



SeniorsBC.ca

Welcome to SeniorsBC! This is a place for all older adults in the province to find resources for planning and living a healthy and active life as they age. Seniors' families and caregivers will find great information here, too.

- ### Elder Abuse Prevention

Elder abuse in any form is wrong.

Learn more about what **elder abuse** is and where to go for help to stop it.
- ### Advance Care Planning

Advance care planning is the process of thinking about, and writing down, your wishes or instructions for future health care treatment in the event you become incapable of deciding for yourself.

Learn more and **get advance care planning tools** to help you make a plan for yourself.
- ### Fall Prevention

Falls are the main reason why older adults lose their independence. Although the risk factors increase with age, falls are not an inevitable part of aging.

INFORMATION
 Making plans and decisions today will help better prepare you for tomorrow.

RESOURCES
 In BC, care and support are available from both publicly subsidized and private pay service providers.

PUBLICATIONS
 BCSeniors' Guide
 Healthy Eating for Seniors