



United Way
British Columbia

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

Rural Resilience: Navigating the Network of Senior Resources in Rural BC

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Seniors in Rural BC:

In rural British Columbia, seniors face challenges due to several factors including geographic isolation, increased costs, and limited accessibility to services due to a lack of local specialized services in rural communities across BC. We must bridge the gap between the needs of the senior community in rural BC and the available resources, ensuring that every individual has the opportunity for a safe, healthy, and fulfilled life.



Financial Support:

- For information on financial supplements for BC seniors, please visit the [BC Senior's Supplement page](#).
- The [Choice In Supports for Independent Living Grant \(CSIL\)](#) is a self-directed funding option for home support resources.
- [Hope Air](#) is a Canadian organization that provides individuals with air travel and accommodation support when travelling to access a medical appointment that is more than 70 km away from home.

Safety:

- [Seniors First BC](#) provides services including the Seniors Abuse & Information Line, victim services, an elder law clinic, advance planning clinics, a legal advocacy program and public education and outreach.
- The [Seniors Abuse & Information Line \(SAIL\)](#) can be reached at 1-866-437-1940
- The [BC Association of Community Response Networks \(BCCRN\)](#)s works to stop adult abuse and neglect.



Staying Connected:

- The [Gluu Society](#) is a Canadian Nonprofit Organization that provides free learning resources for older adults in Canada who want to improve their digital skills and build confidence in using technology in daily life.
- [Telus's Mobility for Good and Internet for Good](#) programs provides Canadian seniors with subsidized wireless service as well as discounted access to the internet services needed to stay connected. Please visit their website to determine eligibility and learn more.
- Senior centres and libraries often offer activities and programs that are an excellent way to connect in-person with members of your community. Senior centres and libraries also usually have internet access and computers that are available for public use.



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The voice for rural health solutions

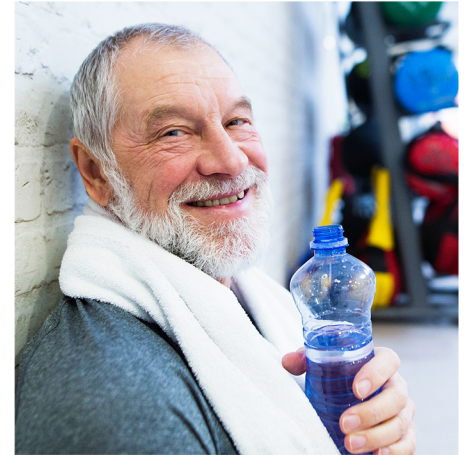
For more information, rural health news updates
and additional resources, please visit us at:

www.bcruralhealth.org



Healthy Aging:

- **Elder Connect** provides direct access to education, tools, resources and social connection opportunities.
- Local Seniors Centres and Libraries often offer a variety of programs and services that foster healthy aging and social connectedness.
- **Healthlink BC's Aging Well Website** provides information and links to further resources on community involvement and active living, early disease detection, healthy eating for aging adults, physical activity, planning for the future, and more.
- **The BC Seniors Guide** is a compilation of resources and information to assist in planning for our future and living a healthy lifestyle as we age.



Climate Change and Heat:

- HealthLink BC's Beat the Heat web page.
- BC Hydro's energy-saving tips offers information on how to keep your house cool in the summer.
- The Government of Canada's staying healthy in the heat informational resource.
- Environment and Climate Change Canada's heat warnings.
- Local cooling centres are an excellent resource for residents who are being affected by extreme heat. Cooling centres are often in public buildings in your community.
- For more information and resources regarding the current wildfires in BC, please visit our informational page here.

BC United Way's Senior Programs

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



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