

Better Lists: Community Resources in the Lower Mainland

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Disclosures

I have no conflicts of interest to declare.

Objectives

1. Review community resources for older adults directly available in the Lower Mainland
2. Discuss how to leverage available resources to provide better care

Healthy lifestyle and life expectancy with and without Alzheimer's dementia: population based cohort study

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ABSTRACT

OBJECTIVE

To determine the impact of lifestyle factors on life expectancy lived with and without Alzheimer's dementia.

DESIGN

Prospective cohort study.

SETTING

The Chicago Health and Aging Project, a population based cohort study in the United States.

PARTICIPANTS

2449 men and women aged 65 years and older.

MAIN EXPOSURE

A healthy lifestyle score was developed based on five modifiable lifestyle factors: a diet for brain health (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay—MIND diet score in upper 40% of cohort distribution), late life cognitive activities (composite score in upper 40%), moderate or vigorous physical activity (≥ 150 min/week), no smoking, and light to moderate alcohol consumption (women 1-15 g/day; men 1-30 g/day).

MAIN OUTCOME

Life expectancy with and without Alzheimer's

with the disease. Life expectancy for women aged 65 without Alzheimer's dementia and four or five healthy factors was 21.5 years (20.0 to 22.7), and for those with zero or one healthy factor it was 17.0 years (15.5 to 18.3). Men aged 65 with four or five healthy factors had a total life expectancy of 23.1 years (21.4 to 25.6), which is 5.7 years longer than men aged 65 with zero or one healthy factor (life expectancy 17.4 years, 15.8 to 20.1). Of the total life expectancy at age 65, men with four or five healthy factors spent 6.1% (1.4 years, 0.3 to 2.0) of their remaining years with Alzheimer's dementia, and those with zero or one healthy factor spent 12.0% (2.1 years, 0.2 to 3.0) with the disease. Life expectancy for men aged 65 without Alzheimer's dementia and four or five healthy factors was 21.7 years (19.7 to 24.9), and for those with zero or one healthy factor life expectancy was 15.3 years (13.4 to 19.1).

CONCLUSION

A healthy lifestyle was associated with a longer life expectancy among men and women, and they lived a larger proportion of their remaining years without Alzheimer's dementia. The life expectancy estimates might help health professionals, policy makers, and stakeholders to plan future healthcare services, costs, and needs.

Specific



Measurable



Attainable



Relevant



Time-based



Topics

1. Nutrition
2. Equipment
3. Mobility and Transportation
4. Social activities
5. Physical activity
6. Caregiver education

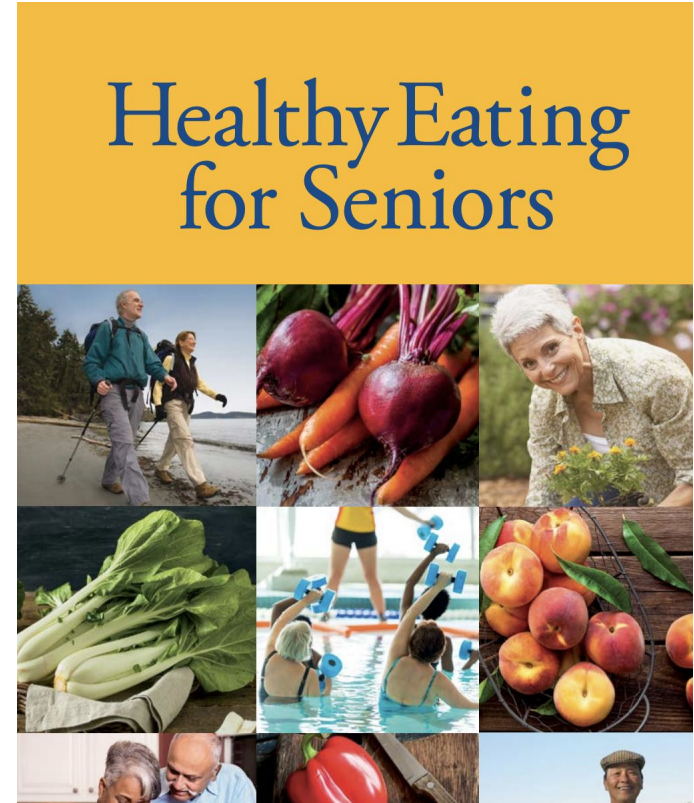
Nutrition

BC Healthy Eating for Seniors

- Available in English, French, Chinese and Punjabi as well as audiobook

Canada's Food Guide: Healthy Eating for Seniors

8-1-1 HealthLink BC Dietitians



Grocery Delivery

Save-On-Foods

SPUD

Legends Haul

Stong's

Instacart

The screenshot shows the Save-On-Foods website interface. At the top, there is a search bar with the Save-On-Foods logo on the left and a search icon on the right. To the right of the search bar, there is a dropdown menu for 'Reserve Pickup Time at Williams Lake' and a user profile section for 'Hi Guest' with a 'Sign In or Register' link. Below the search bar, there are navigation links for 'Departments', 'Deals', 'Recipes', 'Inspiration', and 'Pharmacy & Health'. On the right side of the navigation bar, there are links for 'Past Purchases', 'Favourites', and 'Cart'.

