

Healthy Aging: Here. For our seniors.



2022/23
Year in Review



United Way
British Columbia

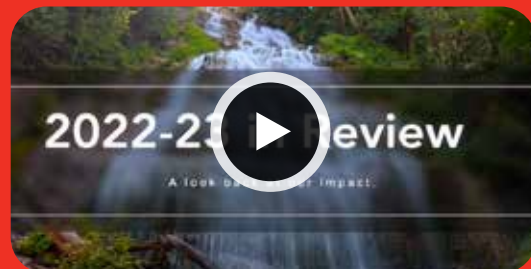
Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island

About United Way British Columbia – working with communities in BC’s Interior, Lower Mainland, and Central & Northern Vancouver Island

United Way British Columbia supports healthy, caring, and inclusive communities by strengthening vital connections that support people in need. Representing the six regions of Central and Northern Vancouver Island, East Kootenay, Lower Mainland, Southern Interior, Thompson Nicola Cariboo, and Trail and District, our organization serves a population of more than 4 million people, with a focus on kids and youth, seniors, poverty, mental health, and food security.

www.uwbc.ca

Take a look back at our
impact across United Way
British Columbia here:



Here. Where we work.

United Way British Columbia (United Way BC) acknowledges the homelands of the Indigenous Peoples of this place we now call British Columbia and honours the many territorial keepers of the Lands on which we work.

We recognize the many communities in which we work here:

Territorial Acknowledgement



ANDREW CALLICUM
(caaqiyuuš)

Here. For Truth and Reconciliation.

Descended from the Mowachaht/Muchalaht First Nation on Vancouver Island, Andrew Callicum (caaqiyuuš) recently joined United Way BC as our new Director, Indigenous Priorities to help us advance our commitment to Truth and Reconciliation.

Learn more about Andrew's important work here:



[Indigenous Priorities](#)





Contents

| | |
|--|----|
| A Message from the President & CEO, United Way British Columbia | 5 |
| A Message from Kahir Lalji, Provincial Director, Government Relations and Programs, United Way BC & Community-Based Seniors’ Services Leadership Council | 6 |
| 2022-23 Highlights | 8 |
| Community Grants & Programs | 9 |
| Better at Home | 10 |
| Safe Seniors, Strong Communities | 14 |
| Family & Friend Caregiver Supports..... | 15 |
| Social Prescribing..... | 16 |
| Therapeutic Activation Program for Seniors..... | 18 |
| Digital Learning Program - Active Aging Plus..... | 19 |
| Navigation and Peer Support..... | 20 |
| Men’s Sheds..... | 21 |
| Emergency Preparedness and Response | 23 |
| Community Engagement..... | 24 |
| Community-Based Seniors’ Services (CBSS) Leadership Council..... | 25 |
| Provincial Working Groups | 25 |
| Provincial and Regional Consultations | 26 |
| Project Impact Healthy Aging..... | 27 |
| Healthy Aging CORE BC | 28 |
| Recipe Book..... | 28 |
| Healthy Aging Financials | 29 |
| 2022-23 Healthy Aging Budget Expenditures | 29 |
| Total Community Programming by Region | 29 |
| 2024 Provincial Summit on Aging | 30 |

A Message from the President & CEO, United Way British Columbia

The year 2022-23 has served as a profound reminder of the transformative power of resilience. We cannot overlook the immense challenges faced by older adults during the demanding year of 2022. The rising cost of living forced more people to lean on BC's social safety net and demand for programs and services increased substantially.

However, through the expansion of the Better at Home network, the work of Safe Seniors, Strong Communities, sustained programming for Social Prescribing, TAPS, and Family & Friend Caregiver Supports, and numerous other initiatives undertaken by the Community-Based Seniors' Services sector, we collectively rose to the occasion and safeguarded the well-being of older British Columbians.

The year 2022-23 presented us with an opportunity to emerge from the shadows, fortified and united. We seized this chance and achieved extraordinary results.

Thank you.



Michael McKnight
President & CEO, United Way British Columbia

331 Healthy Aging programs, facilitated by 195 agencies throughout the province, reached an astonishing milestone by catering to the needs of 37,882 older adults in BC. Such an accomplishment would not have been possible without the invaluable support we received from community-based service providers, government funders, partners, friends and family caregivers, and our remarkable cohort of 5,600 volunteers.

As we reflect upon the myriad of achievements attained during the year 2022, our hearts overflow with gratitude for the privilege of aiding others. We are deeply humbled by the trust bestowed upon us and inspired to persevere in our endeavors to strengthen vital connections. We extend our heartfelt thanks to each and every person who contributed to this powerful work, ensuring seniors stay active, connected and engaged in their communities.



A Message from Kahir Lalji, Provincial Director, Government Relations and Programs, United Way BC & Community-Based Seniors' Services Leadership Council

Over the past year, we have faced a unique set of challenges as the world emerged from the COVID-19 pandemic, and local agencies worked tirelessly to resume in-person programming. Despite these obstacles, the Community-Based Seniors' Services (CBSS) sector, in partnership with United Way BC and the Province of BC, has diligently collaborated to establish an integrated continuum of support. Our primary objective has been to ensure that older adults remain active, connected, and engaged within their local communities to strengthen vital connections.

It has become evident that the social safety net designed to assist older adults in staying safe in their own homes has been strained. The demand for programs and services provided by local community organizations has increased significantly. Older British Columbians have encountered financial difficulties due to the rising cost of living, while access to essentials such as food, housing, and transportation has become more critical than ever.

Older adults have disproportionately borne the burden of climate injustice. As a sector, we have risen to the challenge of providing better support to vulnerable seniors during extreme weather events.

We continue to face a shortage of labour in the sector, and the lack of staffing and volunteers is particularly detrimental to nonprofit organizations. Volunteers play an instrumental role in our work, and we must remain creative in mobilizing individuals to become inspired and actively volunteer within their communities.

United Way BC has successfully rallied partners, including the Province of BC, to come together and engage in constructive discourse. These partnerships have yielded profound results in collectively supporting and addressing the challenges we face. In 2023, the BC government announced a substantial \$70 million investment over two years to expand the Better at Home program and other critical supportive programming.

In our sector, the focus remains on meeting seniors where they are in life. We recognize that their unique life experiences influence the way they engage with the challenges and illnesses they face in late life. Therefore, we strive to make our programs more person-centered, ensuring that older individuals receive the necessary support as they navigate the social services and healthcare systems.

Our sector has embraced a more intentional approach to frailty prevention, recognizing that certain risk factors stem from social rather than health-related reasons. Our programs have been adjusted to emphasize prevention initiatives, providing support to older adults before they reach a crisis point.

We are committed to building upon our existing work, continually seeking ways to expand and make it more purposeful. It is truly exciting to witness the increasing collaboration and coordination between the CBSS sector and the healthcare system. One notable example is the proliferation of social prescribing programs, which acknowledge the impact of social and environmental factors on a person's well-being.

Looking ahead, we eagerly anticipate hosting the 2024 Provincial Summit on Aging. This summit will serve as a platform for co-creation, co-development, and celebration of the remarkable work undertaken by the Community-Based Seniors' Services sector in support of older British Columbians.

The need to alleviate loneliness and poverty as a collective society is paramount. Through intentional and ongoing community

engagement, we ensure that our programs remain meaningful and relevant.

Through this Healthy Aging Year in Review, we aim to provide you with an opportunity to reflect, celebrate, and rejuvenate your spirits as we persist in this collective journey. We are immensely grateful for your efforts in ensuring the vitality, connectivity, and engagement of older British Columbians.

