



**United Way**  
British Columbia

Working with communities in BC's  
Interior, Lower Mainland, Central  
& Northern Vancouver Island

Active. Connected. Engaged.





## **United Way British Columbia Healthy Aging Program**

The Healthy Aging program is delivered through United Way British Columbia (United Way BC), whose work is to strengthen vital connections that support people in need in local communities. United Way BC Healthy Aging is a province-wide model of engagement in collaboration with seniors, service providers, caregivers, volunteers, and its programs, which are funded by the Province of B.C., United Way BC and other generous funders.

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## **Active, Connected and Engaged!**

These are the keys to health and wellness for all of us, but they become particularly important as we age. Based on these simple essentials, Healthy Aging develops and supports a range of programs and activities that support older adults.

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## **Our work is informed by the community, in service to the community.**

Through collaboration and engagement with the Community-Based Seniors' Services (CBSS) sector, we've developed a service model that is collaborative and responsive, flexible, and strong. This kind of intentional and ongoing community engagement ensures our programs remain relevant and meaningful – that they reduce seniors' isolation and enhance the quality of life for older British Columbians, their families, friends, caregivers, and allies.



United Way BC helping seniors remain independent.



## Supporting the non-medical needs of older British Columbians

Better at Home is a program that helps seniors with simple day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities.



Light housekeeping



Light yard work



Friendly visiting



Snow shoveling



Minor home repairs



Grocery shopping



Transportation



and more!

**Better at Home** helps seniors with non-medical, day-to-day tasks (like grocery shopping and light housekeeping, for example) so that they can continue to live independently in their own homes. Friendly visits also keep participants socially engaged and connected.

The United Way BC Healthy Aging program administers the Better at Home program throughout B.C., supporting over 85 non-profit organizations who deliver Better at Home in over 260 communities. This community-based approach ensures that local agencies are responding to local needs.

[www.betterathome.ca](http://www.betterathome.ca)

Better at Home is funded by the Government of B.C. and managed by United Way British Columbia.



## United Way British Columbia Healthy Aging Programs

As a program and fund manager, Healthy Aging provides grants and other resources to community-based, volunteer-driven, non-profit agencies who provide services to and for seniors as part of the Healthy Aging network. Our specialty is programs that provide important non-medical services that help older British Columbians live at home longer, and remain active and engaged in their communities. The portfolio of Healthy Aging Programs includes:



**Therapeutic Activation Programs for Seniors (TAPS)** brings people together for group activities that engage the body, mind and spirit. There are 16 local agencies who offer our TAPS programs. Programming varies by community, but a typical session might include some light exercise, a shared learning opportunity through a workshop or webinar, and a healthy meal with some equally nourishing conversation. These simple group activities are important for people who live alone, helping them stay connected and engaged.



**Family & Friend Caregiver Supports** is a program for family members and friends who assist and care for the seniors in their lives. These community-based programs offer information and education resources along with other supports that help caregivers build skills and confidence. Family Caregivers of BC supports the network of 17 agencies who deliver this program in B.C.



**Social Prescribing** is when primary care physicians or other health practitioners refer senior patients to a community-based Social Prescribing program. Social Prescribing Program coordinators, or Community Connectors, then work with these individuals, connecting them to a range of local, non-clinical services that are available through community agencies. A “social prescription” addresses a person’s social needs as part of their overall health and wellness plan, and allows for a comprehensive approach to multiple medical issues. There are 19 community agencies in B.C. who run our Social Prescribing program.



**Navigation and Peer Support** is a program that helps seniors navigate and locate information about government and community services. Incorporating a peer-to-peer model, volunteers work closely with older adults to help them overcome multiple barriers and access the particular supports and services they need to maintain their independence. Our Navigation and Peer Support programs are delivered province-wide by 13 community-based seniors’ service organizations, whose program staff have access to supports and training from 411 Seniors Centre Society.



**Digital Learning Program** is a supported learning program that provides seniors with the knowledge, skills, and confidence to use computers, smart phones, and tablets. With devices in hand, seniors will learn how to access digital services like online banking, follow the news, and enjoy virtual visits with their family and friends. They can also participate virtually in seniors centre programming.



**Men's Sheds** are community-based groups open to all, providing safe, friendly, inclusive environments to gather and participate in group activities. The purpose of a Men's Shed is to advance the health and well-being of members and to foster positive engagement within their community, for the benefit of the community.

## Sector Strengthening



### Impactful Evaluation

**Project Impact Healthy Aging** builds capacity within CBSS organizations to implement credible self-studies and developmentally evaluate their work with people and communities. The program recognizes the power of partnerships, blending of ideas among like-minded organizations, and develops strategic leaders who inspire the sector to prove and improve their initiatives.

