

Supporting Seniors

The number of seniors 75+ is expected to almost double in District 69 over the next 20 years

It is no wonder that the average age in our region is older than other Island Health and BC regions. With its stunning beaches, walking trails, and mild temperatures, it is the perfect place to retire.

But if seniors are having to choose between paying for food, medicine and housing, how are they going to enjoy their final years?

Almost one in five seniors (65+) in BC are living in unaffordable housing

In 2016, about 730,000 Canadians had to buy less food in order to afford medication

AGING POPULATION



Around 11% of local seniors 65+ are considered low-income (earning less than \$18,213 a year).



With an average age of 53, our local population of seniors is older than Island Health (45 years) and BC regions (42 years).



The 75+ age group currently makes up around 15.8% of the local population, which is higher than Island Health (10%) and BC regions (8%).



As SOS, we know that many seniors are not only struggling to afford basic necessities but are also suffering the ill effects of social isolation exacerbated by the pandemic.

Help us reach more and do more to support seniors now and in the future



SOS Project REBUILD

Campaign to Reach More Do More

How your SOS supports local seniors

SOS PROGRAMS BEFORE COVID-19

Oceanside Better at Home

Household cleaning services, friendly visits, non-medical drives, grocery shopping trips and yard service

**Seniors
Advocacy Services**
Emergency vouchers for food, medicine, clothing and fuel for vulnerable seniors

Meals on Wheels
Nutritious meals delivered to residents who have difficulty maintaining a healthy diet

**Free Medical
Appointment
Transportation Service**
Volunteers drive seniors to and from medical appointments

**Seniors
Connecting Program**
A comfortable place for social interaction, enjoyable outings and helpful information sharing

Other Programs
Local seniors also had access to the Caring for Community at Christmas program, the Homeless Prevention program, and the Counselling Referral program



SOS SERVICES DURING COVID-19

When the pandemic hit our region in 2020, your SOS immediately went into action providing essential services to vulnerable seniors in our area. **Thanks to donor support of our Grateful Hearts, Project Restart and Winter Emergency campaigns, we were able to:**

- ✓ Provide emergency assistance for food and medicine
- ✓ Help seniors with their groceries and deliver to them
- ✓ Connect with seniors over the phone
- ✓ Ensure nutritious meals continued to be delivered through our Meals on Wheels program
- ✓ Support seniors with supplies and housing emergency assistance
- ✓ Connect seniors with local, professional counsellors online
- ✓ Advocate for seniors so they could receive the government benefits they are entitled to

Help us reach more and do more to support seniors now and in the future



SOS Project REBUILD

Campaign to Reach More Do More

How your SOS is rebuilding to support seniors now and in the future

The pandemic has affected seniors particularly hard. Because they are considered one of the most vulnerable groups for contracting COVID-19, they have had to be apart from friends and family at a time when they need comfort and reassurance the most. And for many who struggle to afford the basics, the isolation has caused additional emotional and physical suffering.

As our population continues to grow, with the number of seniors expected to nearly double over the next 20 years, we must be ready for this new future. Simply put, we will need to reach more and do more!

Because we fund most of our programs through Thrift Shop revenue, and do not expect to reach the pre-pandemic income levels until at least 2022, we have launched an ambitious \$1 Million campaign to enable your SOS to rebuild capacity for the future. We call it SOS Project Rebuild.

Of course we will continue providing essential services to those most in need as well as open up more of our programs when it is safe to do so. But we also want to begin the process of developing new and expanded areas of focus that will make a bigger impact in the coming years. The needs will be greater and we need to get started now!

Help us Reach More and Do More to Support Seniors by investing in:



- Educating more seniors about support services they can access
- Engaging more seniors in social and recreational experiences that help with emotional and physical wellbeing
- Increasing the volume of emergency vouchers when needed
- Reaching more seniors in the outlying areas
- Providing workshops on nutrition and working with seniors one-on-one to ensure a healthy diet
- Helping seniors with computer technology so they can stay connected with friends and loved ones in a safe way

Please join our team of forward-thinking, solution-focused supporters who are committed to rebuilding a community that looks out for everyone.

WE ARE



To make your gift now,

[CLICK HERE](#)

or Donate by phone: (250) 248-2093
Donate by mail: PO Box 898 Parksville BC V9P 2G9
Donate in person at: 245 West Hirst Ave. Parksville
Charitable Number: 107021537RR0001

sosprojectrebuild.com