With gratitude,



Kahir Lalji
*Provincial Director, Government
Relations and Programs
United Way British Columbia*

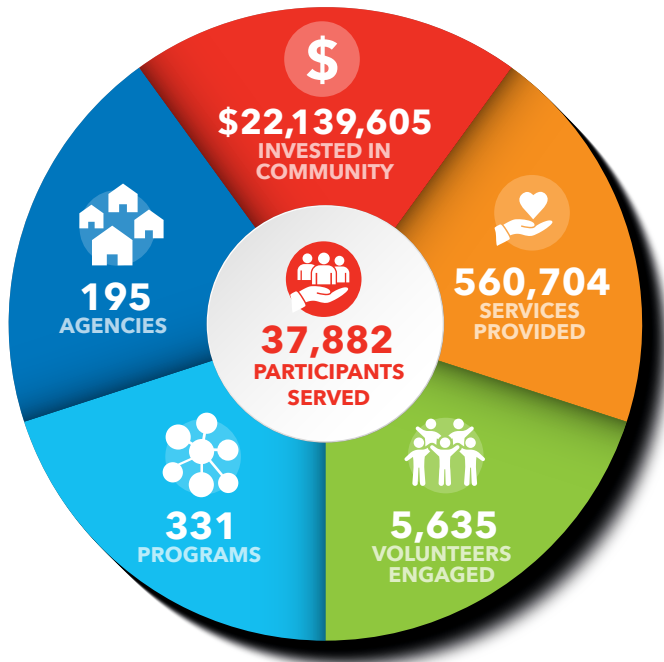


Marcy Cohen
*Co-Chair,
CBSS Leadership Council*



Annwen Loverin
*Co-Chair,
CBSS Leadership Council*

2022-23 Highlights



Totals

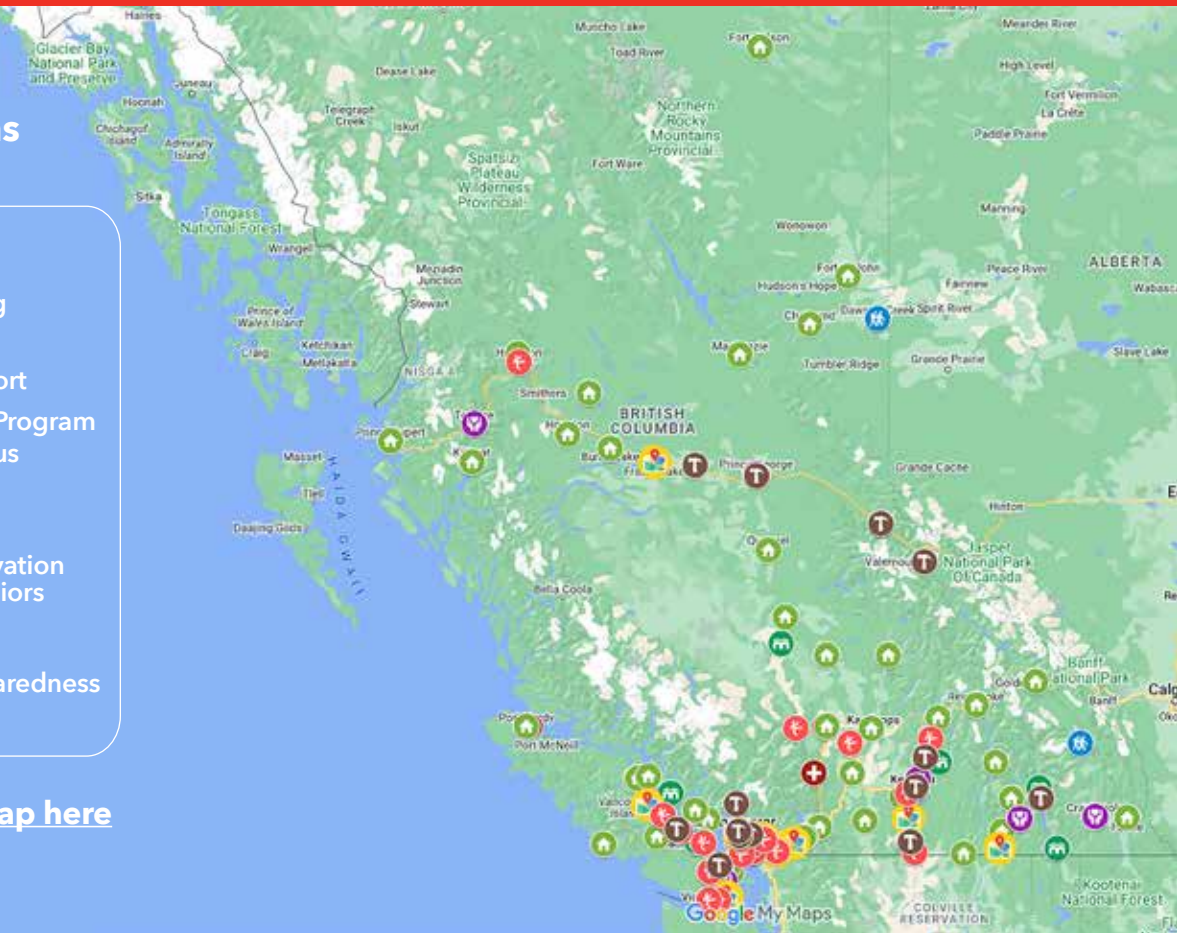
- # programs: 331
- # agencies delivering programs: 195
- # individual participants: 37,882
- # services provided: 560,704
- # volunteers engaged: 5,635
- \$ invested in community: \$22,139,605

Map of programs

Legend

- Better at Home
- Social Prescribing
- Family & Friend Caregivers Support
- Digital Learning Program - Active Aging Plus
- Navigation & Peer Support
- Therapeutic Activation Programs for Seniors
- Men's Sheds
- Emergency Preparedness & Response

[view online map here](#)





Community Grants & Programs

In 2022-23, United Way BC's Healthy Aging portfolio oversaw nine provincial community grants/programs: [Better at Home](#), [Safe Seniors](#), [Strong Communities](#), [Family & Friend Caregiver Supports](#), [Social Prescribing](#), [Therapeutic Activation Programs for Seniors \(TAPS\)](#), [Navigation and Peer Support](#), [Digital Learning Program/Active Aging Plus](#), [Men's Sheds](#) and [Emergency Preparedness and Response](#).

These initiatives support older adults in BC to stay active, connected, and engaged. The focus is primarily on

health promotion and preventive practices, while also offering seniors-centered programming and services that foster independence, social engagement, physical activity, and a sense of belonging.

In light of the pandemic restrictions being lifted, the service offerings for these initiatives have transitioned from primarily check-ins to now include in-person programming. This shift allows for more direct and interactive engagement with the older adult community, further enhancing the benefits and impact of these programs.

Better at Home

Better
at Home



United Way helping seniors remain independent.



United Way BC's Better at Home program is dedicated to assisting seniors and Elders in managing day-to-day tasks so they can maintain their independence within the comfort of their homes while remaining closely connected to their communities.

Throughout the 2022-23 period, a total of **92** Better at Home programs provided

283,027 services to **13,917** seniors residing in their respective regions. Notably, out of this cohort, **5,142** individuals were newly enrolled in the program, exemplifying its continued reach and impact in supporting seniors in need.

To get connected to Better at Home in your region, please visit www.betterathome.ca.

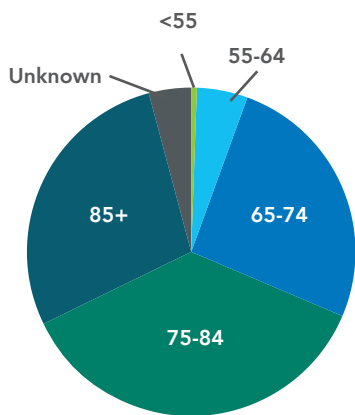
Better at Home Services 2022-23



* Other services include firewood services, garbage removal, tech support, dog walking, and others.

