

Independently Healthy

A SPECIAL PUBLICATION ON BC SENIORS' HOUSING AND CARE NEEDS

A SPECIAL INFORMATION SUPPLEMENT THE VANCOUVER SUN, WEDNESDAY, JANUARY 30, 2008 E3

Campuses offer different levels of care

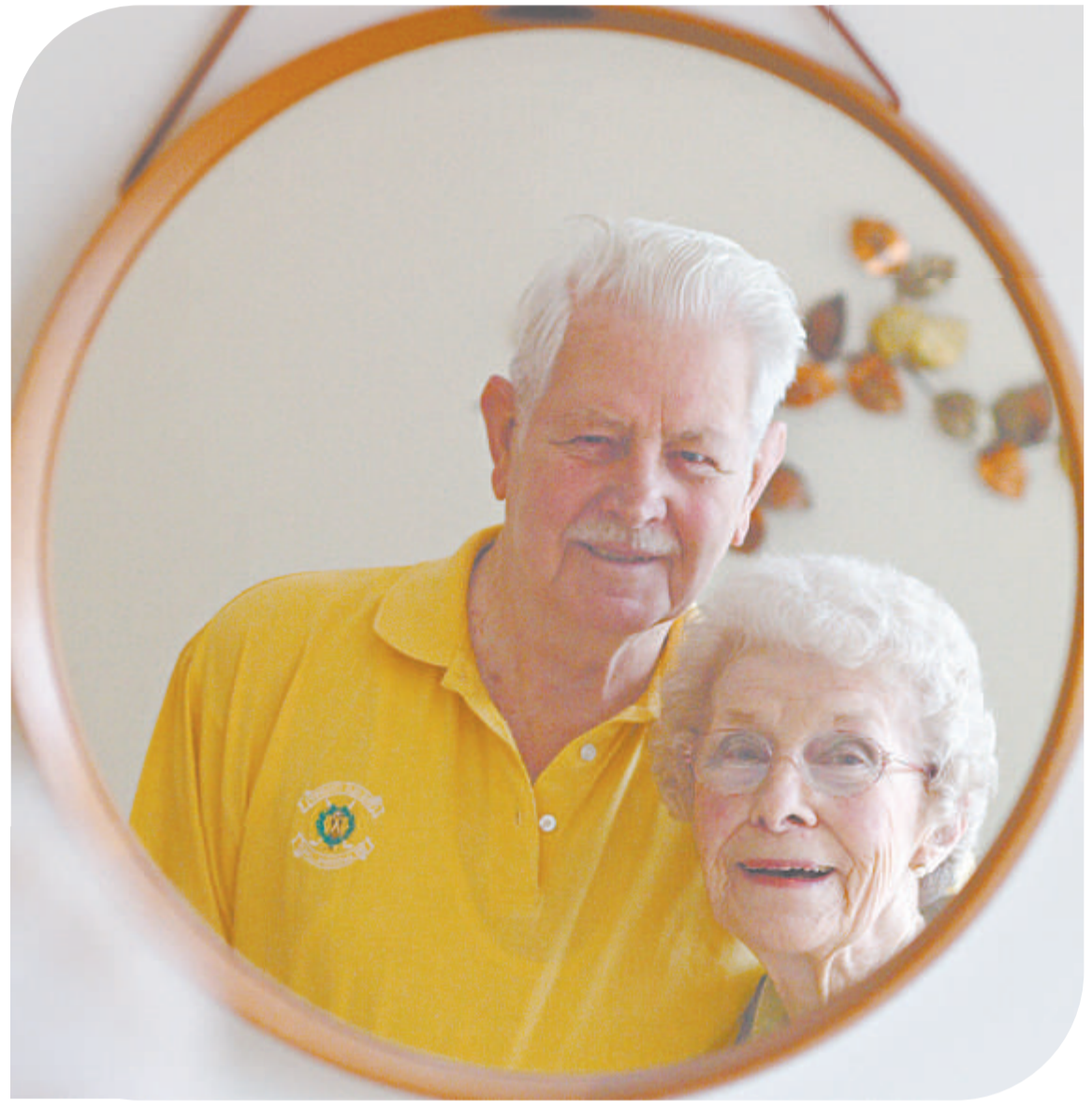
Seniors are able to age in place through an innovation in housing developments – campuses of care. These sites offer housing with more than one level of care: independent living; assisted living; and/or residential care. Campuses offer residents the option of moving from one level to the next as their health needs change.

