



Better
at **Home**



**United Way helping seniors
remain independent.**

United Way British Columbia Healthy Aging

**Community Consultation & Stakeholder Meeting
Lillooet, BC**

Monday, August 14th, 2023

Lisa Cyr, Regional Community Developer – Interior

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Introduction

Better at Home is a program that helps seniors with simple day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities. The program is funded by the Government of British Columbia's Ministry of Health, and managed by the United Way British Columbia (UWBC), with services delivered by a local non-profit organization. UWBC is collaboratively working in 90+ communities throughout the province.

In recent years, the Ministry of Health has allocated funds to expand into a number of communities. Lillooet was identified as a community that could benefit from the program. As such, a process was initiated to bring Better at Home to the community during the 2023-24 fiscal year. This report provides a brief overview of the program and its requirements, as well insight as to the community's readiness. This report also provides details around the community engagement process that took place in the lead up to August 2023, when the community consultation and presentation took place.

About Better at Home

The Better at Home program helps seniors remain in their homes by providing non-medical support services delivered by local lead organizations, which may be a non-profit organization, using a mix of paid workers, private contractors and volunteers. **Better at Home** programs are guided by local Advisory Committees and each program is managed by a paid Program Coordinator. Every year, the need to support existing programs and welcome new ones becomes apparent, as these programs ensure that seniors live well, remain independent, and are active contributors to their communities.

The **Better at Home** program is designed to address the specific needs of local regions, allowing communities to choose from a basket of services that includes the following: friendly visiting; transportation to appointments; snow shoveling; light yard work; simple home repairs; grocery shopping; light housekeeping, and other services that are unique to the community.

Community-Based Seniors Serving Sector (CBSS)

The key stakeholders of the province's broad and diverse Community-Based Senior's Serving Sector (CBSS) includes community based organizations, the health sector, and seniors themselves. Together, they form an extensive network that is connected through Healthy Aging CORE, the information and resource Hub for all Healthy Aging initiatives.

The Healthy Aging CORE (Collaborative Online Resources and Education) portal is a space where practitioners, agencies and members of the CBSS can collaborate, learn and access resources. CORE is designed to provide up-to-date information, resources, funding and training opportunities and to make it easier to communicate, coordinate, and collaborate in order to help build capacity, strengthen the network, and develop a collective and cohesive voice among volunteers, staff, and others who support healthy aging initiatives.

In addition to the CORE portal, the provincial knowledge hub, the sector shares information, knowledge, expertise, and experience through various learning events, Provincial Working Groups, Regional and Provincial Consultations, Communities of Practice, and the Biannual Provincial Summit on Aging.

These community engagement mechanisms are guided by the CBSS Leadership Council, and play an important role in informing their work, as well as keeping the CBSS sector informed about new resources, programs, and research relevant to the sector.

Community based organizations provide seniors with access to a range of low-barrier programs in seven core areas: 1) nutritional supports, 2) health and wellness programs, 3) physical activity, 4) education, recreation, and creative arts, 5) information, referral, and personal advocacy, 6) transportation, 7) affordable housing.

Bringing Better at Home to a Community

United Way BC has designed a process, in which each prospective community will go through a community engagement process to determine the suitability of the community to meet the need, and mandate of Better at Home. In this process, stakeholders – seniors in particular – have a say in shaping the program according to local needs and help select the lead organization that is the best fit with the program they envision. This approach encourages partnerships and collaboration, results in better service delivery for the seniors, and empowers communities to make their own decisions. Given that in many rural and remote communities there is only one main, multi-service agency that provides services to the community, it is often the case that this agency will be the Better at Home lead agency.

Identifying a lead agency

In order to qualify to hold the **Better at Home** program, the lead organization must:

1. Be a non-profit, charitable organization;
2. Employ a program coordinator
3. Complete a Better at Home application form, identifying the following:
 - a) Governance structures, financial statements
 - b) A description of geographical boundaries for service delivery
 - c) A list of the Better at Home services that will be offered by the program
4. Provide a completed budget which will include:
 - a) UWBC Program Funds budget
 - b) Total Program Funds budget
5. Provide any other documentation considered key by the community or by UWBC to support approval of the implementation plan and application.