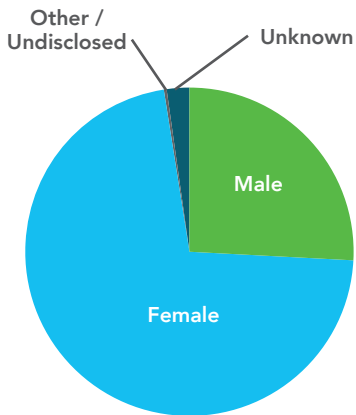
Better at Home Demographics 2022-23

BH Participants by Age



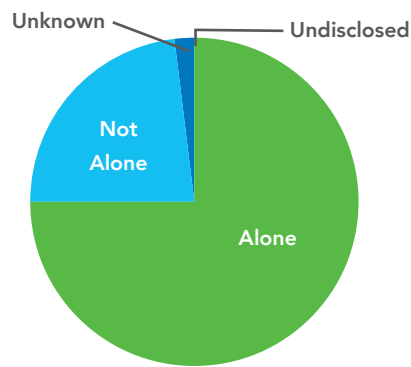
| | |
|---------------|---------------|
| <54: | 112 / 1% |
| 55-64: | 669 / 5% |
| 65-74: | 3,594 / 26% |
| 75-84: | 5,083 / 36% |
| 85+: | 3,904 / 28% |
| Unknown | 555 / 4% |
| Total: | 13,917 |

BH Participants by Gender



| | |
|-------------------------|---------------|
| Male: | 3,609 / 26% |
| Female: | 9,970 / 72% |
| Other: | 12 / 0% |
| Prefer not to disclose: | 22 / 0% |
| Unknown | 304 / 2% |
| Total: | 13,917 |

BH Participants by Living Arrangement



| | |
|--------------------|---------------|
| Living alone: | 9,121 / 66% |
| Do not live alone: | 3,604 / 26% |
| Unknown: | 1,105 / 8% |
| Undisclosed: | 87 / 0% |
| Total: | 13,917 |

During the 2022-23 period, Better at Home programs throughout British Columbia experienced greater integration with other United Way BC Healthy Aging-funded initiatives, such as Men's Sheds, TAPS, and Emergency Preparedness and Response grants.

Such collaborations yielded innovative approaches to engaging individuals who were not traditionally involved with Better at Home, including older men and other community volunteers. By bridging these gaps, these programs managed to expand their services and offer support to a more diverse pool of participants.

Agencies also identified those in need of wrap-around supports, thereby enabling seniors to embrace a more meaningful and purposeful reality while attracting a higher number of enrollees.

Many agencies took significant strides in enhancing their partnerships with municipalities, Health Authorities, Community Response Networks, and nurses, among others. By collectively addressing known challenges and risks faced by older adults, these collaborative efforts alleviated burdens on the healthcare system and reduced confusion among older adults and their families, all while effectively filling service gaps within the communities.

2022-23 Better at Home Expansions

In terms of expansion, the Better at Home program made considerable progress by establishing itself in seven new communities and extending the reach of three existing agencies across various regions of the province. These new programs were extensively promoted through various channels, such as community meetings, town halls, inter-agency relationships, newspaper advertisements, monthly newsletters, and word-of-mouth recommendations. Through these efforts, the programs successfully attracted volunteers and



contractors, recruited staff, and commenced delivering the much-needed Better at Home services in the region.

Looking ahead, the commitment to expanding Better at Home across the province remains unwavering, with plans in place for further growth in the coming year.

For a comprehensive list of communities offering Better at Home services, please visit betterathome.ca.



Read the Province of BC news release announcing additional funding for Healthy Aging programs, including Better at Home, [here](#).

2022-23 Provincial Evaluation

United Way BC's Healthy Aging undertook a 1-year summative evaluation of the Better at Home program, with a specific focus on the five-year span from 2017-18 to 2022-23. The evaluation encompassed a total of 81 programs that had successfully completed at least one year of service delivery. The primary

objective of this evaluation was to illustrate the overall impacts and successes achieved, while also identifying potential areas for program enhancement over time.

The Executive Summary is available on our website at uwbc.ca/healthy-aging.

Here. For seniors like Anne.

Anne is a storyteller. At 78-years-old, she has found meaning and connection with friends and neighbours and losing herself in a good book.

Every Monday and Thursday, she enjoys a Community Meal at the Mount Paul Community Food Centre in Kamloops—and more than just the food, she enjoys laughing, sharing, and simply being with others. Full of joy and reflection, she talks about her struggles as a child being given up by her birth mother, living as a displaced child in Germany, being shipped off to Canada, and “going through hell” for many years. Her life has been filled with many hills and valleys, but she’s full of gratitude for those special people who came into her life and made a huge difference.

She is a reason why United Way BC's Better at Home program is so important. Many seniors today want to live independently, but have challenges with things like housekeeping, yard work, and grocery shopping. Many live alone, which can lead to isolation.

For Anne, whether it's a meal with friends, a volunteer stopping by to help her with her yard, or having people that care checking in on her, United Way BC's Better at Home program makes a huge impact on her life. Aspects of growing older can be frustrating, but in true “Anne” fashion, she looks at the positive side. “I just do what I can and accept the help when it is offered.”

Watch Anne's story here



Safe Seniors, Strong Communities

The Safe Seniors, Strong Communities (SSSC) initiative, a COVID response program under Healthy Aging, continued its steady support for seniors throughout British Columbia during the pandemic. The initiative ensured barrier-free access to essential services, such as regular check-ins, prepared meal and grocery services, as well as prescription pickup and delivery. In its final year, the collaborative efforts of 30 SSSC Hub agencies and 43 neighboring Better at Home programs, along with other partners, further expanded and reinforced the network of seniors' services, thus fortifying the social safety net going forward.

Purposeful volunteer and client matching through United Way BC Helpline Services remained at the core of the initiative.

329 senior and volunteer referrals came in through Helpline Services and **73** agencies in the province continued to support those connected to SSSC, providing **138,703** services to **5,230** seniors and Elders across BC. Additionally, **1,057** volunteers charitably gave their time to provide critical supports to those that needed them most. Learn more at uwbc.ca/helpline-services.

Here. For fuller plates and hearts.

To address the evolving needs as pandemic restrictions lifted and the SSSC initiative concluded, numerous Better at Home programs transitioned their participants to Better at Home or alternative community resources. This transition necessitated funding to support various food-related purchases, service delivery, and staffing requirements. The food security targeted funds provided crucial resources to support the food security needs of older adults during this transitional period.

Agencies were strongly encouraged to collaborate with their local United Way Regional Community Food Hubs, which have played a pivotal role in addressing food security concerns. To learn more about United Way BC's Food Security Initiatives, additional information can be found at uwbc.ca/food-security.



Family & Friend Caregiver Supports

The Family & Friend Caregiver Supports program, in partnership with [Family Caregivers of BC](#), was specifically designed to provide assistance to individuals who offer unpaid care for older adults living in the community with higher needs, including chronic disease, frailty, or life-limiting conditions.

These community-based programs serve as valuable resources, offering comprehensive

information, educational materials, and additional support to help caregivers enhance their skills and foster a sense of confidence in their caregiving roles.

United Way BC's Healthy Aging network of **16** agencies delivered **23,861** services to **1,072** caregivers of older adults throughout BC in 2022-23.

Here. For caregivers like Jaswant.

Jaswant Kaur Lohat's life took an unexpected turn when her husband suffered a stroke. In the blink of an eye, she found herself thrust into the role of a primary caregiver, responsible for assisting her partner with his daily needs. It was a challenging and overwhelming situation for the Surrey, BC, resident.



In her search for guidance and support, Jaswant reached out to the DIVERSEcity Community Resources Society. They connected her with the Newcomer Family and Friend Caregiver Support Program, which is funded by the Province of BC and managed by United Way British Columbia Healthy Aging. From that moment on, Jaswant felt like she had found a lifeline.

"Ever since I registered, I've never missed a single session. The support groups, educational workshops, and 1-1 referral and information has helped me on my caregiving journey. I've gained knowledge in all aspects of ethical caregiving and self-care," she says.