Pam Ewens remembers the relief she felt the day she found out that she and her husband John had been accepted into Lynn Valley Care Centre together. "I could not have asked for a better living option for me and my husband," said Pam. "Who knows what is down the road for either of us? This way we can stay together in the same development whatever happens."

The Ewens moved into their home new in May 2007. John suffers from dementia and it had become increasingly clear that they were in need of more care options. At Lynn Valley Care Centre there is a residential care wing so that that farthest they will ever be from each other is a few floors. "The suite is ready for all levels of access and mobili-

ty and we do have assistance readily available should we need it," said Pam. "The best part is there are lots of affordable activities to keep us busy; concerts, day trips and we're surrounded by friendly neighbours during meals."

Lynn Valley Care Centre provides 14 assisted living suites and 50 residential care beds. The Centre is also currently constructing another wing which will provide a further 12 residential care beds and 15 assisted living units. All of the assisted living units are funded under the Independent Living BC program. The Province partners with private developers like North Shore Private Hospital in order to provide more affordable housing options for seniors.



JOHN AND PAM EWENS

Answers to some commonly asked questions about subsidized assisted living

Q: Do I need assisted living?

A: If you are relatively healthy, don't need 24-hour professional nursing care and supervision, and want to live independently but need a little help with daily activities such as meals, housekeeping, mobility and/or medications, then assisted living may be the answer.

Assisted living is typically for those over the age of 75 who are living alone or isolated, and need some help with personal care through frequent visits. Nutrition may be suffering and there may be worries about safety and security. Assisted living is for seniors who can no longer stay in their own home with home support services.

Q: Am I eligible for subsidized assisted living?

A: To be eligible for subsidized assisted living (the Independent Living BC program), you need to:

- Require both personal care (e.g. assistance with meals, mobility, medication management, dressing, bathing) and hospitality services (e.g. laundry and housekeeping);
- Be able to participate in decisions about your activities and needs and be able to communicate these to others;

- Be capable of taking direction in an emergency and be able to use an emergency response system; and,
- Not exhibit behaviours that put the safety or well-being of others at risk.

Q: How do I apply?

A: Your area health authority is responsible for subsidized assisted living resident selection and assessment. Contact your nearest health authority and explain that you are interested in assisted living and ask to speak with a case manager.

A case manager will come to your home or interview you in a clinic setting. They will talk with you about your care needs and provide information about the services that are available.

If assisted living is considered a good option for you, the case manager will forward your completed paperwork to a priority access team which will review your application and let your case manager know if you are eligible for an assisted living apartment. If eligible, you will be contacted when a suite becomes available.

Q: How much do I pay?

A: You would pay 70 per cent of your after-tax income for your home. For example, if your after-tax income is \$12,240 per year, or \$1,020 a month, your monthly payment would be about \$714.

Q: What services are included?

- A: You would receive:
- Accommodation;
 - Hospitality services such as meals, housekeeping, laundry, recreational opportunities and 24-hour response; and
 - Personal care services such as assistance with grooming, mobility and medications.
 - Personal care and hospitality services are as provided by your regional health authority.

Q: Is there a subsidized assisted living development in my community?

A: Independent Living BC apartments are offered in both for-profit and non-profit assisted living developments throughout the province.

For a complete list of subsidized assisted living developments in your community, please visit www.bchousing.org/programs/independent/List.

Q: How do I find out about the different housing options?

A: The provincial government has a toll-free Information for Seniors line: 1-800-465-4911. Staff are available Monday to Friday from 8:30 a.m. to 4:30 p.m. To answer your questions about seniors' programs and services, including housing options.

