

Guide to Senior Living in BC

How to Successfully
Navigate the World
of Seniors Housing
and Care



Bria
COMMUNITIES



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Introduction

Home is a special place. It's where we feel safe, loved and comfortable.

Often as we age, our home needs to change to ensure it continues to be happy, healthy and safe.

But navigating the world of seniors housing and home care can be challenging. The options, terminologies, and services can leave you feeling dazed and confused.

This simple booklet offers guidance, resources and expert advice to help you **find your way home.**



When you see this hand, you've encountered a link. Click it to take you to a website resource with associated info.

Your Host



Bria Communities is a family of four privately-owned retirement living communities in Langley and South Delta, BC. We offer seniors a home and lifestyle enriched with purpose, friendship and happiness.



Types of Senior Living

INDEPENDENT LIVING SENIORS COMMUNITIES

Often referred to as retirement residences, senior homes or retirement homes. Sometimes, incorrectly referred to as nursing homes, old-age homes or care facilities. These communities feature an ‘all-inclusive’ amenity-rich lifestyle for seniors who are confident and comfortable living on their own.

In BC, these communities are primarily owned privately. The best engage and participate in third-party assessments and certifications through organizations such as BC Senior Living Association and EngAge BC.

These features characterize Independent living seniors communities:

- Private apartments in buildings loaded with amenities like games rooms, gyms, movie theatres, libraries and gardens.
- Culinary services that provide all meals or offer a variety of meal plans.
- Opportunities for an active lifestyle with a wide variety of social, physical, mental, emotional, and spiritual programs.
- Built-in safety and security features that provide a supportive infrastructure for seniors
- Walkable neighbourhoods and a variety of transportation services so seniors can live car-free
- Monthly residency contracts that allow maximum flexibility.

DID YOU KNOW...
many seniors live independently in retirement communities and receive regular personal and healthcare support from private or subsidized care workers.



Learn the language of senior living. **Check out the glossary on page 17.**



ASSISTED LIVING

Assisted Living communities can seem very similar to Independent Living communities. There are two key ways they differ:

- Residents have access to staff who provide personal, medical or home care 24 hours a day.
- There are both private and public Assisted Living communities. They are all registered with the BC Office of Assisted Living Registrar.

LONG-TERM CARE

These communities are for individuals who cannot live independently and require professional medical, nursing and personal care. Long-term care is characterized by the following:

- Licensed by the Health Authority to provide 24-hour professional services.
- Private or shared accommodations that includes personal and nursing care, meals housekeeping and recreation.
- Monitored buildings with extra security that prevents residents from leaving unassisted.

There are private and public long-term care centres; all are licensed and government regulated.

MEMORY CARE

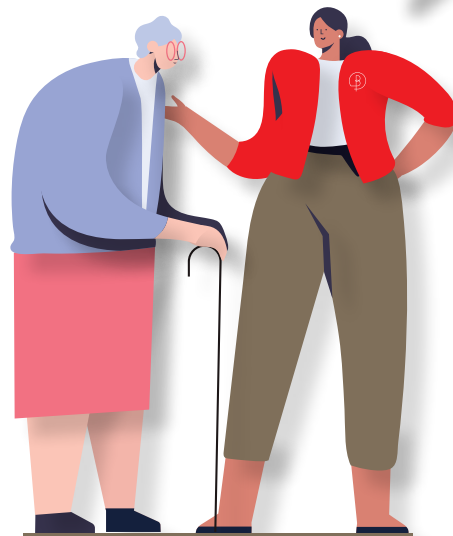
Seniors living with dementia may not have physical limitations but require an environment that meets their cognitive needs. Memory care communities may be part of other assisted living or long-term care communities. They also feature:

- Monitored buildings with extra security that prevents residents from wandering
- Customized recreation for those living with cognitive decline.

There are private and public memory care centres; they are all licensed and government regulated.

DID YOU KNOW...

long-term care goes by many names. We try to avoid using the outdated ones like nursing home, residential care and care facility.





CONVALESCENT CARE

Short stays in assisted or long-term care settings. The focus is therapeutic or rehabilitative services to restore physical function after surgery or a stay in hospital. Generally, these services are goal-orientated, with the ideal outcome being a return to living independently.