In addition to this, any Better at Home program should also meet the following criteria:

1. Participants served must be residents of the identified service area;
2. Provide in-kind support and seek additional funding as needed e.g., donated office space, equipment, etc.,
3. Comply with evaluation requirements (data collection, reporting, participation in Community of Practice).
4. Establish a *Better at Home Advisory Committee* to support, guide, and help the integration of the program into community and be responsive to seniors for the first two years.
5. Establish strategies to maximize reach / impact of the program, volunteers, and in-kind support.
6. Undertake outreach, marketing and public awareness to reach older adults.
7. Provide Volunteer training and support.

Better at home programs are...

Prevention oriented: **Better at Home** programs are built on the primary assumption that preservation of independence, dignity and health, and the delay of functional decline are worthwhile investments.

Senior centered. The local programs are designed to respond to the needs, priorities and changing circumstances of seniors. Seniors are engaged in the planning and governance of the local programs.

Community driven: Within the Better at Home framework, local programs are built by the community for the community and will involve coordination of services from various organizations and partners.

Evidence informed: Local programs are built on the learning and evidence developed through the CASI evaluation, through ongoing monitoring, evaluation and learning, and on the desire to seek continuous improvements through additional learning and research.

Independence focused: Better at Home fosters self-sufficiency and independence by: offering services that assist clients to live independently; helping to promote health literacy and support self-care; promoting social inclusion, and; enabling community connectedness.

Simple and understandable: Services incorporate clear and accessible information, ease of access, and the least amount of official procedure needed to maintain standards of safety, privacy and quality.

Based on need: Local programs respond to seniors' needs for service and ability to contribute to the cost of providing those services.

Integrated: Local programs are developed in partnership with seniors and other key stakeholders and will be integrated where feasible and, by design, complementary to other services and supports.

A non-governmental program: Better at Home is managed by UWBC and identified as a non-profit sector program funded by government, which does not replace existing governmental programs or services.

Lillooet Expansion

Lillooet is a small community located within the traditional territory St'át'imc Nation of approximately 2,302 residents in the Squamish-Lillooet region of Southwestern BC. It lies on the at the confluence of the Fraser River and the Bridge River, and Fraser River and Cayoosh Creek to the south, and is approximately 2 hours West of Kamloops, and 3 hours North-East of Squamish. As such, has limited services and access to larger centers.

Community Demographics:

Seniors 65+ make up approximately 34% of the population (and 49% of the population aged 55 and over)¹. There are over 700 seniors living the community, and a growing need for support. The total population in

¹ Statistics Canada. 2023. (table). *Census Profile*. 2021 Census of Population. Statistics Canada Catalogue no. 98-316-X2021001. Ottawa. Released March 29, 2023.

<https://www12.statcan.gc.ca/census-recensement/2021/dp-pd/prof/index.cfm?Lang=E> (accessed August 25, 2023).

the area is approximately 6000, 2500 of which are First Nations Populations. According to Statistics Canada, there are 380 men 65 and older, and 385 women in that age group, for a total of 705 seniors over the age of 65. Currently, there are only 80 individuals aged 85 and older (25 men and 55 women) however we know that in time, this number will increase over the coming years. The average age in Lillooet is 49 years old, so again, we can anticipate demand to increase over the years, as this segment of the population ages².

First Nations

Lillooet lies within St'át'imc territory, and is surrounded by a number Nations, including: T'it'q'et Nation, Lil'wat Nation, Xaxli'p First Nation. First Nations Health Authority is also present in the area.

The District of Lillooet lies within the unceded traditional territories of St'át'imc Nation. Neighbouring communities include Xwisten at the confluence of the Bridge River and the Fraser River; T'it'q'et; Sekw'el'was; Xaxli'p; Tsal'alh and Ts'kw'áylaxw.

Community Engagement

Lillooet had been slated for expansion by the Provincial Community Planner for the Better at Home Expansion, Cathy Holmes, for the 2021-2024 multi year grant period. While plans to expand to this area were made public in a Media Release published on May 17th, 2023, United Way BC had already been contacted numerous times by a local organization working with seniors, which had identified and expressed the need for services. Lillooet Learning Community Society works in partnership with Lillooet Friendship Center Society and the Lillooet Senior Center Drop-in Society as a three-way partnership formed as part of the local BC Community Response Network. As a result of these partnerships, the Elder Connect program was started in 2020. The program has been based out of the Lillooet Community Connect HUB, a Main street location that is operated by the Lillooet Learning Communities Society. The HUB is an easily accessible place for seniors to drop in, collect information, get advice, pick up the local Elder Connect publication, and take part in senior dialogue sessions.