You can also access information online at www.gov.bc.ca/seniors or www.healthservices.gov.bc.ca/hcc.

Your local Community Health Centre can provide you with information about housing options as well, starting with home care to residential care. To find the centre nearest you, contact your local health authority.

To find out if you are eligible for Seniors Aid for Elderly Renters assistance or Seniors' Supportive Housing, contact BC Housing at 604-433-2218 or, outside the Lower Mainland, 1-800-257-7756.

Creating new housing and care options for seniors

Seniors are leading longer, healthier, more independent lives.

The Province is committed to meeting their needs with innovative housing solutions that support their independence and quality of life by working with a wide range of partners including the federal

and municipal governments, regional health authorities and the private and non-profit housing sector.

The Province is pleased to present this informative insert for seniors, *Independently Healthy*.

www.bchousing.org



HOUSING MATTERS



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A SPECIAL INFORMATION SUPPLEMENT

Recreational activities keep seniors young

Singing and clapping to classics like *Bésame Mucho* is exactly what you will see and hear at karaoke afternoons at Austin Harris Residence, an assisted living residence for seniors in the heart of Richmond.

"Our karaoke program is one of our most popular recreational activities," said Jack Tai, the activities coordinator at Austin Harris Residence. "Participants always have a good time singing along with each other. This is a unique program because it caters to both our English speaking and Chinese speaking tenants. We make sure we have a mixture of songs in both languages."

Irene Fountain, an Austin Harris resident, always offers her singing talent to the program. Irene took the microphone and sang to an audience of over 20 tenants as they sang and clapped along.

"I have always loved singing and the karaoke program allows me to showcase my talent," said Irene Fountain. "I enjoy it most when I am able to do duets with the staff. We are very lucky to have wonderful staff and volunteers that come and set up the equipment and also sing with us."

Since June 2007, Austin Harris Residence has been providing affordable housing and care for seniors who wish to maintain their independence, but require some support services. Austin Harris offers its tenants many other recreational activities such as morning exercise classes, bingo afternoons, bus outings, and summer walks. Currently, the residence is at capacity with 52 tenants.

"Our mission is to provide quality care that respects the unique traditional and cultural values of our residents and to create a comfortable home," said Theresa Ko, manager of Austin Harris



IRENE FOUNTAIN AT AUSTIN HARRIS RESIDENCE

Residence. Assisted living provides tailored programs to each client, addressing their individual housing, social and personal care needs."

The two-story, 50-unit residence is funded under Independent Living BC (ILBC), a provincial partnership involving the federal and provincial governments, local health authorities, non-profit groups and

the private sector. ILBC offers a middle option to bridge the gap between home care and residential care for those who need some assistance, but don't want or need 24-hour professional nursing care.

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BC seniors to benefit from 5000 bed commitment

The provincial government is on-track to meet its commitment to create 5,000 new beds and units for B.C.'s seniors by December 2008, providing seniors with more choices to best support their needs as they grow older.

One in five British Columbians is expected to be a senior by 2026 (compared to one in seven today). Compared to a decade ago, seniors today are more active and want to be independent for as long as possible. Previously, they had two choices: residential care or living at home. But, with a total of more than 3,677 new units and many thousands of upgraded units, seniors are now able to choose between independent living in their own homes, assisted living, supportive housing residences with some day-to-day assistance, or residential care.

To meet the 5,000-bed commitment, the B.C. government has been investing in the development, revitalization and replacement of facilities across the province over the past six years. We are pleased to have achieved the following milestones:

- Opened 3,677 new beds or units;
- Replaced or upgraded more than 5,500 older and outdated beds or units to meet today's standards;

For a total of 9,214 new and replacement beds or units.

In 2001, almost 40 per cent of the residential care facilities were deteriorating and needed upgrading, and 10 per cent required outright replacement. Now, many residential care facilities can boast private, more spacious rooms, modern amenities, ceiling lifts, proper security, and the capacity to provide

quality, complex care. The average wait time for seniors wanting residential care has also been reduced from over a year in 2001 to just three months today.