PALLIATIVE CARE

Specialized medical end-of-life care. The focus is on comfort, quality of life, and providing psychological, cultural and spiritual support for dying people and their families. Services include:

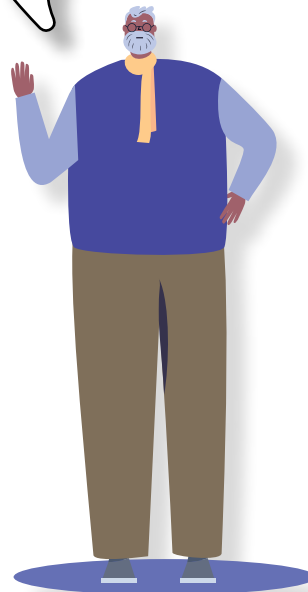
- Care coordination and consultation
- Pain and symptom management
- Spiritual and emotional support
- Community nursing and rehabilitation services

Palliative care can be provided at home, through a hospice, in most Assisted Living communities or in a long-term care home.

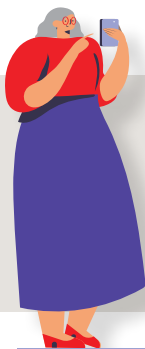
While palliative care is subsidized, there may be costs depending on the services required.

LET'S TALK ABOUT GOVERNMENT SUBSIDIES...

Publicly subsidized Assisted Living, Long-Term Care and Memory Care are available. A Provincial Health Authority caseworker determines eligibility following an assessment process.



Contact information for your local Health Authority is listed on page 17. Find additional grants, supplements and resources on pages 11 & 12.



Take a senior living self-assessment on page 9 to determine what type of senior living best fits you or your loved one.



Home Care Support

Whether you live on a farm in the country, a condo in the suburbs or an apartment in an independent living seniors community—home care can enable you to stay home as long as possible. Private companies or government-subsidized healthcare professionals can provide these scheduled support services.

TYPES OF HOME CARE

Home care provides a variety of scheduled support services to seniors living in both private homes as well as independent living seniors communities. These services include:

- Health care such as medication management, physiotherapy, nursing care or nutrition
- Personal care such as bathing, dressing, eating or getting in and out of bed
- Homemaking tasks such as laundry, housekeeping, shopping or errands
- Companionship and caregiver respite
- End-of-life care that supports seniors and their loved ones with palliative services, which include hospice

DID YOU KNOW

home care is also referred to as home health care or home support.





PRIVATE-PAY AND SUBSIDIZED HOME CARE

Private companies can provide a range of home care services. Paying out of pocket means you choose the provider, frequency and services. Check online reviews to ensure you're inviting a reputable company or individual into your home.

You may be eligible for publicly funded home care if you meet the requirements (see details in the side column). Once basic eligibility is established, a caseworker from the regional health authority completes a personal and financial assessment. If you are eligible, the caseworker will work with you to arrange home care support through the health authority. A daily rate usually applies to publicly funded home care.

Contact a caseworker by calling your regional health authority and asking to speak to the Home Health Office.

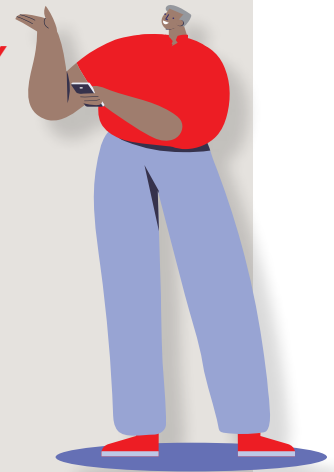
Regional Health Authority phone numbers are listed on page 17.



DID YOU KNOW

you, a family member, a friend, or a doctor can arrange your assessment through the Home Care Office of your Regional Health Authority.

5 TIPS FOR LIVING SAFELY AT HOME



- 1. Wear a smartwatch** and take advantage of fall detection features to ensure you can reach out in an emergency.
- 2. Choose an automated medication dispenser.** Check with your pharmacy; they may offer free dispensers as part of your prescription service.
- 3. Prioritize bathroom safety.** Easy-entry tubs and showers, raised toilets, stable shower/tub seats and secure grab bars all ensure confidence and security in the washroom.
- 4. Get to know your neighbours.** Familiarity and friendship with the people around you benefit everyone in the community. Don't be a stranger.
- 5. Protect yourself from fraud.** Be alert when you are asked to share banking or credit card information, donate, buy a product, or give away money. Say no first and ask questions later.