Feeling a sense of social connection with other program participants, Jaswant expressed how it reminded her that she wasn't alone in this challenging journey. "A heartfelt thanks to all involved in making this program a reality."

At DIVERSEcity, the program aims to extend assistance to immigrant and refugee caregivers who face additional complexities due to language barriers, income disparities, cultural differences, social isolation, and limited social networks.

Social Prescribing

Social Prescribing represents a healthcare approach that acknowledges the profound impact of social and environmental factors on a person's well-being. This approach entails facilitating connections between older adults and non-medical services and activities within their community. Senior patients can be referred to a community-based Social Prescribing program by their primary care physician or other health practitioner. Social Prescribing Community Connectors then engage with these older adults, establishing links to a diverse array of local, non-clinical services provided by community agencies.

Social prescriptions may encompass various activities, such as participation in community groups, clubs, or classes, engaging in exercise sessions, joining walking groups, sports clubs, art classes, or music therapy, and exploring volunteer opportunities.

Social Prescribing can lead to improved mental health, a reduction in social isolation, an overall enhancement in the quality of life, and a decreased reliance on medical interventions.

There are **19** community agencies in BC that run United Way BC's Healthy Aging Social Prescribing program, and who served **1,434** seniors in 2022-23.

Here. For seniors like Bevy-Ann.



A vibrant woman named Bevy-Ann Hansen embarked on an incredible adventure of love that took her all the way from her home in Winnipeg to the sunny shores of California. It all started with a whirlwind online romance that led her to marry Walter, her soulmate.

For more than twenty years, Bevy-Ann embraced her American life with Walter until tragedy struck in January 2020. Walter lost his battle with cancer, leaving Bevy-Ann utterly devastated. With a heavy heart, she made the difficult decision to return to Canada, settling in the Fraser Valley where a friend lived.

Yet, Bevy-Ann faced numerous challenges in resettling. With no income, social network, or suitable housing to accommodate her wheelchair disability, she felt isolated and alone, grappling with her emotions.

"It was so bad that I was suicidal," Bevy-Ann bravely admits. But amidst her darkest moments, a ray of light appeared in the form of Trina, a Community Connector of the Social Prescribing program at Archway Community Services, generously funded by the Province of BC and administered by United Way BC.

A compassionate hospital social worker referred Bevy-Ann to the program after a fall. Trina later became Bevy-Ann's advocate, helping her apply for government benefits, ensuring she received Old Age Security and the Guaranteed Income Supplement. Thanks to Trina's support, Bevy-Ann's financial situation stabilized, and she felt empowered. She also received grocery deliveries through a food bank program and housekeeping services were provided through United Way BC's Better at Home program.

Through Archway and with Trina by her side, Bevy-Ann found a lifeline and an ally. *"She is the first person I come to if I am in trouble,"* she affirms.



Therapeutic Activation Program for Seniors



The Therapeutic Activation Program for Seniors (TAPS) unites older adults through group activities specifically tailored to engage the body, mind, and spirit. The structured program is designed with the purpose of providing therapeutic and captivating activities for seniors, particularly those who may be facing physical, cognitive, or emotional challenges. The overarching objective of TAPS is to elevate the quality of life, foster independence, and promote the overall well-being of seniors.

A typical TAPS session may include light exercises to invigorate the body, a shared learning opportunity facilitated through workshops or webinars, and/or a wholesome meal accompanied by enriching conversations. By cultivating a supportive and inclusive environment, TAPS empowers seniors to actively engage in activities that stimulate their minds, facilitate social interactions, and foster personal growth.

In 2022-23, there was a total of **16** local agencies providing **47,794** TAPS services to **1,416** participants in BC.

Here. For seniors like Pat.



In the midst of the COVID-19 pandemic, Pat dealt with both declining health and the heart-wrenching loss of her beloved husband. But in the face of adversity, she had the unwavering support of her caring children,

who made a decision to move her closer to them in the town of Osoyoos, BC.

Adjusting to the new environment was tough for Pat, especially without the love and companionship of her late husband by

her side. "I had a very loving marriage and sometimes I don't feel like living without my husband," she confided.

Pat was connected to the Therapeutic Activation Program for Seniors (TAPS). The program is facilitated by Desert Sun Counselling & Resource Centre, administered by United Way BC, and funded by the Province of BC.

The TAPS program had a clear purpose - to bring joy, companionship, and wellness back into the lives of isolated seniors. And that's exactly what it did for Pat. By offering a variety of activities, nutritious meals, and much-needed social interactions, it became a lifeline for her.

"I must say I am feeling better since joining this group. My son is over the moon about how good I am doing, and I am putting on weight with the good meals I get here," Pat says.

Digital Learning Program - Active Aging Plus

The aim of the Digital Learning /Active Aging Plus program is to deliver a scalable and inclusive way to help older adults get online, including integrating technology and e-activities into the daily lives of older British Columbians. In 2022-23, funded organizations implemented best practices in teaching digital literacy skills and helped integrate digital technology into the lives of older adults, while some continued to offer virtual activity classes. Agencies assisted

seniors to uncover online resources in the areas of banking, government services, health, and transit, and introduced the concept of Digital Citizenship: helping older adults to responsibly, actively, and respectfully engage in digital environments.

In 2022-23, **3,031** older adults - **1,413** of them new - participated in **37,821** activities and programs.

Here. For seniors like Peter.

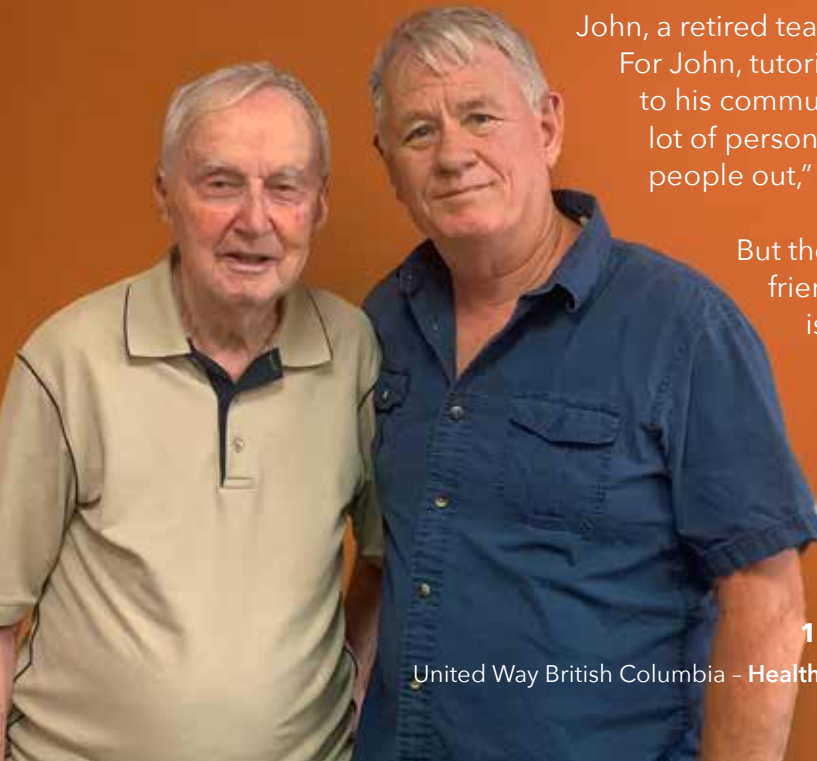
Peter is a sprightly 90-year-old who knows how to shake a leg to the rhythm of music. Dancing is his true passion. While his singing talent is reserved for the confines of his shower, he has recently picked up a new hobby—playing the keyboard. Peter, a resident of an independent living facility in Duncan, BC, has taken it upon himself to learn this musical instrument. But that's not all—thanks to the wonders of the internet and the power of YouTube, he's also mastering dance steps from the comfort of his own home.