Community Needs

In preparation to receive the Better at Home program in the community, and in an effort to move forward supports for seniors in the community in general, the Lillooet Elder Connect program held senior dialogue sessions earlier this year. These dialogue sessions, which acted as needs assessments, were held in anticipation of the community presentation and in order to help inform the Hub and community agencies about the current needs of seniors in the community. While some needs are above and beyond what Better at Home can support, these sessions have been helpful in identifying key stakeholders to supporting older adults in the Lillooet area. Together, the community matched the existing needs with various local organizations based on mandate. Residents and members of the CBSS sector uncovered that the most pressing needs for seniors in the Lillooet area. Like in most communities in BC, affordable housing is an issue; however, for those remaining in their homes and in need of non-medical supports,

² <https://www12.statcan.gc.ca/census-recensement/2021/dp-pd/prof/details/page.cfm?Lang=E&SearchText=Lillooet&DGUIDlist=2021A00055931026&GENDERlist=1,2,3&STATISTIClist=1,4&HEADERlist=0> (accessed September 19th 2023)

Better at Home (including in partnership with Lillooet Volunteer Connect and other local agencies) could fill the need for older adults in the community in the following areas:

- Home and garden maintenance
- Housekeeping
- Snow removal
- Home repairs
- Shop/Deliver (grocery) program
- Meal deliver – Meals on Wheels
- Local transportation
- Navigation and Peer support, including housing

*

See full list of community needs in Appendix A

Lillooet Community Assets

A community asset is something that adds value to the community. This can include the skills held by community members, networks, initiatives, programs, financial resources, structures, or any other resources that can be leveraged to improve the community's sustainability and well-being. Lillooet has a robust volunteer and non-profit sector, and community assets as they relate to older adults include the following (note: this is not an exhaustive list):

Lillooet Community Connect Innovation HUB, Lillooet Learns, Lillooet Library Association, Lillooet Seniors Center Society, Volunteer Lillooet, the Community Wellness listserve, St'at'imc Outreach Health Services, Lillooet District Hospital Foundation, Lillooet Hospice and Palliative Care Society, Canadian Red Cross, Shop & Deliver program, Thompson Rivers University – Lillooet Campus, Lillooet and District Chamber of Commerce, Love Lillooet (promoting local home-based and small businesses), Indigenous Skills and Employment Training Program, Elks Club Lillooet, Lillooet Lions Club, Rotary Royal Canadian Legion Branch 66, Canadian Royal Purple Society, Lillooet Cayoosh Masonic Lodge No. 173, Mountainview Lodge Auxillary, Rancheree Volunteer Group, Xaxli'p Homemakers, Lillooet Housing Society, Mile Zero Housing Society, a number of faith based groups, various food security initiatives and organizations as well.

After discussions with Kim North with the HUB and Elder Connect, it is clear that the Lillooet Learning Communities Society and partners are re well positioned to host this program based on the following criteria assessment:

- Connection to service groups in Lillooet and area
- Connection and cooperation with First Nations groups in the area
- Track Record for managing grants and sourcing alternative funding to support programs (Lillooet Learns as host to the Hub)
- The ability to distribute resources
- Able to manage the demands and expectations of the clients
- Ability to gather *In Kind* supports
- Have people “on the ground” in the region
- Possess long-term sustainability
- Have the capacity and foresight for growth
- Long standing or active in the community

- Cooperative and collaborative
- Already offering services to elders and seniors including Elder Connect publications, Senior EXPO, dialogue sessions, social gatherings and educational sessions.

Community Engagement

Given its enthusiasm and interest in bringing the program to the community, as well as its current position as the only agency in town supporting seniors in this capacity, the RCD for the interior felt there was no need for agencies to compete for this program. The Elder Connect team from the HUB were able to support the RCD in securing location and food locally for the community presentation, which was extremely well attended and met with much anticipation.

The Community Engagement session focussed on the Lillooet expansion event took place on **August 14th**, from 10:30 am to 12:30 pm at the Miyazaki House, Lillooet.