The main content area is divided into four steps, each with a numbered icon and a 'Read More' link:

- 1 EASY Peasy**: Create an account in just a few minutes. Click [here](#), then select Register to get started. [Read More](#)
- 2 that's a GOOD DEAL, WE WON'T dis-a-brie**: Go ahead and fill your cart with all your favorites from every aisle, including fresh produce, dairy, meat, and frozen... [Read More](#)
- 3 HELPING you Ketchup**: Once your order is placed, your Personal Shopper will follow your list and carefully pack your order. Prefer [Read More](#)
- 4 YOU'LL BE BERRY GLAD!**: Now all that's left to do is check out and decide how you'd like to receive your order. Select a convenient delivery time [Read More](#)

Meal Delivery

Better Meals (\$8.25/meal)

Most of BC

Includes entree, soup and dessert

Options for:

-regular

-low sodium

-minced

-diabetic



BETTER MEALS

[Home](#) [About Us](#) [Menu](#) [Testimonials](#) [Contact](#) [Account](#)



▼ **Entree**

201 Poached Cod Loin

202 Tuna Casserole

203 Grilled Salmon

204 Chicken a la King

205 Chicken Supreme

206 Chicken Cacciatore

207 Roast Turkey

209 Roast Beef

210 Meat Loaf

211 Swiss Steak

212 Bangers and Mash

▼ **Soup**

101 Beef & Barley

102 Homemade Vegetable

104 French Pea

105 Minestrone

106 Lentil Soup

107 Cream of Mushroom

108 Cream of Cauliflower

109 Chicken Noodle

110 Cream of Tomato

▼ **Dessert**

301 Rice Pudding

302 Lemon Cake

303 Peach Cobbler

304 Chocolate Cake

305 Carrot Cake

306 Strawberry Mousse

307 Butter Tart

308 Apple Crumble

309 Banana Cake

310 Tapioca Pudding

314 Banana Cream Square



Meal Delivery

Meals on Wheels (Care BC)

Western food option

Vancouver, Richmond, North Shore

Hot meals (\$8.00)

Options:

-minced

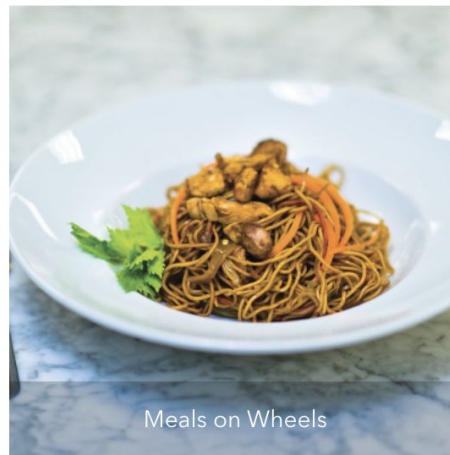
-non-red meat

-frozen (\$6.50)



Health & Home
CARE
Foundation of BC

[Learn more](#)



Meals on Wheels



Family Respite

<p>Week 1: (on these dates) Mar 14-Mar 18 Apr 11-Apr 15 May 9-May 13 Jun 6-Jun 10 Jul 4-Jul 8 Aug 1-Aug 5</p>	<p><u>Mondays</u> <i>Cream of Vegetable</i> Chicken Teriyaki Mixed Rice & Peas Vegetables Cookie</p>	<p><u>Tuesdays</u> <i>Carrot Soup</i> Barbeque Meatloaf Pasta Vegetables Macaroon Bite</p>	<p><u>Wednesdays</u> <i>Cream of Tomato</i> Perogies and Turkey Sausages Sauerkraut Fresh Orange</p>	<p><u>Thursdays</u> <i>Seafood Chowder</i> Battered Fish Rice Vegetables Brownie</p>	<p>B I</p>
<p>Week 2: (on these dates) Mar 21-Mar 25 Apr 18-Apr 22 May 16-May 20 Jun 13-Jun 17 Jul 11-Jul 15 Aug 8-Aug 12</p>	<p><u>Mondays</u> <i>Cream of Cauliflower</i> Mediterranean Chicken Mashed Potatoes Vegetables Banana</p>	<p><u>Tuesdays</u> <i>Vegetable Barley Soup</i> Salisbury Steak Fried Potatoes Vegetables Oatmeal Raisin Cookie</p>	<p><u>Wednesdays</u> <i>Chicken Vegetable</i> <i>Soup</i> Butter Chicken Fried Rice Vegetables Cheesecake</p>	<p><u>Thursdays</u> <i>Roasted Tomato Soup</i> Poached Fish Basmati Rice with Mushrooms Vegetables Cinnamon Crunchie</p>	<p>S</p>
<p>Week 3: (on these dates) Feb 28-Mar 4 Mar 28-Apr 1 Apr 25-Apr 29</p>	<p><u>Mondays</u> <i>Minestrone</i> Roast Chicken Mashed Potatoes Vegetables</p>	<p><u>Tuesdays</u> <i>Split Pea Soup</i> Cabbage Rolls Vegetables Apple</p>	<p><u>Wednesdays</u> <i>Cream of Broccoli</i> BBQ Chicken Mixed Rice and Peas Vegetables</p>	<p><u>Thursdays</u> <i>Clam Chowder</i> Salmon Patty Pasta Vegetables</p>	<p>I</p>

Meal Delivery

Meals on Wheels (Care BC)