Peter's journey into the world of art and culture has been made possible through Literacy Now Cowichan's Digital Literacy Program, generously funded by United Way BC. The program has empowered Peter to navigate the digital realm with ease. Once a novice, he can now use a computer and access the vast expanse of the internet. Peter enthusiastically shares, "Without the help of Literacy, I certainly wouldn't be in a position to handle the computer aspect or the phone aspect."

John, a retired teacher, serves as Peter's dedicated volunteer tutor. For John, tutoring is more than just a means of staying connected to his community; it brings him personal satisfaction. "I get a lot of personal benefit out of this. I get satisfaction in helping people out," John explains.

But their bond goes beyond the computer lessons. Their friendship has blossomed into something special. "It is going well beyond just helping him out with his computer," John reflects warmly.

When asked about the best thing about the digital literacy program, Peter's face lights up. He shares, "I'm feeling more hopeful. I'm definitely more hopeful."

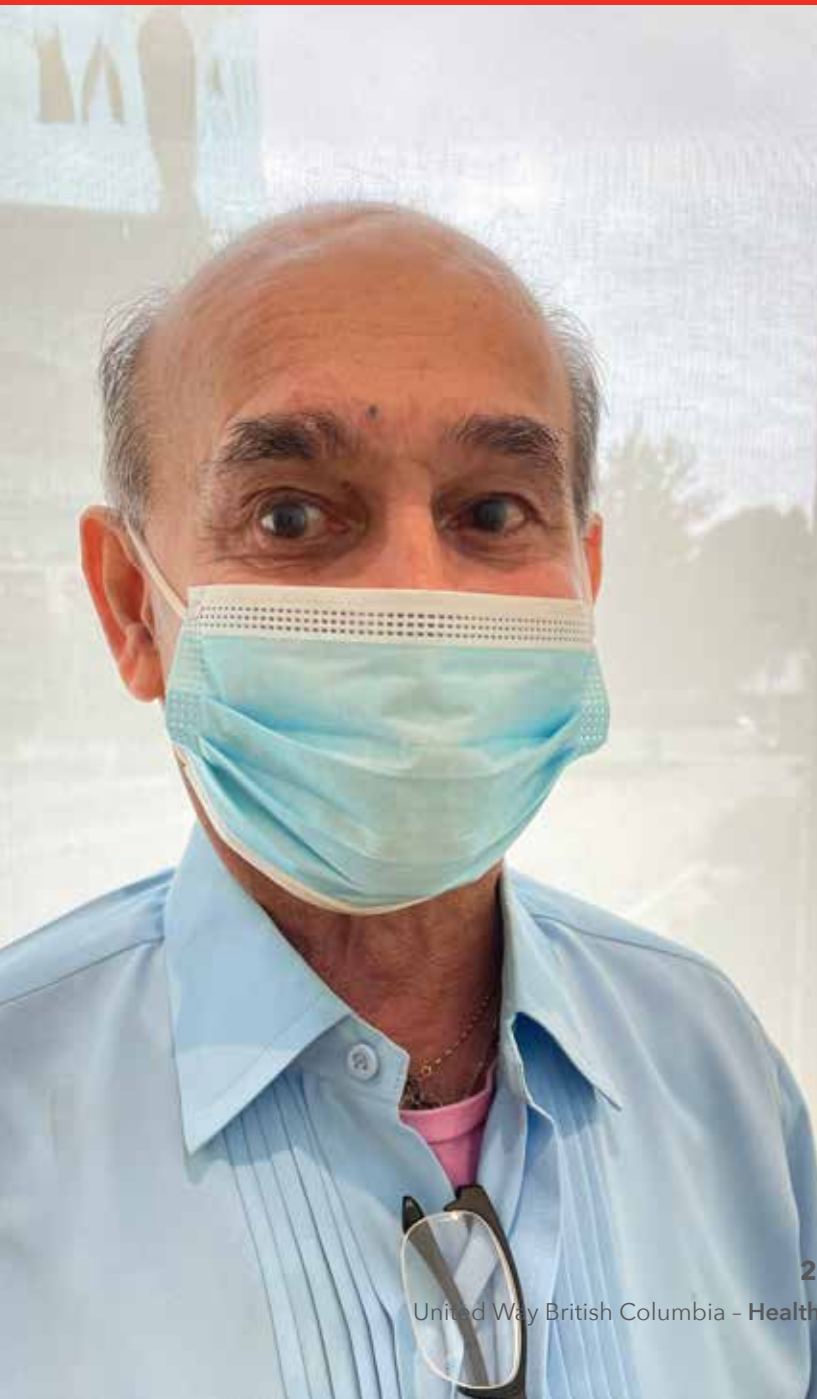


Navigation and Peer Support

The Navigation and Peer Support program helps seniors more easily navigate and locate information about government and community services. Incorporating a peer-to-peer model, volunteers and staff work closely with older adults to help them overcome multiple barriers and access supports to maintain their independence.

In 2022-23, **19,206** services, including referrals to services such as income tax assistance, financial services, housing, social supports, food services, and health and wellness programs were provided to **8,830** seniors who accessed the program.

Here. For seniors like Mr. Murji.



Mr. Murji found himself struggling with complicated government forms. Feeling a little lost, he reached out to Collingwood Neighbourhood House in Vancouver, BC, seeking help with a BC Hydro Crisis Fund application. Little did he know that he was about to receive more support than he ever imagined.

The kind staff and dedicated volunteers at Collingwood went above and beyond to assist Mr. Murji. They not only helped him with the BC Hydro application but also guided him through winning a Rent Bank subsidy, negotiating payments on a government loan, reapplying for the Shelter Aid for Elderly Renters program, and confirming his Guaranteed Income Supplement. It was all part of the Navigation and Peer Support (NPS) program, which is facilitated by community agencies like Collingwood Neighbourhood House and administered by United Way BC.

The NPS program was designed to be a lifeline for low-income older adults, offering them the support they needed to age comfortably at home.

Men's Sheds



Men's Sheds serve as invaluable havens for older men, providing them with a conducive space, meaningful activities, and an avenue for open conversation - all crucial elements in combating the social isolation that often accompanies major life changes as men age.

These community-based groups play a pivotal role in supporting the health and well-being of their members, while fostering positive engagement within the broader community through local projects and partnerships.

The Men's Shed initiative, spearheaded by United Way BC Healthy Aging, has been collaborating closely with the Men's Shed Association of B.C. to fortify and expand this transformative movement.

As a result of these joint efforts, Men's Sheds have proliferated, with over **35** establishments now thriving in both rural and urban areas throughout British Columbia. Since 2021, the initiative has been instrumental in providing start-up grants that facilitated the establishment of **16** new Sheds, while project grants have empowered **29** existing Sheds to secure or enhance their meeting spaces, acquire essential tools and supplies, and embark on various community projects or activities aimed at enhancing men's health and overall well-being.



Here. For seniors like Wayne.

Meet Wayne, a Maple Ridge local who has battled clinical depression for most of his life. But little did he know that a Men's Shed would become his unlikely remedy.

Wayne discovered the Alouette Men's Shed, a vibrant community group that has changed his life in profound ways. "Joining the shed has been a game-changer," he enthuses. "Even my wife has noticed how positively motivated I've become."

