisted Living Registrar, appointed by the Minister of Health, protects the health and safety of people who live in assisted living residences in B.C.
Lower Mainland: 604-714-3378
Toll free: 1-866-714-3378
E-mail: info@alregistrar.bc.ca

Residential Tenancy Office

Information for landlords and tenants about their rights and responsibilities.
www.rto.gov.bc.ca
Lower Mainland: 604-660-1020
Greater Victoria: 250-387-1602
Toll free: 1-800-665-8779

REGIONAL HEALTH AUTHORITIES

Health authorities, designated by five geographic regions, provide a full range of health care services ranging from hospital treatment to community-based residential, home health, mental health and public health services.

Health authorities can also provide information on housing and care options, ranging from home care to residential care. They are also responsible for selecting tenants for the Independent Living BC assisted living program.

Vancouver Coastal Health

www.vch.ca
Information Line:
Lower Mainland: 604-875-4252
Toll free: 1-866-884-0888

Fraser Health

www.fraserhealth.ca
General information on assisted living:
Lower Mainland: 604-519-8546
Toll free: 1-877-935-5669

Vancouver Island Health

www.viha.ca
Greater Victoria: 250-370-8699
Toll free: 1-877-370-8699

Interior Health

www.interiorhealth.ca
General Information: 250-862-4200

Northern Health

www.northernhealth.ca
General Information: 250-612-4501

FEDERAL GOVERNMENT

Canada Mortgage and Housing Corporation

Information on seniors' housing and other housing programs in Canada.
www.cmhc.ca
Lower Mainland: 604-731-5733
Toll free: 1-800-639-3938

Seniors Canada Online

Information for seniors, caregivers, families and service providers.
www.seniors.gc.ca

OTHER

Seniors Services Society

The Seniors Services Society is a non-profit organization which works to insure that older adults are well supported, adequately housed and contributing and valued in a healthy community.

Services include a province wide comprehensive housing directory available online at www.seniourshousing and at public libraries, housing counselling and one on one outreach services.

www.seniourshousing.bc.ca
Housing Services: 604-520-6621
Support Services: 604-524-0516

411 Seniors Centre Society

Volunteer counsellors can assist seniors with finding appropriate housing or refer them to other housing resources.

www.411seniors.bc.ca
604-684-8171

The Care Guide

A comprehensive guide to seniors' housing and care services including retirement homes, nursing homes, home health care, adult lifestyle retirement communities, supportive housing and palliative hospice care.

www.thecareguide.com
1-800-311-2273

GLOSSARY

1) AT HOME CARE

Home support

Home support services help seniors remain in their own homes. Home support workers provide personal assistance with daily activities such as bathing, dressing, grooming and light household tasks that help maintain a safe and supportive home. Contact your local health authority to find out more about home support services.

Shelter Aid for Elderly Renters (SAFER) program

The SAFER program provides direct cash assistance to eligible B.C. residents who are age 60 or over and who pay rent for their homes. With an expansion of the eligibility criteria and increased rent ceilings used to calculate monthly rent subsidies, more British Columbia seniors are now eligible to receive SAFER rent assistance. SAFER has also been expanded to include seniors who pay pad rental fees for owner occupied manufactured homes. To find out more about SAFER, contact BC Housing

2) INDEPENDENT HOUSING WITH SUPPORT

This is housing where seniors live in communal settings (typically apartment units) and receive home support services. This would include some combination of meals, housekeeping, social activities, and a 24-hour response.

3) ASSISTED LIVING

Assisted living residences provide housing, hospitality and personalized assistance services for adults who can live independently but require regular assistance with daily activities. Each unit is a self-contained, wheelchair-accessible apartment where residents receive hospitality and personal care services, such as meals, housekeeping and laundry, social and recreational opportunities, assistance with medications, mobility and other care needs, as well as a 24-hour response system. The level of personal care services provided is usually higher than Independent Housing with Support. Applicants for publicly funded assisted living units must be at significant risk in their current environment.

4) RESIDENTIAL CARE

Residential Care provides services to adults who can no longer live safely or independently at home because of their more advanced health care needs.



Whoever said blondes have more fun, never met one of our residents.

And whoever said retirement communities are boring surely never set foot in ours.

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Event



These calendar events are brought to you by Seniors Services Society who provides information and referral to seniors on housing and related senior's topics throughout the lower mainland.

Calendar

For more information please contact our office at 604-520-6621 or visit our website: www.seniorshousing.bc.ca.

All events are free unless otherwise noted.

SENIORS SERVICES SOCIETY

#209 800 McBride Blvd., New Westminster, BC
604-520-6621

Free Income Tax Clinic

8:30 am - 2:30 pm Mon. - Fri.,
Mar. 1st to Apr. 30th
First come first served basis.

Faculty of Dentistry UBC

If you are; missing all your teeth, wear full upper and lower dentures, want to be considered for a free dental implant to stabilize your lower denture, please call 604-822-7821 for more information.

CENTURY HOUSE

620 Eighth St., New Westminster
604-519-1066

Legal Advice Program

UBC Law Students
Appointments required call UBC Law
Department 604-822-5791, ex.0. all
students are supervised.

Students are able to assist with issues such as ICBC claims, landlord/tenants rights, small claims and basic wills.

