

# *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  
1733 Lions Gate Lane  
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[www.lionsviewseniorsplanning.com](http://www.lionsviewseniorsplanning.com)

## Notes

Tuesday, March 21, 2023  
12:00 pm to 1:30 pm

## **By Zoom**

1. **Welcome: by Trish Alsop (2 minutes)**
2. **Acknowledgement (1 minute)**
3. **Introductions (5 minutes)**
4. **Presentations – introductions Joni**
  - 1) **North Shore Solutions Navigators - Rebecca and Megan**
    - This is a pilot program that is funded by UBCM.
    - The purpose of the project is to fill the gaps in services offered by having more feet on the ground. Increase awareness and provide support to the needs of individuals that are housing insecure.

What do the navigators do?

Rebecca and Megan can be reached at NSNH on Mon and Wed. They see clients in public places such as libraries, rec centers or coffee shops. They do not do home visits.

Megan has experience working for 211. Rebecca has been involved with the homelessness task force.

They are actively involved in the NVCity and provide support and advocacy to clients. Together they will: Listen to the client, provide encouragement, provide referrals to support agencies, help with goal setting, and plan to connect with the client for follow up support.

They also offer support with filing applications and documents.

- Connecting with organizations
- Phone calls
- Shelter advice and support
- SAFER applications and rental applications

The navigators meet by appointment only. They can be reached at: [navigator@nsnh.bc.ca](mailto:navigator@nsnh.bc.ca). and by phone: Megan 604-230-2454 and Rebecca 604-220-8431

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*The Coalition is funded, in part, by the District of North Vancouver, the District of West Vancouver, the City of North Vancouver, the Policy and Enforcement Branch of the BC Gaming Commission and through other funding sources*

2) **Seniors Mental Health Post Pandemic - Older Adult Mental Health Team** - Kathryn Green.  
Occupational Therapist

- The OAMHT is a community-based interdisciplinary team with a team lead and caseworkers reaching out to the community.
- Criteria to access the OAMHT services:
  - Must be 65+
  - Have a cognitive disorder.
  - Recently developed a serious mental health illness.
  - Or have a severe and persistent mental illness.
- To access services:
  - Referral from their GP or the Hospital
  - Vancouver Coastal Health
  - <https://www.vch.ca/en/health-topics/community-based-mental-health-substance-use-services>
- Mental Health and Wellbeing
  - Elderly 75+
  - Vulnerable with social isolation
  - Women living alone
  - Depression

When the pandemic hit, health care delivery went digital, primarily on Zoom. Many of the older adults in our community were unable to adjust to this change and were left behind. Their social and community programs were cancelled. As a result, there was a lot of uncertainty creating fear and loss of the familiar.

The pandemic was very difficult for seniors. There was a significant increase in depression, anxiety, loneliness resulting in poor quality of life. Older adults became more frail and there was an increase in substance/alcohol abuse.

Supports during the pandemic were: Community Agencies were working to find ways to stay connected to their seniors. Telephone groups, Meal programs and delivery and the introduction of the Telehealth system (using phone and zoom).

**Education** – It is important to continue to improve the community's understanding about mental health. There is a Mental Health First Aid course available. Intergenerational programs create awareness through relationships. The Age- Friendly communities also brings awareness to understanding mental health and how to provide support. Social Prescribing programs are in our communities. This is a hands on, one on one support system encouraging seniors to participate in community social recreation programs.

Many of these seniors lost their confidence and capacity to return to their routines and community programs post pandemic.

“For Older Adults “resilience” represents the ability to return to the equilibrium when difficulties occur.”

**5. Next meeting: April 18, 2023 – Seniors Housing Challenges during an Affordable Housing Crisis – Leanne Sawatzky, NS Housing Solutions Lab**

**6. 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, Sḵwxwú7mesh (Squamish), xʷməkʷəy̓əm (Musqueam) and səlilwətaʔ (Tsleil-Waututh) Nations.**