Chinese food option

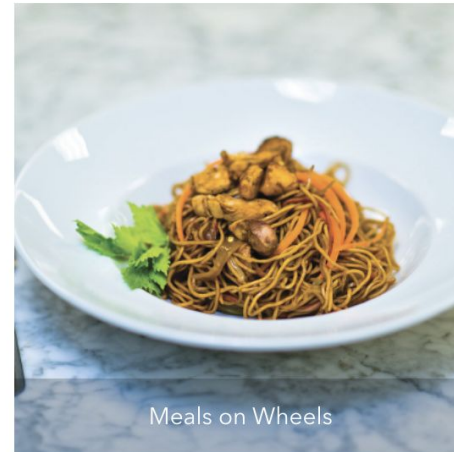
Vancouver, Richmond

Hot meals (\$9.00)



Health & Home
CARE
Foundation of BC

Learn more



Meals on Wheels



Family Respite

<p>Week 1: (on these dates) Apr 11-Apr 15 May 9-May 13 Jun 6-Jun 10 Jul 4-Jul 8 Aug 1-Aug 5 Aug 29-Sep 2</p>	<p><u>Mondays</u> Chicken Feet, Peanut and Mei Dou Soup Steamed Fish with Preserved Vegetables Seasonal Vegetables</p>	<p><u>Tuesdays</u> Chinese Herbal Soup Braised Chicken Drumsticks with Italian Seasoning Seasonal Vegetables</p>	<p><u>Wednesdays</u> Dried Bok Choy Soup Braised Diced Fish with Sweet Corn Sauce Seasonal Vegetables</p>	<p><u>Thursdays</u> Mushroom, Cordyceps Flowers and Pork Shank Soup Grilled Pork Chop in Japanese style Seasonal Vegetables</p>	<p><u>Fridays</u> Dried Pork Braised Pork Korean</p>
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<p>Week 2: (on these dates) Apr 18-Apr 22 May 16-May 20 Jun 13-Jun 17 Jul 11-Jul 15 Aug 8-Aug 12 Sep 5-Sep 9</p>	<p><u>Mondays</u> Black Bean and Chicken Soup Baked Chicken Drumsticks with Five Spice Powder Seasonal Vegetables</p>	<p><u>Tuesdays</u> Papaya, Peanut and White Fungus Soup Braised Fish with Onion and Tomato Sauce Seasonal Vegetables</p>	<p><u>Wednesdays</u> Watercress Soup Grilled Chicken in Korean Style Seasonal vegetables</p>	<p><u>Thursdays</u> Mushroom and Chicken Feet Soup Braised Diced Pork & Tofu with Preserved Vegetables Seasonal Vegetables</p>	<p><u>Fridays</u> S an S Se</p>
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<p>Week 3: (on these dates)</p>	<p><u>Mondays</u> Chinese Herbal and</p>	<p><u>Tuesdays</u> Black Bean and Pork</p>	<p><u>Wednesdays</u> Pumpkin and Pork Rib</p>	<p><u>Thursdays</u> Sweet Corn and Pork</p>	<p><u>Fridays</u> Co</p>
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Meal Delivery

Meals on Wheels (Burnaby MOW)

Includes entree, soup and dessert

Options:

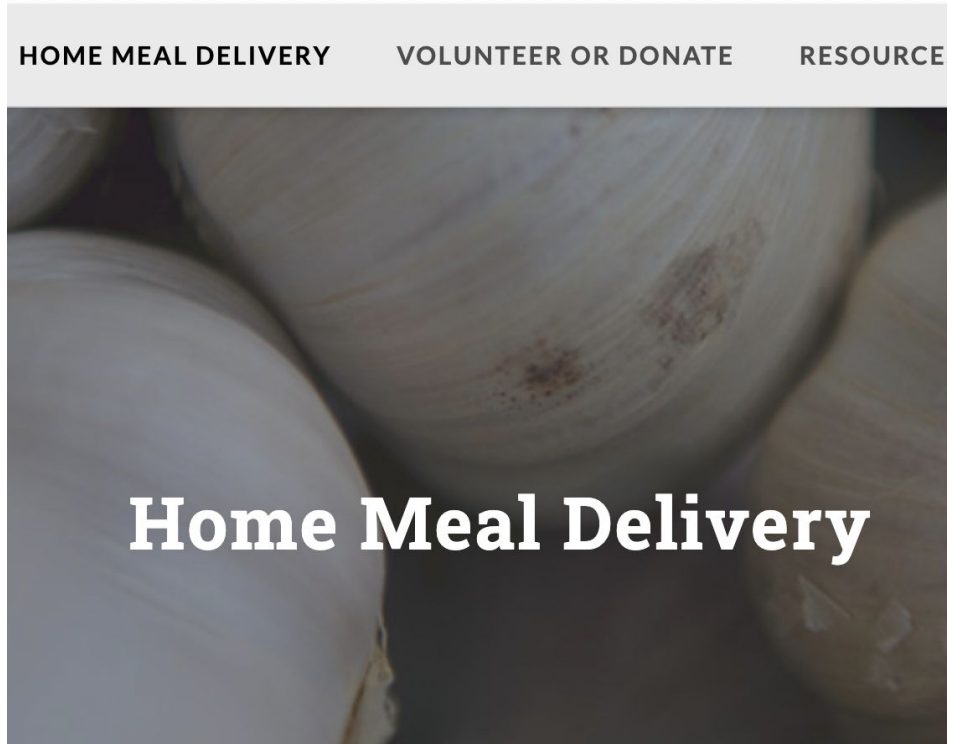
Western hot meal (\$9.00)