The Better at Home community presentation had a great turn out, with 49 attendees (See Appendix B) from a variety of stakeholder groups, which primarily consisted of seniors themselves, but also included representation from the Municipality (Councillor Barb Wiebe), the Squamish Lillooet Regional District Area B Director (Vivian Birch-Jones), the Interior Health Authority, as well as two members of the St'at'imc Nation. Several members of the invited First Nations expressed their regrets as they were attending a larger gathering in the Lower Mainland and were unable to make both events.

The presentation was facilitated by Kim North of the Lillooet Hub, and Lisa Cyr, UWBC Regional Community Developer for the Interior. The presentation was also supported by the new 100 Mile House Better at Home Coordinator, Cindy Faulkner, as well as Community Investment and Impact Coordinator in Kamloops, Natika Bock, and 211 specialist, Zoher Baer.

The intent of the community meeting was:

- To inform community members about the upcoming program
- Identify needs and priorities for service delivery and programming (building off prior work done by the HUB and Elder Connect)
- Inform community members on the process and approximate timeline

Community Presentation

The Community presentation began at shortly after 10:30, to a full house. The Miyazaki House is a historic building with no air conditioning. A fan was placed in the room, but the small reception room was already uncomfortably hot as the presentation began and so efforts were made to keep things relatively short in consideration of the heat. Kim North welcomed people to the room, and proceeded to introduce local T'it'q'et leader, Gail Kreiser Leach, who provided the welcome. A word of welcome was then offered on behalf of the Mayor of Lillooet's via her Worship's stand in, Barb Weibe, and the SLRD Area B Representative, Vivian Birch-Jones.

Once this was complete, we moved on to the community presentation – primarily an overview of United Way BC's Healthy Aging program and the various grant streams by RCD Lisa Cyr. She then discussed the Better at Home Program coming to Lillooet, including needs in the community. Lisa also provided a general timeline for the implementation of the program, as well as what needs to be in place before the program

could be rolled out. Attendees were especially interested in learning about what services would be provided, and in what time frame. Many were eager to sign up immediately. New coordinator in 100 Mile House, Cindy Faulkner, also shared about how having the program in her community has made a difference.



RCD Lisa Cyr speaks to the group about the Better at Home program during Lillooet Community Engagement Session.

Questions were raised about the feasibility of meeting certain needs, such as yard work, on account of a shortage of workers and small contractors in the area. Given the high demand for this, the attendees and HUB discussed options and possibilities for introducing more in the community through for example small business incentives with the Chamber of Commerce, or other sources.

Once the presentation and discussion ended, CII Regional Coordinator Natika Bock and BC 211 Coordinator, Zoher Baer also stopped in briefly to talk about some of the other work being done in the region thanks to United Way funding, and resources available through BC 211 as a relevant support for seniors in the community as well.

The group then gathered in the garden for some light refreshments.

Special Thanks:

Kim North, Lillooet Community Connect HUB
Melody Thatcher, Miyazaki House
Lynda Sampson, Lillooet Seniors Drop-in Center Society
Gail Kreiser Leech, Lillooet Friendship Centre Society
Cindy Faulkner, 100 Mile House Hospice Society