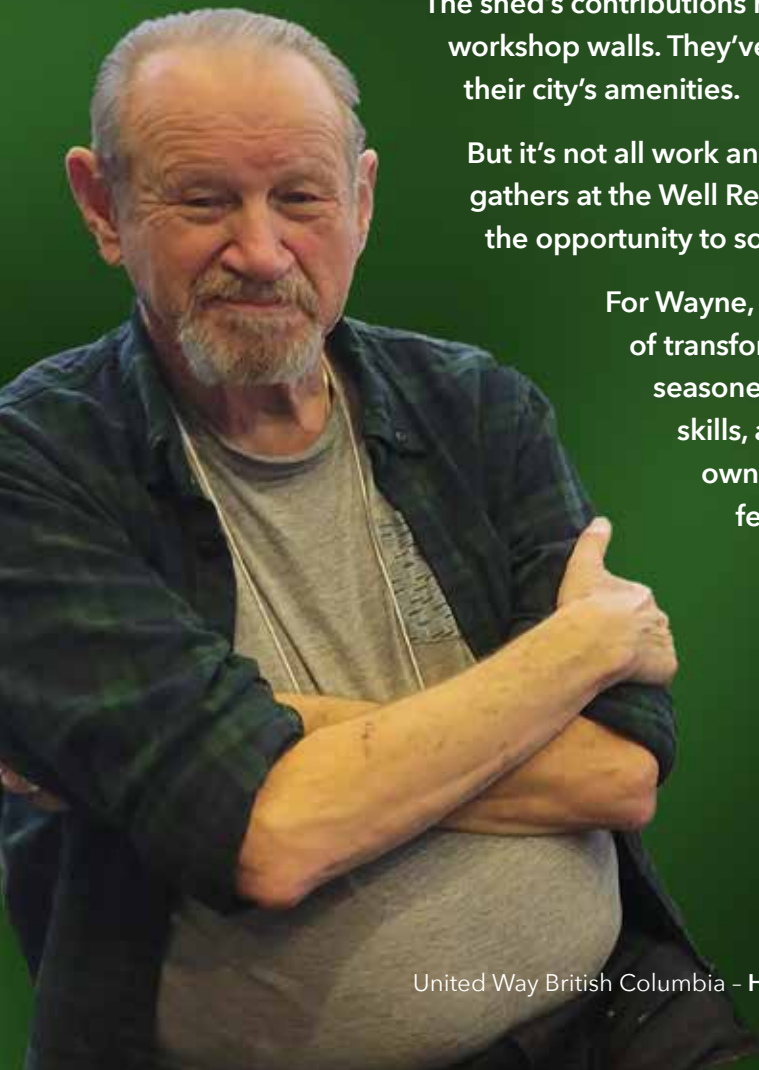
Men's Sheds are community groups where men can gather, socialize, and dive into hands-on activities, all aimed at combating the mental health challenges that stem from social isolation and loneliness. And Wayne is just one of sixty members proudly associated with the Alouette Men's Shed, a true cornerstone of their community, bound together by the belief that men should stand shoulder to shoulder and lend each other a hand.

Thanks to a community grant from United Way BC, the shed recently acquired essential health and safety equipment, along with major tools for their workshop located at a local church.

The shed's contributions have extended well beyond their workshop walls. They've taken on numerous projects to improve their city's amenities.

But it's not all work and no play at the Men's Shed. The group also gathers at the Well Restaurant in Chances Casino, where they seize the opportunity to socialize and enjoy each other's company.

For Wayne, this experience has been nothing short of transformative. It's brought him in touch with seasoned gentlemen, allowed him to acquire new skills, and given him a chance to contribute his own life wisdom to the organization. In fact, he feels the impact of the Men's Shed has been so profound that he's considering reducing his reliance on medication.



Emergency Preparedness and Response

Here. When you need us.

In August 2022, United Way BC Healthy Aging launched an open call for proposals for a one-time grant of up to \$25,000 to Community-Based Seniors' Services organizations and communities across BC for the 2022-23 year. This grant was introduced to support organizations, local governments, and First Nations communities in their efforts to plan for – and respond to – extreme weather emergencies through practical, innovative, and/or low-barrier solutions that support the health and safety of isolated and vulnerable seniors, including partnership development, mobilizing and coordinating efforts, and increasing volunteer capacity.

Organizations in the Community-Based Seniors' Services sector used funds awarded by the grant to build emergency preparedness and response programs and resources such as:

- Multilingual resources for volunteers and older adults
- Development of volunteer strategies to mobilize volunteers for wellness checks, delivery of emergency kits, etc.
- Creation and distribution of emergency kits to isolated older adults
- Emergency preparedness workshops and training

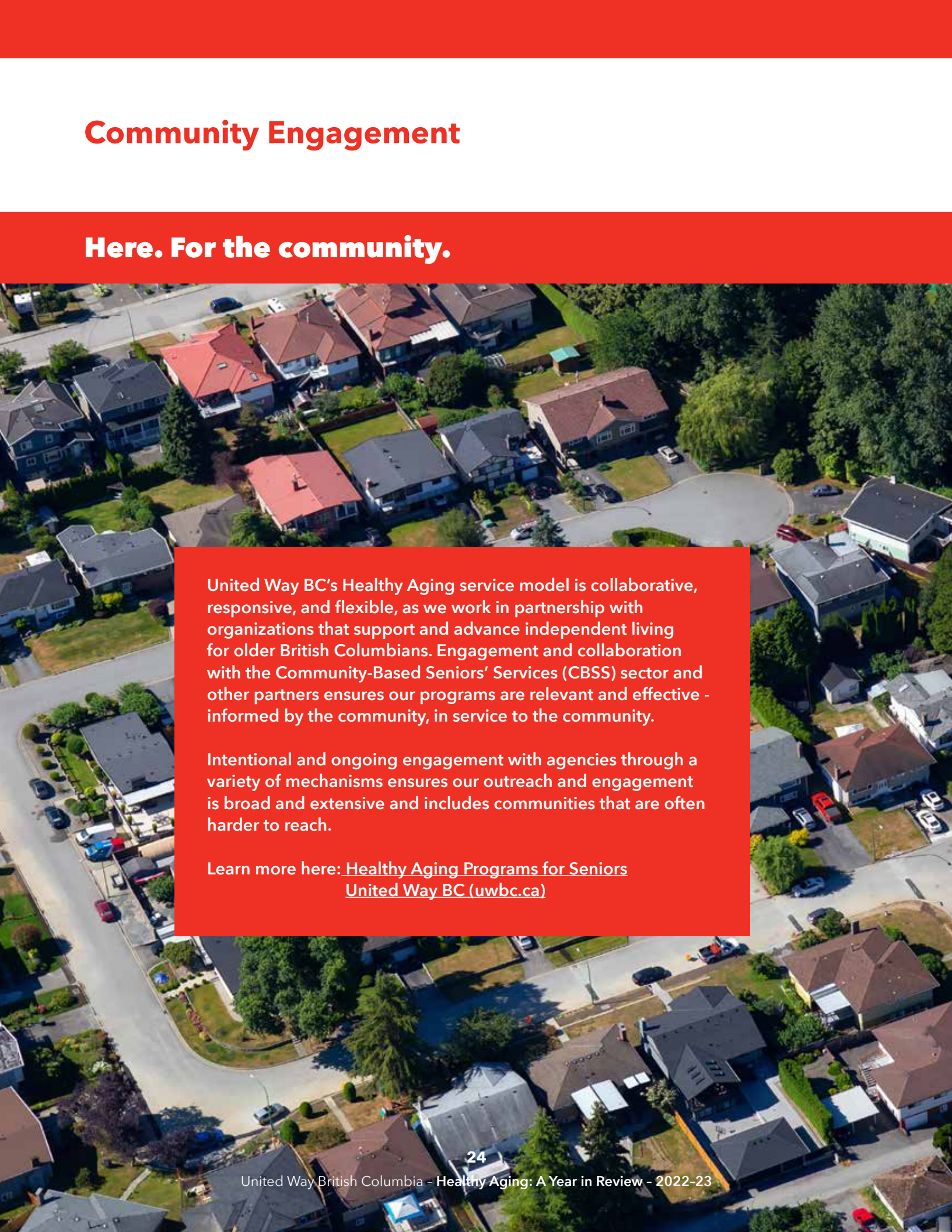
In total, the grant was awarded to approximately 60 organizations across the Northern, Interior, Island, Vancouver Coastal, and Fraser Health Authorities.

