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## NEWS RELEASE

For Immediate Release  
2012HLTH0147-002016  
Dec. 17, 2012

Ministry of Health

### **BC Seniors' Guide now available in Punjabi**

SURREY – The latest edition of the BC Seniors' Guide is now available in Punjabi, announced Minister of State for Seniors Ralph Sultan.

“The Punjabi version of the BC Seniors Guide is a handy booklet that contains lots of updated information on resources such as benefits, programs and services that are relevant to seniors and their families,” said Sultan. “The guides are designed to meet the needs of older adults in the Punjabi community.”

In addition to updated information, the new edition provides tips on healthy aging and encourages seniors to plan ahead for future needs.

“I encourage seniors and their families to get a copy of the Punjabi version of the BC Seniors' Guide as it can help seniors plan a healthy lifestyle,” said Dave S. Hayer, MLA for Surrey-Tynehead. “I receive many questions about what government does for older people and the booklet will assist in providing the answers.”

The English version of the BC Seniors' Guide was unveiled in October. Punjabi, French and Chinese versions required additional time for translation and are available now. To receive a free copy of the guide in any of the available languages, call 1 877 952-3181. The guides are also available on the SeniorsBC website at: [www.gov.bc.ca/seniorsguide](http://www.gov.bc.ca/seniorsguide)

“I would like to thank the government of British Columbia for having a Punjabi version of the BC Seniors' Guide,” said Maghar Singh Sanghe, president of the Surrey-Delta Indo Canadian Senior Centre. “It will be extremely useful for many seniors to be able to read the guide in their own language and in a format that is very convenient and easy to access.”

Providing easy access to all the information seniors and their families need to make informed choices about care is a key action in ‘Improving Care for B.C. Seniors: An Action Plan’ (Seniors Action Plan). Through the Seniors Action Plan, government is building a more accessible, transparent and accountable approach to seniors' care.

The plan contains specific deliverables to help seniors and their families navigate the health system, easily access information about care options, the creation of a provincial telephone line to report care concerns and the appointment of a seniors' advocate. More information on the Seniors Action Plan and what has been achieved so far can be found online at:

[www.gov.bc.ca/seniorsactionplan](http://www.gov.bc.ca/seniorsactionplan)

Under B.C.'s Family Agenda, government supports seniors by encouraging health, active aging so they can remain independent and enjoy active social participation. To learn more, visit:

[www.familiesfirstbc.ca](http://www.familiesfirstbc.ca)

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