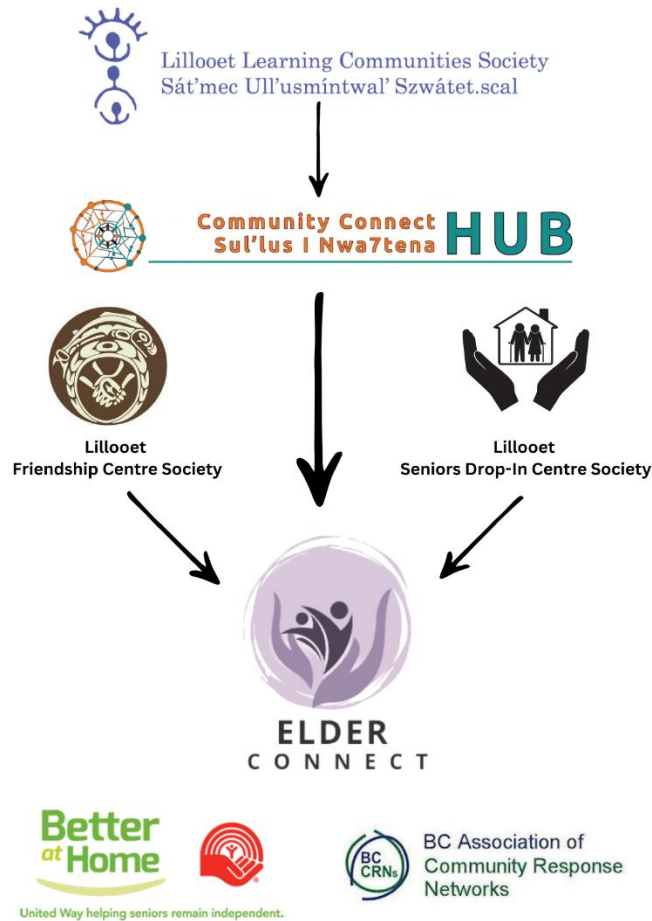
Next Steps and Recommendations

Now that the Community Consultation and needs assessment have taken place, there are a number of remaining steps before the program is operational.



Throughout the process, it has been evident that the Lillooet Learning Communities Society is an apt candidate to become the Better at Home lead agency for the community of Lillooet, being based out of the Community Connect HUB. It was also clear that participants were also in favour of the HUB providing the location and taking on this program, on account of their participation in the lead up to the presentation, and during. As such, the Lillooet Learning Communities Society is being recommended as the lead organization for the Lillooet Better at Home program. The work will take place out of the HUB.

ELDER CONNECT PARTNERS



Findings of this report will be reviewed and discussed by the Better at Home provincial team and the Ministry of Health. Once approved, the Lillooet Learning Communities Society will be invited to fill out an application outlining budget, services, catchment area and more. The Regional Community Developer will work with the perspective agency to support the application process, and once the application has been reviewed and approved by the RCD, the Letter of Agreement (LOA) can then be issued, and funds disbursed. It is important that funds distributed in October 2023 for **Quarter 3** would be **pro-rated** for the remainder of this fiscal year. Once the administrative aspects are in place, the Healthy Aging team will work with the agency to train, support and facilitate a successful launch of the Better at Home program in Lillooet.

In order to make the process smoother, the HUB team will be responsible for the following:

1. Create an advisory committee
2. Register on the CORE Healthy Aging portal
3. Review the Better at Home guidebook

Thank you

Thank you to everyone who has made this process possible. It would not have been possible or as fluid without on the ground support from Kim North with the HUB, as well as other community partners such as the Lillooet Friendship Centre Society, the Lillooet Senior's Drop-in Centre Society, Miyazaki House, the BC Community Response Network, and the Elder Connect program.

Thank you also to the United Way Healthy Aging team, to Kahir Lalji, Director of Government Relations and Programs, for his vision and encouragement to expand Better at Home into more communities throughout the province of BC.

Special thanks to the team of **UWBC's** Healthy Aging Program, including **Bobbi Symes**, Assistant Director, Population Health, **Jessamine Liu**, Administrative Assistant, Population Health, **Camille J Hannah**, Provincial Coordinator, Population Health, **Jean Rikhof**, Provincial Coordinator, Grants & Data, and everyone on the Healthy Aging team who assists in the facilitation of new programs in the Province of British Columbia.

Finally, special thanks to all those who participated in this event and helped make it a resounding success!

Comments and questions can be directed to:

Lisa Cyr (United Way)

Regional Community Developer, Interior

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Appendices

Appendix A - Community Needs Assessment document (Lillooet CRN/Hub)

Lillooet Elder Connect						
Senior Dialogue Sessions 2020-2023	Senior Dialogue Sessions & Outreach	2020-2023: 30+ Seniors				
Summary and Prioritization	Elder Connect Senior Gatherings - 6 sessions Expo - 1 day-long event	2022-2023: 83+ Seniors 2022: 65+ Seniors				
Medical Supports	Notes	Challenges	Solutions	Who Could Do This Work in Collaboration with Elder Connect - BC CRN Lillooet?		
* Home Care Program	A good program, but understaffed and underfunded; too many regulations	Inability to find more workers	Provide more in-community training programs TRU	Interior Health		
* Respite/Day Care program	Program has now been initiated in 2023	Need more workers	Provide more in-community training programs TRU	Interior Health		
* Health and Safety Equipment	Used to be a Red Cross program that helped provide equipment, but has since closed	Need to find or purchase equip again; Need to have a space to store that has easy pickup access	Speak with Interior Health, Red Cross, United Way; LCHF	Interior Health/Better At Home Lillooet Community Hospital Foundation		
* Health and Safety Information	One place to find resources; educational programs	Research resources and gather together	BC CRN Resources Health Directive: "MyVoice" Gov't booklet Create local book with contacts	Lillooet Area Library Association		

