
NEWS RELEASE

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Ministry of Health

Helping British Columbians age well

VICTORIA – The Province is unveiling new resources to assist British Columbians in getting ready for all aspects of the future, from health to finances.

Health Minister Terry Lake today announced an enhanced 11th edition of the BC Seniors' Guide is available in print, PDF and new e-book formats, as well as on the Aging Well website. This website offers a wide range of advice and information for those over 50 years of age.

“Whether you are a senior, or are thinking about how to be fully independent down the road, it’s never too late to be prepared,” said Lake. “The revised and updated BC Seniors' Guide helps with information about existing services, and highlights information for seniors with lower incomes. The Aging Well website is designed to get people thinking about aging well before they reach their golden years.”

The new seniors' guide includes information on programs, such as:

- Fair PharmaCare;
- Medical Services Plan (MSP) premium assistance;
- the Home Adaptations for Independence program, which provides financial assistance for low-income seniors to modify their homes;
- Shelter Aid for Elderly Renters, which helps make rents affordable for low- to moderate-income seniors;
- the bus pass program, which offers subsidized bus passes to low-income seniors; and
- the B.C. senior's supplement, which offers a provincial top-up to the federal Old Age Security/Guaranteed Income Supplement payment.

“We all want to be healthy and independent as we age,” said Parliamentary Secretary for Seniors Darryl Plecas. “The revised BC Seniors' Guide and Aging Well website are important resources so older British Columbians and their loved ones have the information they need to live well and plan for a healthy future.”

The BC Seniors' Guide contains information on a range of topics, from transportation to housing, health services and healthy living. There is also a comprehensive directory including telephone numbers and website information for frequently used resources. Chinese, Punjabi and French versions of the updated BC Seniors' Guide will be ready this spring.

“The Seniors Guide is a very important tool in helping seniors stay informed of the services and supports available to them,” said B.C.'s seniors advocate Isobel Mackenzie.

The new e-book version (available on Kobo, Kindle, and as a downloadable e-pub document) has been developed to tap into the growing proportion of older adults using e-readers.

Aging Well is a new website designed for British Columbians in their 50s and early 60s to plan for a healthy future. The site includes videos, articles and quizzes about preparing for the years ahead, covering health and wellness, finance, transportation, housing and social connections. Seniors were consulted to make sure the content reflected their needs and priorities.

For a free copy of the 11th edition of the BC Seniors' Guide, call 1 877 952-3181 (toll-free throughout B.C.) or 250 952-3181 in Victoria. To access a copy online, visit:

www.gov.bc.ca/seniorsguide

Learn more:

The Aging Well website: <https://www.healthyfamiliesbc.ca/aging-well>

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