Vegetarian meal (\$9.00)

Frozen breakfast (\$8.00)

Bag lunch (\$5.50)

Chinese hot meal (\$9.75)



WEEK 1	MONDAY	WEDNESDAY	FRIDAY
Western Hot	<i>Cream of Vegetable Soup</i> Chicken Teriyaki Rice Vegetables <i>Cookie</i>	<i>Cream of Tomato Soup</i> BBQ Beef Meatloaf Pasta Vegetables <i>Fresh Orange</i>	<i>Corn Chowder</i> Boneless BBQ Pork Ribs Mashed Potatoes Vegetables <i>Date Square</i>
Vegetarian	<i>Cream of Vegetable Soup</i> Three Cheese Tortellini Vegetables <i>Cookie</i>	<i>Cream of Tomato Soup</i> Battered fish Rice Vegetables <i>Fresh Orange</i>	<i>Corn Chowder</i> Pasta Marinara Vegetables <i>Date Square</i>
Frozen	Alberta Roast Beef Potatoes Vegetables	Chicken Cacciatore Roast Potatoes Vegetables	Butter Chicken Steamed Rice Vegetables
WEEK 2	MONDAY	WEDNESDAY	FRIDAY
Western Hot	<i>Cream of Cauliflower</i> Mediterranean Chicken Mashed Potatoes Vegetables <i>Banana</i>	<i>Chicken Vegetable Soup</i> Salisbury Steak Fried Potatoes Vegetables <i>Chocolate Mousse</i>	<i>Vegetable Soup</i> Spaghetti & Meatballs Vegetables <i>Apple Crumble</i>
Vegetarian	<i>Cream of Cauliflower</i> Quiche Florentine Vegetables <i>Banana</i>	<i>Chicken Vegetable Soup</i> Salmon Patty Rice Vegetables <i>Chocolate Mousse</i>	<i>Vegetable Soup</i> Curried Vegetable Stew Fried Rice <i>Apple Crumble</i>
Frozen	Alberta Beef Stew Roast Potatoes Vegetables	Chicken Chow Mein Fried Rice Vegetables	Roast Turkey Mashed Potatoes Vegetables

	Monday	Wednesday	Friday
Week 1	<ul style="list-style-type: none"> • Chicken Feet, Peanut and Mei Dou Soup <ul style="list-style-type: none"> • Steamed Fish with Preserved Vegetables 	<ul style="list-style-type: none"> • Dried Bak Choy Soup <ul style="list-style-type: none"> • Braised Diced Fish with Sweet Corn Sauce • Mixed Vegetables 	<ul style="list-style-type: none"> • Dried Octopus and Fuzzy Melon Soup • Braised Chicken and Potato with Portuguese Sauce <ul style="list-style-type: none"> • Mixed Vegetables
Week 2	<ul style="list-style-type: none"> • Black Bean and Chicken Soup • Baked Chicken Drumsticks with Five Spice Powder • Seasonal Vegetables 	<ul style="list-style-type: none"> • Watercress Soup • Grilled Chicken in Korean Style <ul style="list-style-type: none"> • Seasonal vegetables 	<ul style="list-style-type: none"> • Sweet Corn, Carrot and Pork Shank Soup • Steamed Egg with Seafood <ul style="list-style-type: none"> • Seasonal vegetables
Week 3	<ul style="list-style-type: none"> • Chinese Herbal and Chicken Soup <ul style="list-style-type: none"> • Steamed Fish and Tofu with Ginger and Green Onion • Seasonal Vegetables 	<ul style="list-style-type: none"> • Pumpkin and Pork Rib Soup • Steamed Three Colored Egg with Minced Pork and Tofu <ul style="list-style-type: none"> • Seasonal Vegetables 	<ul style="list-style-type: none"> • Coconut and Chicken Soup • Braised Seafood and Tofu with Satay Sauce <ul style="list-style-type: none"> • Seasonal Vegetables
Week 4	<ul style="list-style-type: none"> • Red Kidney and Pork Shank Soup <ul style="list-style-type: none"> • Braised Chicken Drumettes with Onion • Seasonal Vegetables 	<ul style="list-style-type: none"> • Carrot, Green Turnip and Pork Shank Soup • Braised Seafood and Vermicelli with Satay Sauce <ul style="list-style-type: none"> • Seasonal Vegetables 	<ul style="list-style-type: none"> • Chinese Herbal and Pork Shank Soup • Braised Minced Pork & Tofu with Salted Fish <ul style="list-style-type: none"> • Seasonal Vegetables

Equipment

Canadian Red Cross - Health Equipment Loan Program

- Application through the Health Authority

- Wheelchairs
- Bathing aids
- Toileting aids
- Cushions
- Floor to ceiling poles
- Walkers
- Hospital beds
- Patient lifts
- Pressure relief air overlay/sections.