Non-Medical Supports in the Home	Notes	Challenges	Solutions	Who Could Do This Work in Collaboration with Elder Connect - BC CRN Lillooet?		
* Garden Maintenance	Need coordinated place to find workers; Needed especially in the spring and fall (turning garden beds & raking leaves) and lawnmowing	Lack of workers in field; lack of contact info	Need to initiate training/mentorship programs	Better at Home		
* House-Keeping	Need coordinated place to find workers as now it is just word of mouth and not always good info	Lack of workers in field; lack of contact info	Need to initiate training/mentorship programs	Better at Home		
* Snow Angel Program	Snow Angel program has run on an as needed basis for two years - continue and expand as many people do not know about it	Needs volunteers currently; Snow events intermittent	Promote and recruit volunteers; Subsidized service by contractors that could be called out at last minute	Better at Home; Lillooet Volunteer Connect		
* Repairs/Maintenance	There are small jobs that are needed like changing lightbulbs, fixing door handles, appliance repair; but lack of people to do	Lack of workers in field; lack of contact info	Set up a volunteer list of folks who like to fix things; A Men's Shed could be a possible solution	Better at Home; Lillooet Volunteer Connect		
* Shop/Deliver Program	Continue program as it is excellent - easy to use	Need for more volunteers as services increase	Promote "neighbourhood teams"	Better at Home; Lillooet Volunteer Connect		
* Meals-on-Wheels Program	Could local restaurants or a non-profit be engaged to provide this service with home deliveries; Lillooet Friendship Centre and Better Living Centre offer pick-up lunches 2X week	Cost to hire someone to carry out program	Research possible local suppliers Research funding opportunities	Better at Home; Lillooet Friendship Centre Society, Better Living Centre, local businesses		
* Technological Help	Integrate CyberSeniors program into Better at Home program; Develop a Senior/Youth Program	Library offers Senior Tech Days as part of their Literacy Program, but some seniors don't know about it	Include this service in information booklet and at events	Lillooet Area Library Association		

Transportation/ Safety	Notes	Challenges	Solutions	Who Could Do This Work in Collaboration with Elder Connect - BC CRN Lillooet?		
* Out-of-town medical appointments	Currently Interior Health has a bus that goes 2x times per week to Kamloops; Owl Bus.	Bus does not always work with appointment times or other locations; expensive to stay overnight	Research options and encourage change	DOL, SLRD, Interior Health, DOT		
* Transport for local shopping, attending activities/events , and visiting	Need a service like HandyDart, or subsidized taxi service, or volunteer program;	No transport options that are consistent or easy to access	Research options; set up volunteer program	Better at Home; Lillooet Volunteer Connect		
* Landfill access	Hard for seniors to recycle without a curbside recycling program or transport to landfill	Not everyone can drive to landfill or carry loads	Research options for pickup service; Promote curbside recycling program	District of Lillooet; LNS, ACT		
* Better sidewalks	Sidewalks rough for walkers and not many sidewalks on side streets; Need sidewalks at least from Conway Park to the Mall	Funding for roads and sidewalks	District of Lillooet to access more funds and plan sidewalk revitalization program	District of Lillooet		
* Better signage and lanes for scooters	Sides of roads are narrow and bumpy; Lions provided flags for back of scooters.	Funding for roads	Research options and encourage change	District of Lillooet & Dept of Transport		
* Benches, misting stations and shade sails throughout town	No place to rest while walking downtown; good to get the exercise but not always safe; heat also an issue in summer	Makes it hard for seniors to get exercise and walk downtown or to stores	Incorporate into Downtown Revitalization Plans - connect with DOL	District of Lillooet		
* Better cell coverage	No cell coverage so hard to contact someone in emergency; Emergency button does not work outside in garden (only in house)	Expensive and/or not available	Research options and encourage change	Telus, Rogers		