### Inclusive Engagement

Ensuring our work is meaningful and relevant is critical to the work we do in communities. Incorporating principles of JEDI, particularly for those traditionally underserved and underrepresented is a cornerstone of this. The JEDI framework can include awareness and education, toolkits, and research and knowledge sharing through communities of practice.

### Effective Public Policy

**The Public Policy Institute**, a leadership training program, is characterized by innovative small group training, case studies, and ongoing applied learning through participants' own policy projects. This six-month program is specifically designed to help non-profit leaders and their organizations increase their knowledge of the public policy process and their capacity to influence it.

### Inspiring Leaders

**Leadership Fellows** is a program that brings together senior and executive leaders of CBSS organizations for seven learning modules throughout the year, to build their capacity for developing leadership in others, and in doing so, extend and amplify their organizational impact.

## Community Engagement

Healthy Aging's work is informed by the community, in service to the community. Through collaboration and engagement with the Community-Based Seniors' Services (CBSS) sector, we've developed a service model that is collaborative and responsive, flexible and strong. This kind of intentional and ongoing community engagement ensures our programs remain relevant and meaningful – that they reduce seniors' isolation and enhance the quality of life for older British Columbians, their families, friends, caregivers, and allies.

**The CBSS Leadership Council** acts as a consultative body for our sector building strategic initiatives, and advocates for increasing the capacity of the CBSS sector to meet the growing needs of B.C.'s aging population, including the identification of and remedies for systemic and emerging policy issues. CBSS Leadership Council members include managers/executive directors from not-for-profit senior serving agencies, seniors who are volunteer leaders in the sector, and managers/executive directors of municipally-delivered seniors services.

**CBSS Provincial Working Groups** focus on priorities for sector and capacity development identified through research, Regional Consultations, and other community outreach and engagement activities. Volunteers and staff from CBSS agencies throughout B.C. contribute their interest and expertise to Working Groups, exploring how the sector can collectively move the dial in six areas:

1. Housing
2. Nutritional Supports
3. Seniors Community Action Committees
4. Rural/Remote Communities
5. Indigenous Relations
6. Transportation

**Regional Consultations** are undertaken annually for CBSS organizations and others involved in local and regional healthy aging initiatives to network, share information, and learn together. Consultations are an important mechanism for providing updates and gathering input and/or feedback on provincial programs and new initiatives and resources, and for learning about local programs, issues, and opportunities.



**Biennial Provincial Summit on Aging.** After a hiatus due to the COVID-19 pandemic, United Way British Columbia Healthy Aging hosted the third biennial 2022 Provincial Summit on Aging at the Executive Hotel Vancouver Airport in Richmond, B.C. from April 27-29, 2022!



Driven by delegate interest via community and provincial consultations, previous 2017 and 2019 Summit takeaways, and other Community-Based Seniors' Services (CBSS) activities and insights, the 2022 Summit assembled over 540 CBSS sector organizations, older adults, family and friend caregivers, academia, and government representatives – both in-person and online – to discuss and collaborate on current issues and innovations in healthy aging in B.C., and beyond. The 2022 Summit theme was 'Better Together', and attendees gathered, many for the first time in more than two years, to pave the way towards an integrated, older person-centered model of support in British Columbia.

United Way BC is excited to announce the next Summit on Aging will be held in the fall of 2024. Until then!

**Healthy Aging CORE** is a provincially-coordinated learning network designed to strengthen the CBSS sector, and increase organizational and sector capacity through information sharing, training, mentoring, communities of practice, and policy and resource development.



The knowledge hub for B.C.'s community-based seniors' services staff, volunteers, caregivers, and allied professionals.

Goal: to build capacity within the CBSS sector, foster cohesion, and increase collaboration with larger institutional partners to support older adults with increasingly complex needs who want to live in their own homes and communities for as long as possible.



**Thank you to the Province of B.C., our donors, volunteers  
and partners for investing in the health and well-being of older adults  
in British Columbia.**

**More about United Way British Columbia Healthy Aging Program**

[uwbc.ca/healthyaging](http://uwbc.ca/healthyaging)

**Visit Healthy Aging CORE B.C. to access resources,  
training, webinar information, and more:**

<https://bc.healthyagingcore.ca/>

**Sign up for the Healthy Aging CORE B.C. newsletter to learn about sector  
initiatives and updates, new resources, events and training opportunities:**

<https://bc.healthyagingcore.ca/newsletter-signup>

**Visit Better at Home for more information on  
non-medical home supports for British Columbia's older adults.**

<http://www.betterathome.ca>



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