Senior Living Self Assessment



Five general types of senior living and care are available for older adults in BC. **Which is best for you or your loved one?**

“Don’t wait until there is a crisis to learn about the world of senior living,” says Andie Bakehouse, Residency Coordinator for The Waterford and The Wexford Seniors Communities in Tsawwassen, BC. “Knowing the options can help an unexpected transition go smoothly.”

Answer these simple questions to assess your senior living and care needs.

- Are you confident in your ability to cope in an emergency at home?
- Are you at minimal risk of falling during your daily routine?
- Are you content doing the housework, yard work and chores?

If you answered yes to the above questions, living at home with no support may be a good choice.

- Are you confident in your ability to cope in an emergency at home?
- Do you have/need fall assistance or a personal emergency alert system?
- Do you require daily or weekly assistance with personal or medical issues that can be addressed at home?



If you answered yes to the above questions, living at home with services provided by third-party professionals may be the right choice for you.

- Are you confident in your ability to cope in an emergency at home
- Are you looking to thrive without having to drive a car?
- Do you want easy access to opportunities to improve your overall health and wellness?
- Would you enjoy having someone else cook, clean and do yard work?

If you answered yes to the above questions, an all-inclusive independent senior living community could be the right choice for you.

- Do you require scheduled and unscheduled personal and or medical support more than once or twice a day?
- Do memory challenges keep you from taking your medication?
- Do physical challenges make it difficult for you to live independently?

If you answered yes to the above questions, assisted living, where an all-inclusive lifestyle pairs with scheduled and unscheduled medical and personal support may be the right choice for you.

- Does cognitive decline impair decision-making and lead to unsafe situations?
- Do your medical or personal needs require a team of professionals 24/7?
- Are you unable to meet your own basic toileting and self-care functions?

If you answered yes to the above questions, a long-term care home where licensed staff meet all personal and medical needs of seniors unable to live independently may be the right choice for you.

This article is for information purposes only. If you believe changes are necessary for a loved one or yourself, please visit your family doctor.



Shannon Saunders
General Manager,
☞ **Sunridge Gardens
Seniors' Community,**
Langley

Q. WHAT CAN I DO TO MAKE SURE I CAN LIVE INDEPENDENTLY AS LONG AS POSSIBLE?

A. Become an expert in active aging. Set yourself up for success by making it easy to make daily decisions that contribute to your physical, intellectual, emotional and spiritual health. Look for opportunities to contribute and participate in the community around you by volunteering, serving, and supporting others. All these pieces work together to contribute to your quality of life and can ultimately contribute to your ability to live independently for as long as possible.



Jane Bryce
General Manager
☞ **The Wexford
Seniors' Community,**
Tsawwassen

Q: WHAT AFFORDABLE SENIOR LIVING OPTIONS ARE AVAILABLE TO ME?

A. In my experience, affordable means something different to everyone. The best thing you can do is your homework. Some people do the research and math and discover that all-inclusive senior living is surprisingly within their budget. We've included a budget worksheet on **page 14** to help you determine if that's you. Other seniors take advantage of rebates and tax credits to minimize their housing costs. A list is available on **pages 12 & 13**. The Senior Services Society also offers a Housing Finder that can assist in the hunt for affordable housing.



Matthew Jackson
General Manager,
☞ **The Waterford
Seniors' Community,**
Tsawwassen

Q. HOW CAN I BE CONFIDENT A PRIVATE SENIOR LIVING COMMUNITY IS REPUTABLE?

A. The best senior living communities participate in third-party assessments like the BC Seniors Living Association Seal of Approval and EngAge BC Assurity Certification. These evaluate a residence's emergency preparedness, operating permits, policies and practices, resident services, and employee and resident satisfaction. Speaking of resident satisfaction that's another excellent indicator of a well-run business. Look for resident reviews and testimonies; if you can, talk to residents and their family members about their experiences.