Starting in 2021, United Way BC has been working with communities and individuals impacted by the [BC wildfires](#) in their recovery efforts. Learn more about the United for BC Wildfire Recovery Fund at uwbc.ca/wildfires.



Community Engagement

Here. For the community.



United Way BC's Healthy Aging service model is collaborative, responsive, and flexible, as we work in partnership with organizations that support and advance independent living for older British Columbians. Engagement and collaboration with the Community-Based Seniors' Services (CBSS) sector and other partners ensures our programs are relevant and effective - informed by the community, in service to the community.

Intentional and ongoing engagement with agencies through a variety of mechanisms ensures our outreach and engagement is broad and extensive and includes communities that are often harder to reach.

Learn more here: [Healthy Aging Programs for Seniors](https://www.uwbc.ca/healthyaging)
[United Way BC \(uwbc.ca\)](https://www.uwbc.ca)



Community-Based Seniors' Services (CBSS) Leadership Council

The **CBSS Leadership Council** is comprised of volunteer and staff leaders from throughout BC, and includes representation and expertise from both urban and rural areas, as well as frequently underserved or under-represented communities, such as LGBTQI2S+, Indigenous, and newcomers. This consultative body informs United Way BC's community engagement and sector building strategic initiatives and advocates for the resources and support that enable the CBSS sector to meet the growing needs of BC's aging population. The Council's work also includes a focus on the identification of and remedies for systemic and emerging policy issues, and the past year has seen Council members more actively engaging with government and elected representatives on topics such as seniors' food precarity and housing matters.

See who sits on the council here: [Healthy Aging Programs for Seniors | United Way BC \(uwbc.ca\)](https://www.uwbc.ca/healthy-aging-programs-for-seniors)

Provincial Working Groups

CBSS Provincial Working Groups and Advisory Committees are actively involved in addressing priority areas identified by the CBSS Leadership Council. These priorities stem from the input gathered through Provincial Summits on Aging, Regional and Provincial Consultation feedback, and other community engagement activities. The Working Groups, which consist of representatives from the CBSS sector, are led by members of the Leadership Council who possess relevant interest and expertise in the respective topic areas.

Housing and Transportation

The Seniors Housing and Seniors Transportation Working Groups have shown significant dedication to researching and raising awareness about challenges and service gaps affecting seniors. Additionally, they have been proactive in sharing information on effective models and strategies through various means, such as webinars, presentations, Healthy Aging CORE, the biennial Summit on Aging, and Consultations.

Read an impact story about seniors' transportation alternatives here: [Empowering seniors to hang up the keys and explore alternative modes of transportation - United Way British Columbia \(uwbc.ca\)](https://www.uwbc.ca/empowering-seniors-to-hang-up-the-keys-and-explore-alternative-modes-of-transportation)

Nutritional Supports

The Nutritional Supports Working Group's activities concluded in early 2023. However, the resources it has developed remain available on CORE, including valuable webinars, toolkits, case studies, and a literature review.

Emergency Preparedness



More recently, an Advisory Committee has been established to address CBSS Emergency Preparedness and Response. This Committee's primary focus will be on enhancing existing partnerships and establishing a coordinated response among agencies and government entities. This collective effort aims to provide support to older British Columbians in the event of natural disasters and/or extreme climate emergencies.

Provincial and Regional Consultations

Provincial Consultations serve as crucial opportunities for the exchange of innovative initiatives, strategies, and practices within the CBSS network. They play a vital role in collecting valuable information and perspectives to shape priorities and planning for programs, training, resource development, and other forms of support for the sector.

During the 2022-23 period, a significant online Provincial Consultation was organized, focusing on the topic of "Volunteer Recruitment and Retention in the CBSS Sector." This session prominently featured presentations on innovative volunteer programs and practices. It actively involved CBSS staff and volunteers in various activities, such as sharing current effective strategies, tools, and resources utilized in volunteer recruitment and retention within the CBSS sector.



Participants engaged in meaningful discussions regarding the challenges and gaps that require attention. The consultation provided an explorative platform for generating ideas and opportunities to foster initiatives and activities aimed at bolstering and advancing volunteerism and volunteer management within CBSS organizations.

Numerous regional and provincial consultations are planned for 2023-24.

Project Impact Healthy Aging

Due to BC's aging population, there is a growing demand for programs and services to support older British Columbians. The collaborative efforts of United Way BC, the Province of BC, and the Community-Based Seniors' Services (CBSS) sector aim to enhance the work being

done in communities to keep seniors active, connected, and engaged.

United Way BC's developmental evaluation course, Project Impact Healthy Aging, has played a crucial role in this work. This program takes teams of 2-5 people through a program where they assess the impact their offering is having on their senior participants. The 2023 Project Impact Healthy Aging Showcase in Vancouver unveiled the impactful findings from this year's seven participating agencies, revealing the transformative effects of their programs on seniors' lives. As one senior participant expressed, "This program saved my life, I would be lost without it."



The evaluation process has armed these agencies with valuable data to improve their services and address seniors' evolving needs, including digital literacy, social engagement, and advocating for affordable housing. This endeavor empowers each organization to create a better future for seniors in British Columbia.

Read more about Project Impact Healthy Aging [here](#).

Watch highlights from the 2023 Project Impact Healthy Aging Showcase here:



Healthy Aging CORE BC



Healthy Aging CORE BC (Collaborative Online Resources and Education) is an online knowledge hub that facilitates connections among organizations supporting and promoting independent living for older British Columbians.

CORE's primary focus lies in enhancing connections and capabilities, fostering coordination and collaboration, and bridging the gap between research and practice in the CBSS sector. This is achieved by granting convenient access to carefully curated evidence-based resources, training sessions, and other opportunities for knowledge sharing, including communities of practice and interactive group activities. CORE plays a crucial role in connecting, strengthening, and expanding the CBSS network, encompassing volunteers, staff, researchers, and allied agencies working towards supporting older adults to age in place. Through the cross-promotion of relevant organizations, events, news, and resources, and highlighting effective community programs, CORE promotes effective community programs and facilitates peer learning and partnerships.

Community agencies, partners and volunteers can access CORE BC and its wealth of resources, at bc.healthyagingcore.ca

Recipe Book

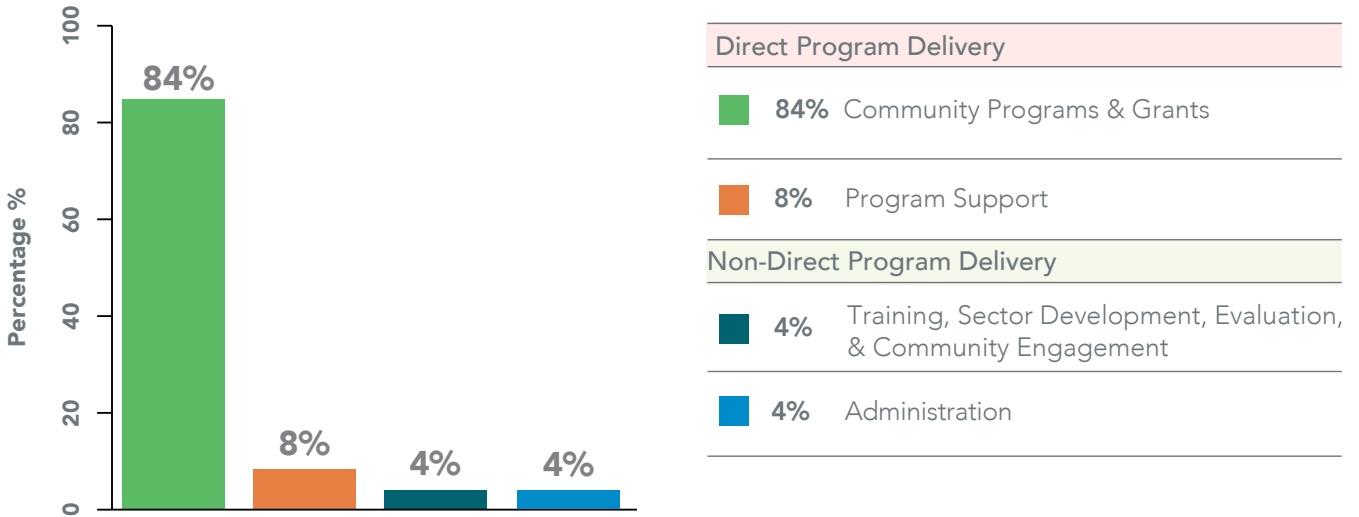


United Way BC Healthy Aging published “Recipes from the Heart,” a collection of over 50 stories and recipes from seniors, their families, and community organizations across BC. We put together this recipe book with the underlying philosophy that food brings people together. Sharing a meal reduces loneliness, gives an opportunity to share wisdom and experiences, and facilitates coming together. We are grateful to Odlum Brown Limited for their support in creating and publishing the recipe book.