**Canadian
Red Cross**

Equipment

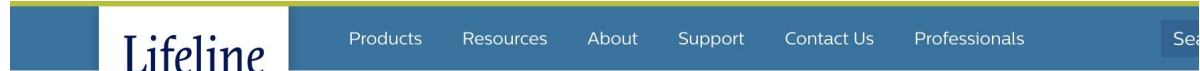
Accessibility and Mobility Aids

- HME Home Health
- Macdonald's Home Health Care
- National Seating and Mobility

Equipment

Lifeline

- Pendant/wristband options
- Waterproof
- +Automatic fall detection
- +GPS
- \$30-45/month



HomeSafe

Our most affordable system. Get access to help 24/7 at the push of a button.

- ✓ Use at home
- ✓ Pendant or wristband
- ✓ Two-way voice



HomeSafe with AutoAlert

Can automatically call for help if it detects a fall.

- ✓ Use at home
- ✓ Pendant
- ✓ Automatic Fall Detection



GoSafe

Mobile medical alert system with GPS gives you freedom to be safe while on the go.

- ✓ Use away or at home
- ✓ Automatic Fall Detection
- ✓ 6 Locating technologies

Equipment

Telus LivingWell

- Automatic fall detection
- Water resistant
- GPS
- Cellular
- \$35-60/month

Save 40%



LivingWell Companion™ Go

On the go

Get connected to help instantly, with automatic fall detection ² and built-in GPS. ⁵ Until May 31, save 40% on a 1 year term. ⁶

Learn more



LivingWell Companion™ Home

In the home

Enjoy peace of mind knowing that you or your loved ones are safe at home. With access to help 24/7, independent living is made comfortable and secure.

Learn more

Transportation

Public Transit

HandyDART: door to door transit service for those who cannot access conventional public transit

HandyCard: concession fare prices for those with physical or cognitive impairment; an attendant can travel free

Taxi Saver: HandyCard holders can purchase half priced coupons for participating taxis



Transportation

Parking Permit Program for Persons with Disabilities



Better at Home

- Friendly visiting
- Transportation
- Light yard work
- Minor home repairs
- Light housekeeping
- Grocery shopping
- Snow shoveling



United Way helping seniors remain independent.

Vancouver - Kitsilano: Kitsilano Neighbourhood House

Kitsilano Neighbourhood House, 2305 W 7th Ave, Vancouver, BC V6K 1Y4, Canada



Primary Contact: Margarita Chapman - Program Coordinator

Phone: 604.736.3588 ext. 131

Email: margaritac@kitshouse.org

Web: www.kitshouse.org/better-at-home/

Services: • Friendly Visiting • Transportation • Light Housekeeping • Grocery Shopping

Vancouver - Mount Pleasant: Mount Pleasant Neighbourhood House

Mount Pleasant Neighbourhood House 800 East Broadway Vancouver, BC V5T 1Y1



Primary Contact: Vicky Li - Program Coordinator

Phone: 604.879.8208 ext 104

Email: vli@mpnh.org

Web: www.mpnh.org/our-programs/older-adults-seniors/better-at-home/

Services: • Light Housekeeping • Friendly Visiting • Medical Appointment Transportation • Group Activities

Social Activities

Recreation programs and centres for seniors at community centres and neighbourhood houses:

- Bridge
- Mah Jong
- Karaoke Drop-In
- Pancake Brunch
- Billiards
- Cribbage
- Art
- Movie Screenings
- Texas Holdem Poker
- Chess
- Craft Class
- MS Support Groups
- Lunch Groups
- Knitting

***Seniors Activities - *Sunset Community Centre** ⓘ
 May 8 - 14 2022

< today >

	Sun 8	Mon 9	Tue 10	Wed 11	Thu 12	Fri 13	Sat 14
All Day							
6 AM							
7 AM							
8 AM							
9 AM			9am Chinese Dancing with Ivy - All		9:05am Chinese Dancing with Ivy - All		9:15am Chinese Dancing with Ivy - All
10 AM						10am Tai Chi with Amy	
11 AM						11:05am Tai Chi with Amy	
12 PM		12pm Karaoke Drop-In (Mon)	12pm Karaoke Drop-In (Tue)	12pm 3 activities available	12pm Karaoke Drop-In (Thu)		
1 PM						1:15pm Senior Social Dance	
2 PM							
3 PM							
4 PM							3:15pm Senior Social Dance (SAT)
5 PM							

*Seniors Activities - *Thunderbird Community Centre

May 8 - 14 2022

< today >

	Sun 8	Mon 9	Tue 10	Wed 11	Thu 12	Fri 13	Sat 14
All Day							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM			12pm Social, Lunch and Games				
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							

Social Activities

Immigrant specific organizations:

- S.U.C.C.E.S.S.
- MOSAIC

Social Activities

North Shore Elder College

- Zoom courses
- Outdoor learning



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A close-up photograph of a brown dog's face. The dog is wearing a black graduation cap with a red tassel and black-rimmed glasses. The dog's eyes are looking directly at the camera.

Courses & Registration

Social Activities

Arts and Health - City of
Vancouver

- Professional artists
- Weekly workshops
between October and
June

ARTS  **HEALTH**

Healthy Aging Through the Arts

Social Activities

Minds in Motion - Alzheimer's Society

- Online or in person
- 30 mins of fitness and 45 mins of social programs
- With care partner
- Weekly meetings



Minds *in* Motion.