Andie Bakehouse
Residency Coordinator,
👉 **Bria Communities,**
Langley

Q: WHEN IS THE RIGHT TIME TO MOVE INTO A SUPPORTIVE SENIOR LIVING COMMUNITY?

A. Don't wait! Sometimes people put off the decision because they fear their best days are behind them. But that's not true. Moving into a senior living community can improve the quality of your life and extend your independence. And the sooner you do it, the more time you'll have to enjoy it. After moving in, you might become one of the folks who saying, "I should have done this years ago!"



Kiran Dehal, RN
Director of Care
👉 **The Waterford**
Care Centre,
Tsawwassen

Q. WHAT ARE SOME OF THE SIGNS THAT MY LOVED ON IS READY FOR LONG-TERM CARE?

A. Trying to decide if your loved one is ready for care is often challenging. A few signs to watch for are increased forgetfulness and wandering, declining personal hygiene, lack of motivation in daily life, unhealthy eating habits, withdrawal and isolation, and an inability to complete daily living tasks independently. A clear indicator is if your loved one's health declines and they need to live in an environment where healthcare staff are readily available to meet their needs.



Pam Murphy
General Manager,
👉 **Magnolia Gardens**
Seniors' Community,
Langley

Q. WHY CHOOSE A SENIORS' COMMUNITY WHEN I CAN STAY IN MY HOME WITH HOME CARE?

A. One of the things I hear from our residents all the time is that our team feels like family to them. Our housekeepers, dining room team, lifestyle & wellness staff and maintenance technicians develop close relationships with residents. Compare that to having a parade of unknown healthcare workers in and out of your house daily or perhaps not even showing up at all. Senior living communities offer consistent support in an environment where you're known, seen and valued.



Housing & Care Resources Available to Seniors

When you see this hand  click the title to go directly to the website.



BC SENIORS HOME RENOVATION TAX CREDIT

A refundable personal income tax credit to assist with the cost of permanent home modifications that improve accessibility or help a senior be more functional or mobile at home.



REBATE FOR ACCESSIBLE HOME ADAPTATIONS

This grant assists low-income seniors in financing home modifications for accessible, safe and independent living.



HOME OWNER GRANT FOR 65+

This grant reduces property taxes you pay each year on your principal residence.



HOME OWNER GRANT LOW INCOME SUPPLEMENT

This supplement is available for seniors with a qualifying low income and yet whose Home Owner Grant for Seniors amount was reduced because of the high assessed value of their principal residence.



PROPERTY TAX DEFERMENT

A low-interest loan program for those over the age of 55, or a surviving spouse, that allows you to defer paying all or part of your property taxes on your principal residence.



SHELTER AID FOR ELDERLY RENTERS (SAFER) PROGRAM

A monthly rental supplement for low-income seniors.



SENIORS SUPPORTIVE HOUSING

Assisting low-income British Columbians who are 55+ and people of any age with a disability or diminished ability.



SUBSIDIZED ASSISTED LIVING

The BC Government subsidizes low-income seniors to enable them to access assisted living housing. This funding must be accessed through a case manager who assesses needs and eligibility.



BC ASSISTED LIVING REGISTRY

Regulates operators who provide hospitality services and assisted living services to communities or more than two people.



SENIOR SERVICES SOCIETY

Provides local and provincial programs and services to support vulnerable older adults in BC to live as independently as possible.



HOME CARE ASSISTANCE

Subsidized home support services can allow seniors to remain independent and live at home as long as possible. Find out about eligibility and more on their website.



BC SENIORS LIVING ASSOCIATION

BCSLA provides guidance for self-regulation for independent living and assisted living communities through programs such as the Seal of Approval.



SENIORS FIRST BC

This society of seniors, service providers, academics and professionals work together to end elder abuse in British Columbia. They are committed to protecting the legal rights of older adults, increasing access to justice for older adults, informing the public about elder abuse, and providing supportive programs for older adults who have been abused.



THE FAMILY CAREGIVERS OF BC

More than one million British Columbians provide physical or emotional care for seniors living at home. offers resources, information and support to family caregivers.