As the province's demographic landscape evolves, government continues to adapt to support its seniors to live healthy, active, independent lives. From passing legislation abolishing mandatory retirement and funding numerous initiatives to ensure our communities are walkable, accessible and safe places for our older citizens, government is responding to the wishes of British Columbia's seniors.

Our 5,000-bed commitment is vital to helping seniors maintain their health and well-being and ensuring they can fulfill their potential by participating in the economic, social and political life of their communities well into their elder years.

Seniors across the province can now age in the communities they call home and benefit from a variety of health care facilities and services, regardless of whether they live in a small community like Campbell River or a large community like Vancouver.

By the end of this year, as Government delivers on its 5,000-bed commitment, we can truly be proud of the improved services for our province's seniors, services that ensure quality care and a high standard of living for those who have contributed so much to our society.

For more information on the Provincial Government's health services and actions to improve its health care system for all British Columbians, now and for future generations, please visit www.gov.bc.ca/health.



Looking for a fight?

Find the movie that fits your mood in the city's most complete movie listings. Daily.

THE VANCOUVER SUN

Reduce the risk of falling

Falling can be a life changing event at any age, so it's important that people are aware of what they can do to prevent falls. It is of increased concern for people as they age, because the consequences of falling can be far more serious. "About one third of seniors over the age of 65 have one fall per year. Falls are responsible for 90 per cent of hip fractures, and often result in lengthy stays in hospital. In fact, about 50 per cent of people admitted to residential care have found their way there as a result of a fall," says Bonnie Lillies, regional lead for the senior's Fall and Injury Prevention Program at Vancouver Coastal Health.

When seniors are aware of the ways in which they can reduce their risk of falling they are likely to remain active, healthy and independent longer. So how can seniors reduce their risk and stay active?

"When people think of fall prevention they think of clearing mats they could trip on in their house, but there is much more to it than that," explains Bonnie. "The light bulbs in your house should be 100 watt light bulbs; you should have night lights, lighting from your room to the bathroom; hand rails and grab bars should be installed; clutter should be removed; people should wear well-fitted, sturdy, low-heeled shoes with non-slip soles; medication should only be taken as directed, and only if prescribed to you; and most importantly, seniors should remain active and exercise to maintain their strength and balance."

Often when a senior has had a fall they will develop a fear of falling and avoid going outside and participating in activities. Unfortunately this is self-defeating as it increases the risk of falling by reducing strength and balance. Exercise is key to maintaining strength and balance, and



TAI CHI IS ONE OF MANY EXERCISES THAT HELP WITH BALANCE

can range from something as easy as standing up and sitting down repeatedly, to an exercise class at your local community centre. An exercise program called Osteofit is offered at many community centres and has a good strength and balance component for seniors.

To learn more about Osteofit visit www.osteofit.org, or call 604-875-2555.

Bonnie reminds us, "Most falls are preventable and predictable. We can't prevent all falls but we can certainly reduce the number."

For more information on fall prevention you can visit the Vancouver Coastal Health website at www.vch.ca/seniors/fall.htm, or you can call them at 604-875-5600 ext. 67210 within the lower mainland, or outside of the lower mainland call 1-866-884-0888 and ask for fall prevention.

The Office of the Assisted Living Registrar – Protecting seniors' rights

British Columbia was the first province to regulate assisted living residences. All operators – both private pay and publicly subsidized – must register in order to operate in B.C. And, before they can register, they must meet health and safety standards. Anyone who has concerns about whether these standards are being met should contact the Office of the Assisted Living Registrar by phone, fax, e-mail, or letter.

Susan Adams is the Assisted Living Registrar. She travels around the province to meet with assisted living residents and their family members in order to increase awareness of her role in ensuring operators' delivery of services doesn't jeopardize seniors' health and safety. She notes, "To date, in 2007, we have received 73 complaints. These vary greatly in the nature of their complexity and severity. Some can be addressed over the phone; others require more in-depth investigation; some need an on-site inspection. Wherever possible, we respect an individual's request for anonymity."