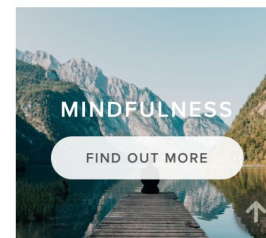
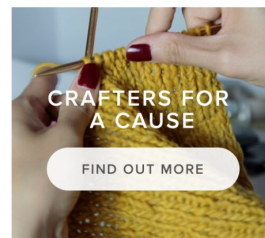
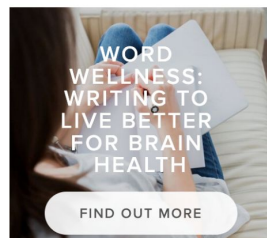
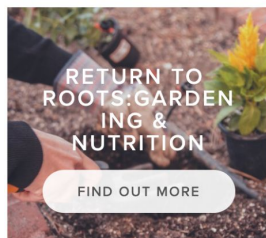
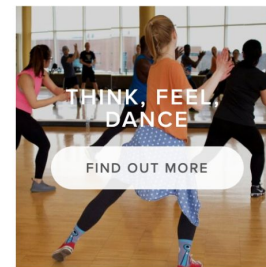
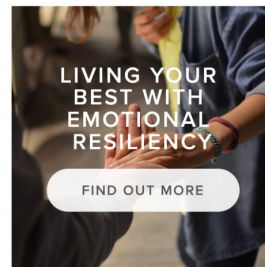
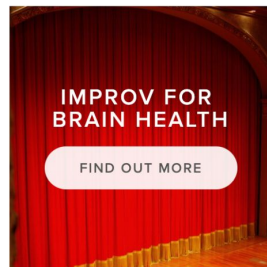
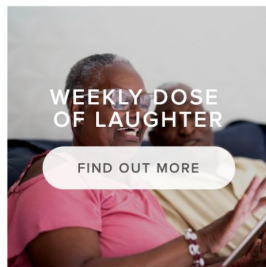
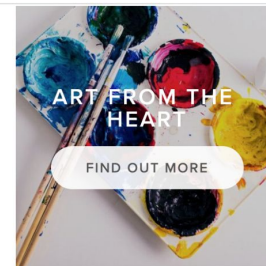
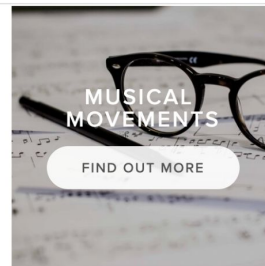
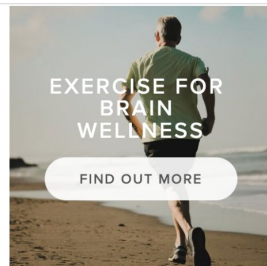
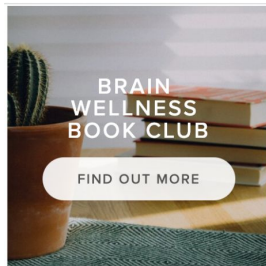
The logo features a stylized yellow figure with arms raised, positioned above the word 'in' in the text 'Minds in Motion'.

BC Brain Wellness Program

UBC, Djavad
Mowafaghian Centre for
Brain Health

Funded by donors

Self-referral



Physical Activity

Seniors' Community Parks

- Free outdoor exercise equipment
- Flexibility
- Coordination
- Balance



Lower Mainland

- [Abbotsford](#): Mill Lake Park (Equipment: HealthbeatTM)
- [Burnaby](#): 3523 Cameron Street - Cameron Recreation Centre (Equipment: HealthbeatTM)
- [North Vancouver](#): North end of Parkgate Avenue west of Mt. Seymour Road (Equipment: HealthbeatTM)
- [Richmond](#): Hugh Boyd Park (Equipment: HealthbeatTM)
- [Surrey](#): Adjacent to Fleetwood Community Centre - North of 83rd Ave. & West of 160th St. (Equipment: HealthbeatTM)
- [Tsawwassen](#): 5027 11A Avenue - Lions Wellness Park (Equipment: HealthbeatTM)
- [Vancouver](#): 6210 Tisdall Street - Tisdall at 49th (Equipment: HealthbeatTM)

Physical Activity

Move for Life DVD

Activity	Walkabout 1	Walkabout 2	Walkabout 3
WARM-UP	Do all WARM-UP Activities 5 or 10 times		
5 Minute Warm-up	●	●	●
Open and Close Fingers and Wrists	●	●	●
Arm Swings	●	●	●
Step Sideways		●	●
Shoulder Roll		●	●
Pick-Up Knees			●
Rear Kick			●
Toes and Heels			●
CARDIOVASCULAR	15 minute Brisk Walk	20 minute Brisk Walk	30 minute Brisk Walk
Cool Down	●	●	●
STRENGTH	Do all STRENGTH Activities 5 times, then REPEAT		
Shoulder Blade Squeeze	●	●	●
Squat	●	●	●
Arm Press (Tricep Press)	●	●	●
Tap Back		●	●
Forward Arm Raises		●	●
Side Leg Lifts			●
Push-Ups			●
Arm Curl (Bicep Curl)			●
Heel Toe Rock			●
STRETCH	Do all STRETCH Activities 2 to 3 times, hold for 10 to 20 seconds		
Forward and Side Arm Raises	●	●	●
Chest Stretch	●	●	●
Calf Stretch	●	●	●
Hamstring Stretch	●	●	●
Hip and Thigh Stretch		●	●
Ankle Rotation			●



Remember, Every Move is a Good Move!