BC SENIORS' GUIDE

The provincial government produces this free guide. It provides information on benefits, healthy living, health services, housing, transportation, personal security, finances and more. It's available in seven languages in both print and digital formats.



BC SENIORS ADVOCATE

The Office of the Seniors Advocate is an independent office of the B.C. provincial government acting in the interest of seniors and their caregivers.

RETIREMENT LIVING CALCULATION WORKSHEET



Compare the costs of living in a private home vs a retirement living community. Click the title link above to use an interactive worksheet with Adobe Acrobat, or simply print and use a pen and calculator.



HOUSE / CONDOMINIUM

- Mortgage/Rent \$ _____
- Strata Fees \$ _____

UTILITIES

- Electricity \$ _____
- Hydro \$ _____
- Water & Sewer \$ _____
- Basic Cable \$ _____
- Wifi for light browsing \$ _____
- Telephone \$ _____
- Parking \$ _____
- Property Tax \$ _____

HOME MAINTENANCE

- House Insurance \$ _____
- Painting/Plumbing \$ _____
- General Repairs \$ _____
- Lawn & Yard Service \$ _____

LIFESTYLE

- Meals & Groceries \$ _____
- Linen Services \$ _____
- Laundry \$ _____
- Weekly House Cleaning \$ _____
- Personal Alarm Service \$ _____
- Fitness Classes \$ _____
- Vehicle Upkeep \$ _____
- Vehicle Fuel \$ _____
- Vehicle Insurance \$ _____

TOTAL \$ _____

SENIORS LIVING COMMUNITY*

- Residency Fee \$ _____
- Strata Fees \$ N/A

UTILITIES

- Electricity *Included*
- Hydro *Included*
- Water & Sewer *Included*
- Basic Cable *Included*
- Wifi for light browsing \$ _____
- Telephone \$ _____
- Parking \$ _____
- Property Tax *Included*

HOME MAINTENANCE

- Renter's Insurance \$ _____
- Painting/Plumbing *Included*
- General Repairs *Included*
- Lawn & Yard Service *Included*

LIFESTYLE

- Meals & Groceries *Included*
- Linen Services *Included*
- Laundry *Included*
- Weekly House Cleaning *Included*
- Personal Alarm Service *Included*
- Fitness Classes *Included*
- Vehicle Upkeep \$ _____
- Vehicle Fuel \$ _____
- Vehicle Insurance \$ _____

TOTAL \$ _____



RETIREMENT LIVING RESEARCH CHECKLIST



Use this checklist as you research retirement living communities to determine what services are provided and identify if a senior living community is right for you.

DINING & MEAL SERVICE

- How many meals per day: _____
- Food made fresh in-house
- A la carte menu available
- Special dietary accommodation
- Wine Service with meal
- Open seating
- Room Service
- Private Dining Room
- Guest meals available
- Bar service

HOSPITALITY SERVICES

- In-suite housekeeping
- Linen laundry service
- Personal laundry service
- In-suite Spring cleaning
- Complementary laundry facilities
- Overall building cleanliness

COMMUNITY AMENITIES

- Bus for group trips
- Courtesy Shuttle for personal trips
- Movie theatre
- Fitness Centre
- Games Room
- Library
- Chapel
- Hair Salon
- Guest Suite for nightly rental
- Gardens for resident use
- Secure parking

LIFESTYLE & WELLNESS SERVICES

- 7-day-a-week recreation programs
- Physical fitness classes or coaching
- Regular live music and entertainment
- Family-friendly events & entertainment
- Spiritual programming
- Volunteer & vocational programs
- Music therapy
- Bus trips for groups
- Memory-care programming
- Resident-led programming
- Resident input to programming

SAFETY FEATURES

- Personal emergency alert pendant
- In-suite emergency call system
- Good Morning alert system
- Key-less locks
- Monitored security cameras
- 24/7 front desk staff

SUITE AMENITIES

- Personally controlled heating
- Air conditioning
- Wash/Dryer
- Full kitchen
- In-suite storage
- Additional storage room
- Balcony
- Washroom safety features
- Walk-in shower with seat
- Seamless flooring transitions

Retirement Living Checklist cont.