The existence of an Assisted Living Registrar means that assisted living residents and the people who care about them have an avenue of recourse if they are not able to address their health and safety concerns directly with an assisted living operator. It also ensures that all operators meet provincial health and safety standards.

Contact information for the Office of the Assisted Living Registrar is included in Resource Contacts on page E6.



SUSAN ADAMS, ASSISTED LIVING REGISTRAR

So nice to come home to.

Welcome to Retirement Concepts!

We are a family-owned Canadian company headquartered in Vancouver, BC. We provide a full-range of services to seniors and their families. Whether you are looking for seniors' housing, seniors' care, or respite care services, we're here to help.

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RESOURCE CONTACTS

PROVINCIAL GOVERNMENT

BC Housing

Information on housing programs in B.C., including seniors' housing and the Shelter Aid for Elderly Renters (SAFER) program
www.bchousing.org
 Lower Mainland: 604-433-2218
 Toll free: 1-800-257-7756

Choosing a Care Facility or Home

An online guide to choosing a licensed residential care facility or residential care home.
www.healthservices.gov.bc.ca/ccf/adult/com031.pdf

Information for Seniors

Answers to questions about seniors' services, including housing options.
www.gov.bc.ca/seniors
 1-800-465-4911

Enquiry BC

Lower Mainland: 604-660-2421
 Greater Victoria: 250-387-6121
 Toll free: 1-800-663-7867
 Enquiry BC can assist you in contacting the provincial program, service or person that you need to speak to, Monday to Friday, 7:30 a.m. to 5 p.m.

Home Owner Grants for Seniors

Information about grants that reduce the amount of property tax that homeowners pay.
www.rev.gov.bc.ca/rpt/home_owner_grants.htm
 Greater Victoria: 250-356-8904 or 250-387-8166
 Toll free: 1-888-355-2700

Office of the Assisted Living Registrar of British Columbia

The Assisted Living Registrar, appointed by the Minister of Health, protects the health and safety of people who live in assisted living residences in B.C.
 Lower Mainland: 604-714-3378
 Toll free: 1-866-714-3378
 E-mail: info@alregistrar.bc.ca

Residential Tenancy Office

Information for landlords and tenants about their rights and responsibilities.
www.rto.gov.bc.ca
 Lower Mainland: 604-660-1020
 Greater Victoria: 250-387-1602
 Toll free: 1-800-665-8779

REGIONAL HEALTH AUTHORITIES

Health authorities, designated by five geographic regions, provide a full range of health care services ranging from hospital treatment to community-based residential, home health, mental health and public health services.

Health authorities can also provide information on housing and care options, ranging from home care to residential care. They are also responsible for selecting tenants for the Independent Living BC assisted living program.

Vancouver Coastal Health

www.vch.ca
 Information Line:
 Lower Mainland: 604-875-4252
 Toll free: 1-866-884-0888

Fraser Health

www.fraserhealth.ca
 General information on assisted living:
 Lower Mainland: 604-519-8546
 Toll free: 1-877-935-5669

Vancouver Island Health

www.viha.ca
 Greater Victoria: 250-370-8699
 Toll free: 1-877-370-8699

Interior Health

www.interiorhealth.ca
 General Information: 250-862-4200

Northern Health

www.northernhealth.ca
 General Information: 250-565-2649
 E-mail: hello@northernhealth.ca

FEDERAL GOVERNMENT

Canada Mortgage and Housing Corporation

Information on seniors' housing and other housing programs in Canada.
www.cmhc.ca
 Lower Mainland: 604-731-5733
 Toll free: 1-800-639-3938

Seniors Canada Online

Information for seniors, caregivers, families and service providers.
www.seniors.gc.ca

OTHER

Seniors Housing Information Program (SHIP)

Information on seniors' housing and services in the Lower Mainland.
www.seniorshousing.bc.ca
 Housing Services: 604-520-6621
 Monday to Friday from 9:00 am to 4:00 pm.