Low Vision Support Group.

Meet every Tues. @ 10 am. Various speakers. Everyone welcome.

Parkinson's Self Help Group

Tuesdays @ 1 pm. Call the office to confirm. Open discussion for Caregivers, families and individuals with Parkinson's.

Support Group

Grief is what we feel when we have lost something that is valuable to us. In later years we can be confronted with multiple and profound changes. Sharing in a group can be helpful in moving forward.

Please call Beryl at the Vital Connections office: 604-519-1064

Health Drop In

Thursdays @ 1 pm. Various speakers. Call the office for more info
604-519-1066

411 SENIORS CENTRE

411 Dunsmuir Street, Vancouver 604-684-8171

Dental Screening Clinic

Wed., Jan. 31st, 9:30 am - 2:30 pm
All seniors welcome. Dental Hygiene students and their instructor from Vancouver Community College will provide free assessments.

Blood Pressure Checks

Every first and third Monday of the month, 10 am - noon, Clinic is in the medical room, 1st flr. First come first served basis.

Reading Services for Seniors with Low Vision

A volunteer will be available to read aloud letters, forms, invoices and other correspondence. Service is available on an on-call basis.
Call Jose at 604-684-8171, local 240.

MULTICULTURAL WALKING CLUB

Every Thursday, 9:30am at 411, Public transit may be taken. Call the club leader, Jim @ 604-216-2946 for schedule and difficulty levels.

BONSOR CENTRE

6550 Bonsor Ave, Bby.,
604-439-1456

Health Alert Mondays

10-11:45 am Drop In - blood pressure monitoring, weight & health info. Consultation, massage, relaxation & housing information. Noon Presentations

EDMONDS CENTRE

7282 Kingsway, Bby, 604-524-4261

Health Watch Thursdays

10-11:45 am; Drop In - blood pressure, height & weight monitoring & health info. Consultation, massage, relaxation, chair exercises and pharmacist & falls prevention. Noon Presentations.

Foot Care, appointment necessary. Please call the office for schedule and to make an appointment.

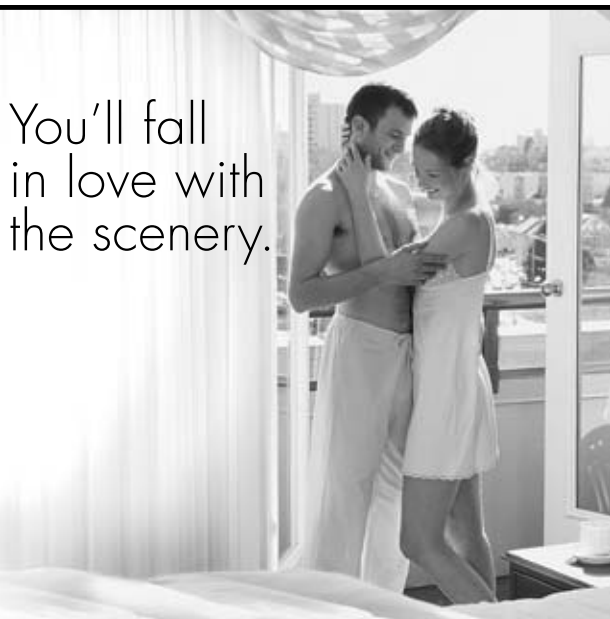
CONFEDERATION CENTRE

4585 Albert St, Bby, BC, 604-294-1936

A seniors community centre located in North Burnaby. Programs are geared for 55+.

SENIORS' LIVING

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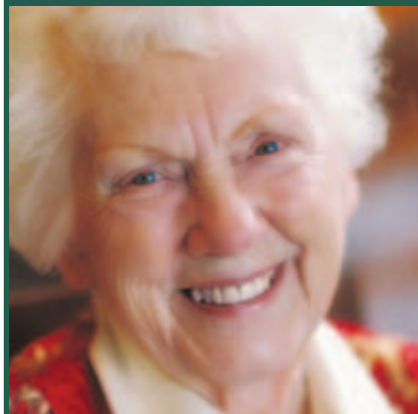
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Included in your monthly fee:

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“The SAFER program has always been a lifeline for me.”




The Shelter Aid for Elderly Renters (SAFER) program provides seniors like John with direct cash rent assistance. SAFER has helped make rent more affordable for more than 15,000 low-income seniors across British Columbia.

If you're 60 or older, paying rent, and you or your spouse has lived in British Columbia for the past 12 months, you may be eligible.

To apply or learn more about SAFER, contact BC Housing at 604-433-2218 in the Lower Mainland, 1-800-257-7756 in B.C., or visit www.bchousing.org.

To learn more about other seniors' programs and services, call 1-800-465-4911.

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Amica at Mayfair
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Port Coquitlam, BC V3C 6N4
604.552.5552

Amica at Rideau Manor
1850 Rosser Avenue
Burnaby, BC V5C 5E1
604.291.1792

Amica at West Vancouver
659 Clyde Ave
West Vancouver, BC V7T 1C8
604.921.9181

Island Communities

Amica at Beechwood Village
250.655.0849

Amica at Douglas House
250.383.6258

Amica at Somerset House
250.380.9121



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