

BC Seniors: A Study in Contrasts



OFFICE OF THE
SENIORS ADVOCATE

www.seniorsadvocatebc.ca
1-877-952-3181

Qualicum Beach Area Newcomers Alumni
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Who are seniors and what do they want?

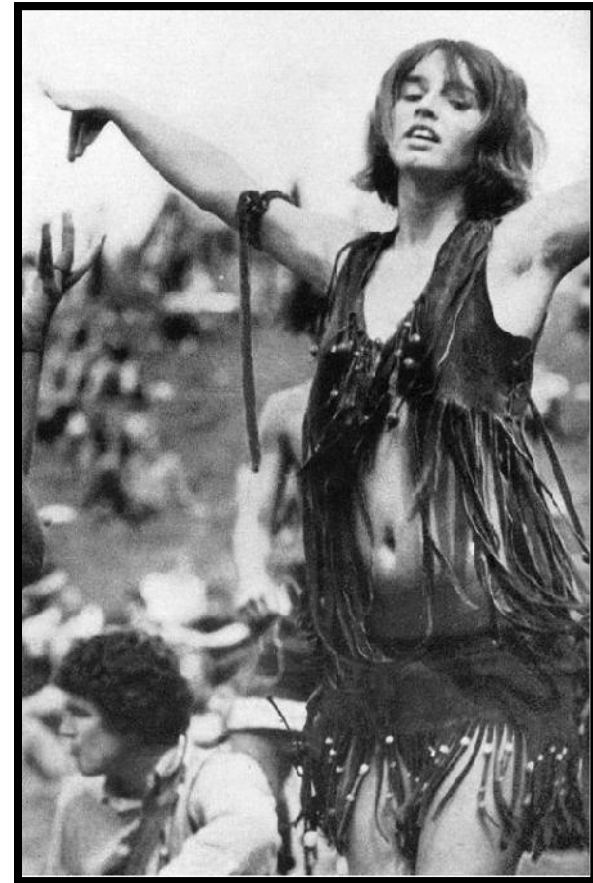
Easy question to ask, difficult to answer



Seniors not all the same



“Jane”



“Anne”

Seniors not all the same



“Jane”



“Anne”

Stereotypes of seniors



Reality

- 50% of seniors have annual income less than \$26,000
- 74% of people over 85 live independently
 - 10% live in retirement/assisted living
 - 15% live in residential care
- Only 22% of visits to ER are over 65
- 26% of 65-69 year-olds are still employed (7% of those over 70)
- Highest number of volunteer hours
- Unpaid caregivers contribute equivalent of \$5 billion annually
- Over 80% over 85 do not have dementia

Challenges for Seniors

- 20% who rent have challenge with rent ↑ exceeding income
↑
- Transportation
 - At 65 76% have drivers' licence
 - Drops to 34% at 85+
- Loneliness
 - Over 65, 26% live alone ↑ to 46% for 85+
- Fragmented care system – referrals, specialists, discharge from hospital, daily change in most responsible physician
- Fragmented social supports – how to get/be connected
- Income for those without defined benefit pension plans and without assets given rising costs of care as we age
- Fewer family members live in local community

Opportunities - Longest Life Expectancy in B.C.

BC Life expectancy - 83 years

Canada – 82.2

U.S – 79.3

Sweden – 81.7

U.K. – 81.2



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Good Health Habits and Quality of Life

Health-promoting factors	Over 65
Never smoked daily OR quit for 15+ years	82%
Not obese (BMI <30)	81%
Sleeps well	79%
Fruit/vegetable consumption 5+ times per day	39%
Good oral health	88%
Frequent walker	45%
Frequent social participation	75%
Low daily stress	57%



Seniors' Services

Supports

- ◆ Homecare: home support, adult day programs, respite
- ◆ Residential care
- ◆ SAFER – Shelter Aid for Elderly Renters
- ◆ SSH – Seniors Subsidized Housing
- ◆ OAS/GIS/SS
- ◆ HandyDART
- ◆ HAFI – Home Adaptations for Independence
- ◆ PTD – Property Tax Deferment
- ◆ Pharmacare
- ◆ MSP Premium Assistance
- ◆ Provincial Bus Pass Program
- ◆ Caregiver Support

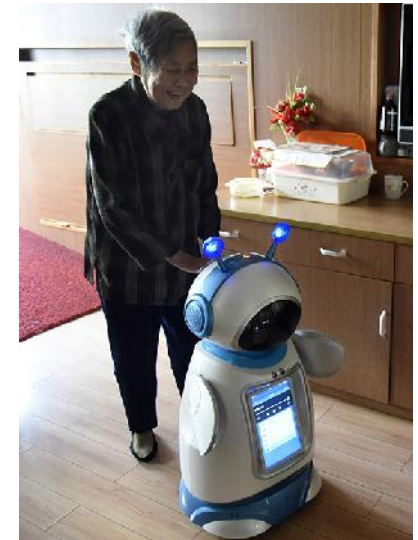


Housing Boom

- Boom for those in Lower Mainland, parts of Vancouver Island and the Interior in terms of home equity

City	1990s	Today
Vancouver	\$272,000	\$878,242
Victoria	\$240,000	\$763,000
Kelowna	\$120,000	\$542,000
Prince George	\$75,000	\$300,000

Increase in Technology to Assist Independence



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Drug Regimes that Allow Community Based Treatment



Umbrella Issue

Ageism

“Isn't it cute that grandma has a boyfriend”

“It is great you are still up and around at your age”

“You are so with it grandpa”

“Dad is just having a senior's moment”



Who is a Senior? Noun vs. Adjective

Noun - someone 65 years of age or older

Adjective - a person in a position of high authority

Contact

www.seniorsadvocatebc.ca

Toll-free: **1-877-952-3181**

In Victoria: 250-952-3181

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 info@seniorsadvocatebc.ca

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