411 Seniors Centre Society

Volunteer counsellors can assist seniors with finding appropriate housing or refer them to other housing resources.
www.411seniors.bc.ca
 604-684-8171

The Care Guide

A comprehensive guide to seniors' housing and care services including retirement homes, nursing homes, home health care, adult lifestyle retirement communities, supportive housing and palliative hospice care.
www.thecareguide.com
 1-800-311-2273

GLOSSARY

1) AT HOME CARE

Home support

Home support services help seniors remain in their own homes. Home support workers provide personal assistance with daily activities such as bathing, dressing, grooming and light household tasks that help maintain a safe and supportive home. Contact your local health authority to find out more about home support services.

Shelter Aid for Elderly Renters (SAFER) program

The SAFER program provides direct cash assistance to eligible B.C. residents who are age 60 or over and who pay rent for their homes. With an expansion of the eligibility criteria and increased rent ceilings used to calculate monthly rent subsidies, more British Columbia seniors are now eligible to receive SAFER rent assistance. SAFER has also been expanded to include seniors who pay pad rental fees for owner occupied manufactured homes. To find out more about SAFER, contact BC Housing

2) INDEPENDENT HOUSING WITH SUPPORT

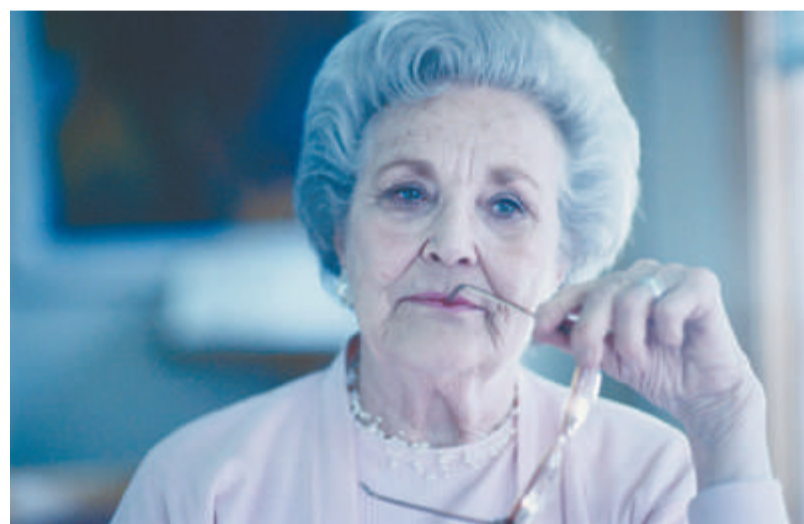
This is housing where seniors live in communal settings (typically apartment units) and receive home support services. This would include some combination of meals, housekeeping, social activities, and a 24-hour response.

3) ASSISTED LIVING

Assisted living residences provide housing, hospitality and personalized assistance services for adults who can live independently but require regular assistance with daily activities. Each unit is a self-contained, wheelchair-accessible apartment where residents receive hospitality and personal care services, such as meals, housekeeping and laundry, social and recreational opportunities, assistance with medications, mobility and other care needs, as well as a 24-hour response system. The level of personal care services provided is usually higher than Independent Housing with Support. Applicants for publicly funded assisted living units must be at significant risk in their current environment.

4) RESIDENTIAL CARE

Residential Care provides services to adults who can no longer live safely or independently at home because of their more advanced health care needs.



Is residential care the right choice?

Choices for adults who need 24-hour nursing care, personal care assistance and support



RESIDENTIAL CARE
in FRASERHEALTH

Choices for adults who need 24-hour nursing care, personal care assistance and support



Residential Care services are for adults who can no longer live safely or independently at home because of their complex health care needs. For a booklet that provides information about the residential care services available in Fraser Health communities, please contact your local Home Health Office:

Abbotsford: 604 558-5000 New Westminster: 604 777-8700
 Burnaby: 604 918-7447 Tri-Cities (Coquitlam, PortCoquitlam, Chilliwack): 604 702-4800
 Hope: 604 860-7747 Delta, Surrey, White Rock, Langley: 604 814-5520
 Maple Ridge: 604 478-7100 Mission: 604 814-5520

or visit our website: www.fraserhealth.ca

Central Inquiries
604 953-4965

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