

Services to Seniors Coalition – North Shore

Co-Chairs

- Trish Alsop, *North Shore Neighbourhood House, and John Braithwaite Community Centre*
- Margaret Coates, *Lionsview Seniors' Planning Society*

About the Coalition

The *Lionsview Seniors' Planning Society* is the host agency for the Services to Seniors Coalition – North Shore. The Coalition has been operating since 1992 and is the planning table for issues facing seniors and services to seniors on the North Shore. The 50+ participating organizations and individuals represent a wide spectrum of service providers. We come together as the Coalition to network, plan services and supports strategically, and set priorities and target resources for collaborative action.

Contact the Coalition

C/o Lionsview Seniors' Planning Society
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Notes

**Tuesday, April 16, 2024
12:00 pm to 1:30 pm**

By Zoom

- 1. Welcome: by Trish Alsop (2 minutes)**
- 2. Land Acknowledgement (1 minute)**
- 3. Introductions (5 minutes)**

Lionsview Seniors Planning – Margaret Coates, Wallis Dixon, Lorna Goodwin, Margarete Wiedmann, Barry Goodwin, Deeva A.

North Shore Neighborhood House – Trisha Alsop

LVSS- John Charles, Helen Murphy

Cap Services- Austin Neeves

Disability Alliance Ass. - Pam Horton

Parkgate Community Services – Ellen Clague, Zheni Gazdova and Angela

Silver Harbour Seniors Centre – Annwen Loverin

North Shore Community Resources – Sue Carabetta, Kathy Jarvis

Family Services – Robin Rivers

North Vancouver City Library- Rakshanda Ansari

Hollyburn – Veronica

West Vancouver Seniors Centre – Stephanie Jordon

SFU- Boah Kim

4. Presentations

Fact Book on Aging: Boah Kim

8th Edition of the Fact Book on Aging- Published by the Gerontology Research Centre, SFU

Boah Kim went over some facts from the book:

65+ population of BC has grown from 4,017 in 1901 to 1,016,360 in 2021.

85+ population grew 4 times more than the 65+ population.

Life Expectancy: Females gained 19.7 years.

Males gained 17.7 years.

Mortality: Causes of Death: Ages 60-79: Malignant cancers, Heart diseases, Lower respiratory

Ages 80+: Heart disease (20%), Cancer the second cause

Marital Status: 65+ men: 68% married, 65+ women: 48.7% married.

Geographic Distribution: Ontario, Quebec, and BC have the most concentrated number of seniors.

Predominant Groups: English the predominant ethnic group, Scottish Origin, Irish, German

Living Arrangements: Males 65+, 17.7% living alone

Females 65+, 30.3% living alone.

Labour Force:

Unpaid Activities: A significant number of middle age groups (45+) are providing unpaid caregiving to family member/friend.

Income: For 18-64, BC has highest poverty rate (20.8%) in 2015, but dropped to 9.5% to 2021

For 65+, In 2021, Nova Scotia has highest poverty rate (9.1%) followed by BC.

The rate has fallen for all ages from 2015-2021, except for older people aged 65+

Falls and injury: For 65+, 9.5% reported injury, 61% resulted from a fall.

Health Services Utilization: The majority of 65+ had contact with their medical doctors (88.8%). Contact rates for seniors were higher than younger age groups. Females have higher rates of contact across the life course. Age 70-74 spent highest amount of money on health services but there was a decrease in HSU by those over 75.

New Project - Connect! Age:

Boah Kim gave an overview of a new project at SFU.

The project will examine how to foster social connections and resilience post-pandemic among four groups of older adults (65+) identified as being at high risk for social isolation: 1) invisible minorities; 2) those with symptoms of stress, anxiety and depression; 3) those with challenges completing daily tasks such as dressing, cooking, shopping, transportation, and cleaning the home; and 4) their caregivers.

This research will impact the lives of older adults in several ways. First, we will merge academic research (high-level targeted reviews of literature and data from the Canadian Longitudinal Study on Aging based on organizational needs and will translate research-based knowledge into plain language (French and English), practice-oriented formats in collaboration with intersectoral stakeholders interested in fostering greater social connectedness and resilience among older adults. Second, the research team will assess innovations in this area and support the sharing of successful approaches, including several discovery outcomes (e.g., using data to identify risk and resilience factors); and translational outcomes (organizational change and innovative interventions) resulting in greater social impact.

Project Objectives:

- Establish a research network of advocacy groups and organizations providing services to older adults and their caregivers in British Columbia (BC) and Quebec (QC) to (a) define social isolation challenges for marginalized older adults and (b) help review academic research on the target groups.
- Co-develop an evidence-based response to organizational needs that will serve as a platform for community deployment based on syntheses, and translation into lay language, of academic research.
- Implement priority strategic innovations within and between organizations with common aims and contexts to test the new co-produced approaches and techniques for reducing marginalization and social isolation in the four target groups.

Questions: boah_kim@sfu.ca

5. Updates

Annwen went over some of the Grants: Received TAPS Grants, Student Funding, Social Meals, Transportation, Community Connector, Community Collaborator.

Family Services of the North Shore – Robin Rivers

Have space in the program where trained volunteers support isolated or lonely seniors with weekly phone calls or walks in their neighbourhood. People can contact me via email rivers@familyservices.bc.ca

North Vancouver City Library: Rakshanda Ansari - Tax Clinic till the end of month and upcoming workshop on Canadian Dental Plan for seniors

Silver Harbour: Annwen Loverin: May 4th: Spring market and new program Lunch and Learn

Hollyburn: Chair Yoga, and the celebration of the opening of Stanford House by Stanford Housing Society: 20 units- 4 family units, 16 single occupancy units

NSNH – Trisha noted they have a tax clinic happening.

Zheni from Parkgate mentioned: May 13th concert and May 18 Saturday at 10:00 Shredding event.

NSCR – Sue reminded us of the Caregiver Support Gathering to be held May 11th from 12 to 4pm. Pam reminded the organizers to remember the needs of the disabled in the setup.

6. Next meeting: May 21, 2024, meeting at Capilano Mall for an overview of Family Services Community Space. There will be refreshments.

Lionsview Seniors' Planning Society acknowledges and honours that we live and work on the unceded territories of the Coastal Salish people, including the St'at'imc, S? wxwú7mesh (Squamish), x?m??k??y??m (Musqueam) and s?!?ilw?ta?? (Tseil-Waututh).