* Renovations and Upgrades to existing homes	Many homes are drafty and cold in winter, and hot in summer; cost of maintaining on OAP is difficult	Subsidized funding and workers are hard to find to renovate a space				
* Lack of senior housing	Only 52 units of senior housing available (Red Rock Manor, McClean Manor, Sumac Suites, Mountainview Lodge)	Funding and space availability; not sure what the options are	Host a workshop on housing options and how to access and get on waiting lists	Better at Home; Interior Health, BC Housing, Xwisten		
* Smaller houses to downsize to	Allow smaller carriage houses on larger lots, especially with family groups			District of Lillooet		

Appendix B – Participant List

Lillooet – Better At Home Presentation August 14, 2023
Participants

1	Lynda Sampson	BC CRN/Lillooet Seniors
2	Joan Giannone	BC CRN/LFCS
3	Kim North	BC CRN/HUB
4	Barb Weibe	DOL
5	Betty Weaver	Arts Lillooet
6	Shailly Sareen	Senior
7	Catherine Stathers	Senior
8	Sarah Chandler	Senior
9	Olivia Duncan	Interior Health
10	Krista Frank	Sekw'el'was
11	Shirley Aleck	Sekw'el'was
12	Fred Bell	Senior

13	Melody Thacker	Miyazaki House
14	Kim Halayko	SD74
15	Pat Elliot	Senior Group
16	Yvonne Murray	Senior Group
17	Jo-Anne McEwen	Senior Group
18	Sue Grecki	Senior Group
19	Maureen Lillico	Senior Group
20	Roberta Martin	Senior Group
21	Doug Drummond	Senior Group
22	Kay Halstead	Senior Group
23	Shirley Edwards	Senior Group
24	Gladys Stock	Senior Group
25	Betty Grossler	Senior Group
26	Toby Mueller	Library/LLeads
27	Gail Gaudry	Senior/HealthWorker
28	Mike Bonertz	Senior
29	Megan Delf	Interior Health
30	Megan Remple	HUB
31	Monica Fenton	HUB
32	Suyan Miller	Senior
33	Merle Hoch	Senior
34	Gloria Hutson	Senior
35	Colleen Ledoux	Lillooet Friendship Centre
36	Father Bob	Catholic Church
37	Jan Wilson	Senior
38	Marsoe LaRose	Senior
39	Serry Hosey	Senior
40	Gena Forniter	Senior
41	Harriet Wilson	Senior
42	Jody Wilson	Senior
43	Betty Larson	Senior
44	Kim Chute	Senior/SpeechPathologist
45	Yvonne Murray	Senior

46	Patricia Tripp	Senior/Artist
47	Paul Gallazzio	
48	Forgot name!	Interior Health Rep
49 to 50	2 people who did not sign in and unsure who they are.	

Appendix C – More about Healthy Aging

About United Way British Columbia's Healthy Aging program

To better support older adults to be socially connected, live healthy lifestyles, and maintain independence, United Way British Columbia's (UWBC) Healthy Aging program's strategy aims to help British Columbia's seniors stay at home and in their communities longer. Working towards a vision of a healthy, caring, inclusive community for all members. UWBC's Healthy Aging program embraces a holistic setting where older adults have unrestricted access to community programs and services so that they can age in place. Together with community agencies, local, provincial, and federal governments, and a diverse set of vested partners and donors, the Healthy Aging Team delivers programs including ***Better at Home, Active Aging, Social Prescribing, Therapeutic Activation Programs for Seniors, Family Friends and Caregivers Support, Men Shed's, Safe Seniors, Strong Communities and Community and Sector Development*** initiatives, such as *Healthy Aging CORE* and *Project Impact*.

This work is based on three **Healthy Aging Pillars** – priorities that were identified through extensive research, community consultations and recommendations, and learnings uncovered through 12 Better at Home Communities of Practice (COPs) facilitated across the province:

- ✓ *Increase physical activity:* Physical immobility and lack of leisure activity are related to social isolation and loneliness. One of the Healthy Aging program's Strategic goals is to increase physicality to help older adults remain socially connected and active as they age.
- ✓ *Reduce social isolation:* The UWBC's Healthy Aging Strategy aims to keep seniors mentally engaged in their communities, therefore reducing feelings of social isolation and social frailty.
- ✓ *Maintain and enhance independence:* Through provincial investments that maintain and enhance seniors' independence, the UWBC's Healthy Aging Strategy strengthens United Way's commitment to providing home and community services that encourage self-determination.