NEIGHBOURHOOD

- Suitable for car-free living
- Safe, walkable community
- Close to civic amenities (library, rec centre, swimming pool)
- Close to medical services (pharmacy, clinics, hospital)
- Close to shopping

CUSTOMER SATISFACTION

- Yearly resident satisfaction survey
- Feedback opportunities (resident meetings, comment boxes)
- Open door to the General Manager
- Satisfactory online reviews

RESIDENCY RATES & ADDITIONAL CHARGES

- Publicly funded suites available
- How often do rate increases happen?
- Ownership, lease, residency contract?
- How much notice must be given before move-out?
- Includes parking
- Includes wifi
- Includes telephone
- Includes cable TV

MOBILITY ACCESS

- Assigned parking
- Electric vehicle charging
- Security parking for scooters
- Are motorized wheelchairs and scooters welcome in the building
- Are walkers welcome in the building?
- Is oxygen therapy welcome
- Wheelchair-accessible suites available?

DID YOU KNOW the difference between Independent Living, Assisted Living, and Long-Term Care is the amount of personal and medical services available.



PERSONAL & MEDICAL SERVICES (INDEPENDENT LIVING)

- Personal and medical services provided on-site and included in residency fee
- Campus of care that allows on-site transitions when care needs change.
- Third-party care providers welcome
- Visiting foot care nurse
- Visiting physiotherapist
- Visiting lab service
- Visiting nurse or physician
- Pharmacy service

MEDICAL SERVICES (ASSISTED LIVING OR LONG-TERM CARE)

- Daily access to medical care (Care Aides, LPNs, RNs or Doctors)
- RN/RPN on staff
- 24/7 nursing care
- Physician on call
- Medication supervision
- Mobility lifts
- Registered dietitian
- Wander management systems
- Respite/convalescent care


Glossary Of Terms




ACUTE CARE In-patient or out-patient medical services provided by a hospital.

ASSISTED LIVING May refer to any senior living solution that provides personal, medical or recreational support. Frequently refers to housing for seniors who need regular support to live independently but do not require 24-hour licensed care.

BC HEALTH AUTHORITY Provincial authorities that provide health services within their geographic area. Contact info below:

 **Fraser Health**
1.877.935.5669 (toll free)
604.587.4600

 **Interior Health**
250.862.4200

 **Northern Health**
1.866.565.2999 (toll free)
250.565.2649

 **Vancouver Coastal Health**
1.866.884.0888 (toll free)
604.736.2033

 **Vancouver Island Health**
1.877.370.8699 (toll free)
250.370.8699

 = Click for link to website.

CAMPUS OF CARE Seniors communities that offer multiple levels of housing services and care in one or more buildings on-site, eliminating the need to change locations when your care needs change.

CASE MANAGER Regional Health Authority staff who assesses and develops care plans and arranges health services for seniors with complex health needs requiring extra, ongoing support. Case managers are a starting point for all services. They assess seniors connect them to ongoing home care or refer to assisted living support services.

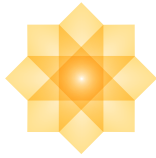
HOSPICE Palliative care delivered in a designated or specialty setting outside your own home.

RESPITE CARE Family caregivers can temporarily relieve their responsibilities by engaging in short-term care services in-house or through a long-term care centre.

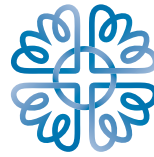
RESIDENTIAL CARE Complex care and services for seniors who cannot live safely or independently at home because of advanced care needs. More commonly known as long-term care.



**MAGNOLIA
GARDENS**
LANGLEY, BC



**SUNRIDGE
GARDENS**
LANGLEY, BC



The
WATERFORD
TSAWWASSEN, BC



The
WEXFORD
TSAWWASSEN, BC

About Bria Communities

Home is right here! Become a foodie without having to do the dishes, enjoy the gardens without having to mow the lawn, let someone else clean your home while you go and discover what retirement living is all about.

We are a family of privately-owned, local senior living communities in Langley and Tsawwassen. We offer two supportive living options: independent living and long-term care centres.

DID YOU KNOW some senior living communities offer free meals as part of your research experience? **We do!** Come for a tour and get a complimentary taste of our lifestyle.



 BriaCommunities.ca

1 844.969.BRIA (2742)