Each Walkabout is based on a walk that includes warm-up, cardio-vascular, cooldown, strength and stretching components.

There are three Walkabouts:

- Walkabout 1 is basic, providing a full body, physical activity routine.
- Walkabout 2 includes additional activities and complexity.
- Walkabout 3 builds on the first two and includes more activities.

→ Gradually increase the number of times you go for a Walkabout each week

→ Try and do five repetitions of each activity and if you're feeling strong, repeat them again

→ When you are feeling strong and ready, try the next Walkabout level.

If you are not active, or have a medical condition, consult with your doctor to confirm these activities are right for you. See your doctor regularly to monitor medical conditions and any increase in your activity level.

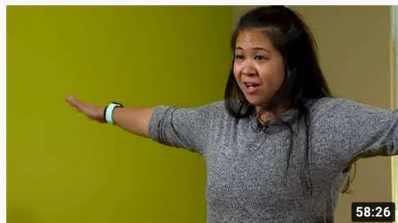


ActNowBC



Physical Activity

SAIL Exercises



SAIL (Stay Active and Independent for Life) Fall Prevention Exercise – Course #1

3.5K views · 1 year ago



Fairfax County Government

Join recreation therapists Anita Chinyavong and Sarah Sprague for a fun, invigorating workout designed to help prevent falls.

CC



SAIL Exercise Class

2.1K views · 2 years ago



Active Aging Programs, Catholic Charities So. MN

Live-stream class recording.



SAIL (Stay Active and Independent for Life) Fall Prevention Exercise – Course #2

2.3K views · 1 year ago



Fairfax County Government

Join recreation therapists Sarah Sprague and Anita Chinyavong for a fun, invigorating workout designed to help prevent falls.

CC

Physical Activity

Choose to Move

- Free
- Activity coach
- Group and individual

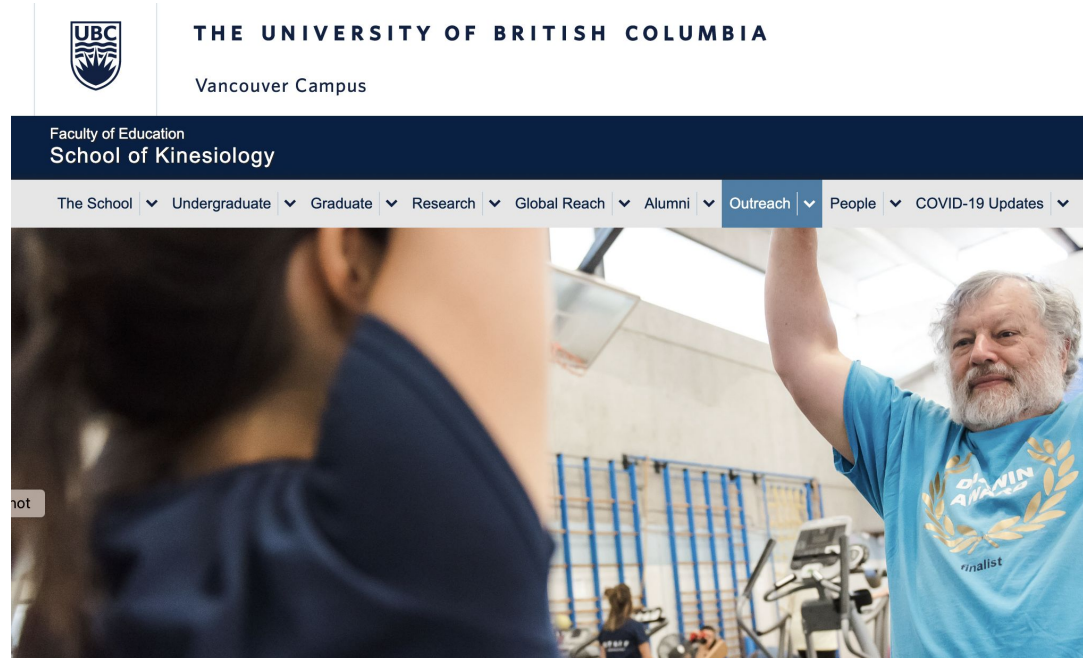
The logo for "Choose to Move" features the word "Choose" in a large, blue, sans-serif font. Below it, the word "to" is in a smaller, black, lowercase sans-serif font, and the word "Move" is in a large, black, bold, sans-serif font. The entire logo is set against a light gray background.

Choose
to Move

Physical Activity

UBC BodyWorks

- Changing Aging
- Modified Changing Aging
- Intensity, strength and balance
- Partnerships with community centers



Physical Activity

Senior specific fitness classes at community centres:

- Chinese Yuan Ji Dance
- Tai Chi
- Parkinson's exercise groups
- Zumba
- Breathing Exercise Classes
- Badminton
- Yoga
- Strength and Balance
- Table Tennis
- Walking Groups
- Osteofit Classes
- Ballroom Dancing
- Line Dancing
- Luk Tung Kuen

Caregiver Resources

BC Caregiver Support Line

1-877-520-3267, 8:30 am – 4:00 pm Monday, Wednesday, Friday and 8:30 am – 7:00 pm Tuesday and Thursday

- Information and referral to resources,
- Healthcare navigation
- Emotional support
- Access to support groups