[Order your copy of Recipes from the Heart here.](#)

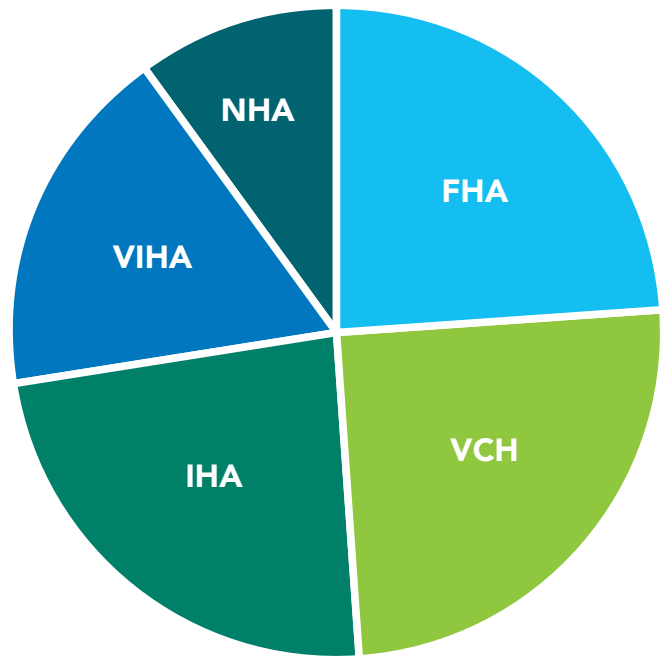
Healthy Aging Financials

2022-23 Healthy Aging Budget Expenditures



Total Community Programming by Region

| | |
|---------------------------------|--------|
| Fraser Health Authority (FHA) | 25.01% |
| Vancouver Coastal Health (VCH) | 24.03% |
| Interior Health Authority (IHA) | 23.57% |
| Island Health (VIHA) | 17.47% |
| Northern Health Authority (NHA) | 9.93% |



Totals above includes the following grant streams: Better at Home, Safe Seniors, Strong Communities, Digital Learning Program/Active Aging Plus, Social Prescribing, Therapeutic Activation Programs for Seniors (TAPS), Family & Friend Caregiver Supports, Navigation and Peer Support, Emergency Preparedness and Response, Men's Sheds, and Project Impact Healthy Aging.

2024 Provincial Summit on Aging



Here. For tomorrow.



United Way BC is thrilled to announce that the upcoming Summit on Aging will take place in the fall of 2024 at the Executive Hotel Vancouver Airport in Richmond, BC.

The biennial gathering aims to facilitate discussions and collaborations on current issues and innovations in healthy aging, not only in British Columbia but also beyond its borders.

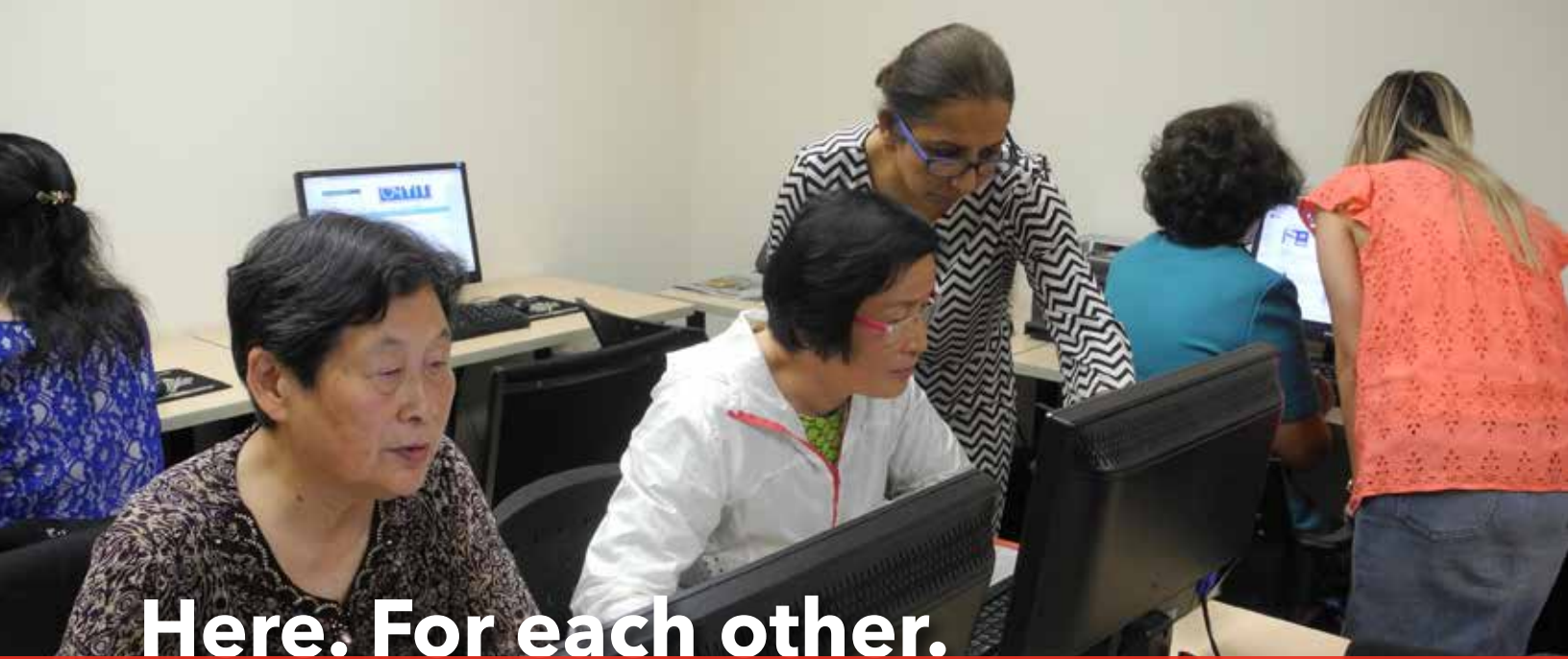
The theme for the 2022 Summit was 'Better Together,' emphasizing the significance of

collective efforts in establishing an integrated, older person-centered model of support in the province.

Over 540 CBSS sector organizations, along with older adults, family and friend caregivers, academia, and government representatives participated in the 2022 event, both in-person and online.

We look forward to continued progress and fruitful endeavors in healthy aging.





Here. For each other.

In our communities. For our communities.

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

Learn more about United Way BC Healthy Aging:
uwbc.ca/healthy-aging/

Visit Healthy Aging CORE BC to access resources, training, webinar information,
and more: bc.healthyagingcore.ca/

Sign up for the Healthy Aging CORE BC newsletter to learn about sector initiatives
and updates, new resources, and events and training opportunities:
<https://bc.healthyagingcore.ca/newsletter-learn-more>

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

Visit United Way British Columbia's website to learn more about our impact across
the province: uwbc.ca



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United Way British Columbia



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Working with communities in BC's
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