



BC Seniors' Guide

A Key Source of Information for Older Adults

The BC Seniors' Guide is a resource to help us all plan for and live a healthy lifestyle as we age. Now in its 12th edition, the guide includes new sections and has been translated into more languages – most recently into Tagalog and Hindi in January 2022 – making it more accessible than ever before.

The guide has information about a variety of topics, including...



LIFESTYLE AND PLANNING FOR HEALTHY AGING

Find healthy living advice on topics such as quitting smoking, eating well and staying active and learn about programs such as Fair PharmaCare, Medical Services Plan and much more.



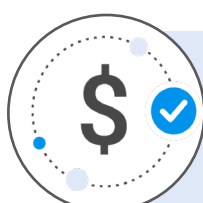
GETTING AROUND

Get information for drivers and about transportation programs, including the Travel Assistance program (which offers discounts for travel to medical specialists outside of your community) and the B.C. Bus Pass program (which offers subsidized bus passes).



HOUSING

Find information for homeowners, renters and on programs such as Home Adaptations for Independence (which provides financial help for low-income seniors to modify their home) and Shelter Aid for Elderly Renters (which helps make rents more affordable).



FINANCES

Learn about funding your retirement, benefits, continuing to work while receiving pension, tax credits, power of attorney and programs such as B.C. Senior's Supplement (which offers a provincial top-up to the federal Old Age Security/Guaranteed Income Supplement payment).



SAFETY AND SECURITY

Find information on preventing elder abuse, crime prevention, victim services, legal programs and more to help protect yourself and those you care about.

New!

Recently added sections include topics such as:

- » Digital literacy
- » Cultural safety
- » LGBTQ2S+ supports
- » Medical assistance in dying

Read the guide in your preferred language...

Get a free, printed copy mailed to you in English, Farsi, French, Chinese, Korean, Punjabi or Vietnamese by calling the Office of the Seniors Advocate at 1-877-952-3181.

You can also read the guide online anytime, or download the PDF version to save on your computer or print at home.



- » [Chinese](#)
- » [English](#)
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- » [Hindi](#)

- » [Korean](#)
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- » [Tagalog](#)
- » [Vietnamese](#)

Making resources like the BC Seniors' Guide available to everyone is one part of how B.C. is supporting long-term health needs and helping British Columbians maintain independence, particularly as we get older. Learn more about services and supports for older adults on [HealthLinkBC.ca](https://www.healthlinkbc.ca).

We welcome your input and feedback. Contact us at: MOHNewsletter@gov.bc.ca