Caregiver Resources

Virtual Caregiver Support Groups

- Twice monthly
- For people to share their experiences of caring for a family member or friend

CAREGIVERS CONNECT:

BC'S VIRTUAL CAREGIVER SUPPORT GROUP

2nd and 4th Thursday of every month | 2-3:30 PM PT



Caregiver Resources

Caregiver Coaching Program

- Free sessions that are 1:1
- Provides recommendations and tips to help generate an action plan and how to navigate health care system
- Follow-up calls/emails



Caregiver Resources

Caregiver Connection

- Free quarterly newsletter published by the Family Caregivers of BC
- Interesting and information articles related to caregiving

CAREGIVER CONNECTION



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Who's Who in the Hospital Zoo

By Connie Jorsvik, owner of Patient Pathways

When you or a loved one is seriously ill or injured, you will find yourself pushed into the deep end of the healthcare system. Knowing who's who in the zoo and what their role is can help you to survive and thrive.

As quickly as possible, find out who the key healthcare professionals are on the hospital unit where your loved one is receiving care.

Find out who the nurse is running the unit on a day-to-day basis. Their name is different in just about every hospital and every unit (examples: charge nurse, patient-care coordinator, nurse manager, head nurse). This nurse is usually there for several shifts in a row and has

Continued on page 2

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- Who's Who in the Hospital Zoo
- FCBC Thanks Volunteers
- Caregiver Self Assessment
- Dear Caregiver Support Line
- You Can Count on Hope
- Emotions in Caregiving
- The Power of Choice

Family Caregivers of BC is a registered non-profit dedicated 100% to supporting family caregivers.

BC Caregiver Support Line
1-877-520-3267
familycaregiversbc.ca

Caregiver Resources

First Link - Alzheimer's Society

- Helpline
- Education
- Support groups

The image shows a teal-colored rectangular graphic with white and dark blue text. At the top, the words "Alzheimer Society" are written in a white, elegant serif font. Below this, the question "Are you affected by Alzheimer's disease or dementia?" is written in a dark blue, sans-serif font. The main title "First Link" is prominently displayed in a large, bold, dark blue sans-serif font, with a registered trademark symbol (®) to its upper right. Underneath, the tagline "Your first step to living well with dementia" is written in a smaller, dark blue sans-serif font. At the bottom, the "First Link" logo is shown, consisting of three overlapping circles in shades of purple and blue, with a small dark blue flower-like icon in the center. To the right of the logo, the words "Premier lien" are written in a white, italicized serif font, with a registered trademark symbol (®) to its upper right.

Alzheimer Society

Are you affected by
Alzheimer's disease or dementia?

First Link[®]

Your first step to living
well with dementia

First Link[®] Premier lien[®]

Caregiver Resources

PHC Dementia Caregiver Resilience Clinic

- Group and individual sessions
- SW, OT, geri psych



How you want to be treated.

**DEMENTIA CAREGIVER RESILIENCE
CLINIC**

Summary

Resources are best used when individualized and specifically prescribed.

A combination of resources are needed to maximize effect.

Current limitations to equal access include:

- geographic
- financial
- technological

Summary

Nutrition

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/healthy-eating/healthy-eating-for-seniors-handbook>

<https://food-guide.canada.ca/en/tips-for-healthy-eating/seniors/>

<https://www.bettermeals.ca/>

<https://www.carebc.ca/western-mow-vancouverrichmond.html>

<https://www.carebc.ca/chinese-mow-vancouverrichmond.html>

<http://burnabymeals.ca/services/>

Equipment

<https://www.redcross.ca/how-we-help/community-health-services-in-canada/bc-health-equipment-loan-program>

<https://www.hmebc.com/hme-accessibility/>

<https://macdonaldshhc.com/category/products/mobility-aids/>

<https://www.nsm-seating.ca/locations#3>

<https://www.lifeline.ca/en/>

https://www.telus.com/en/personal-health/livingwell-companion/go?intcmp=tcom_lwc_cta_ffh_tile_lwcgo_learnmore

Transportation

<https://www.translink.ca/rider-guide/transit-accessibility/handydart>

<https://www.sparc.bc.ca/>

<https://betterathome.ca/services-available/>

Social Activities

<https://vancouver.ca/people-programs/recreation-programs-and-centres-for-seniors.aspx>

<https://successbc.ca/community-groups/services/seniors-groups/>

<https://www.mosaicbc.org/services/settlement/seniors/>

<https://www.nseldercollege.org/courses.html>

<https://vancouver.ca/parks-recreation-culture/arts-and-health-project.aspx>

https://alzheimer.ca/bc/en/help-support/programs-services/minds-motion#Minds_in_Motion%C2%AE_online

Physical Activity

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/physical-activity/seniors-community-parks>

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/move-for-life-dvd>

<https://www.choosetomove.ca>

<https://kin.educ.ubc.ca/outreach/body-works/bodyworks-fitness-classes/>

<https://www.bcbraintwellness.ca>

Caregiver Resources

<https://www.familycaregiversbc.ca/get-help>

<https://alzheimer.ca/bc/en/help-support/programs-services>

<https://dementiacaregiver.providencehealthcare.org/>

Better Lists: Community Resources in the Lower Mainland



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1. Review community resources for older adults directly available in the Lower Mainland
2. Discuss how to leverage available resources to provide better care