



Seniors Aging in Place (SAIP) Program

Helping rural seniors to maintain their at-home lifestyles



PEACE RIVER
REGIONAL DISTRICT



Dawson Creek Society
for Community Living

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"It was a lifesaver, especially after surgery and during recovery. Also during the pandemic, as things were pretty lonesome."



Introduction

The Seniors Aging in Place (SAIP) program provides supports and services to bolster a person's ability to continue living independently at home.

The program is available to residents who are 65 years or older and residing within Electoral Area D and portions of Electoral Area E within the Peace River Regional District.

SAIP is funded and administered by the Peace River Regional District (PRRD). The services are delivered by Dawson Creek Society for Community Living (DCSCL).

The desire by seniors to 'age in place' is not a new phenomenon. In many cases, especially in rural areas, seniors have dedicated a lifetime to establishing a home; working hard to build and maintain it, raise their families and watch grandchildren grow within it. A family home holds the imprint of irreplaceable moments and is often a special touchpoint for many generations. It is no wonder that seniors do not want to leave their homes as they navigate the advanced years of their lifetime. The SAIP program provides a toolkit against what drives many elders out of their homes prematurely; lack of access to healthy meals, inability to keep up with routine household chores, isolation and difficulty moving around outdoors in the long Peace region winters.



*Select portions of Area E

"For me this program is too good to be true. I turn 70 this month and I'm hoping to stay in my home for as long as I possibly can."

History

Dawson Creek Society for Community Living (DCSCL) initiated two trial programs in 2020 that determined there was a need to support rural seniors to allow them to reside in their homes for a longer period.

The focus area included seniors living in the rural communities of Electoral Area D and a portion of Electoral Area E. The study identified snow removal, housekeeping and assistance with meals as the priority needs.

The trial projects under the Rural Seniors Initiative ran from January to February 2020 and January to April 2021. The outcomes from each trial project were strongly reinforced the need to continue offering support services to seniors and assist them living independently at home for as long as possible.

In July 2021, following a favourable region-wide referendum, the Regional Board of the Peace River Regional District adopted the Seniors Aging in Place Support Services Establishment Bylaw. The program was enacted with the mandate to provide in-home support services to rural seniors by way of a qualified third party.

In November 2021, a Request for Proposal (RFP) was issued for a contractor to provide support services on behalf of the PRRD; DCSCL was the successful proponent and continues to deliver the program's services as of 2023.

Founded in 1958, Dawson Creek Society for Community Living strives to meet the growing and changing needs of people with disabilities and seniors in the area. DCSCL has significant experience in managing a wide range of supports, in all areas of daily living. Their success is due, in part, to a strong foundation of skilled staff and strong connections with community.

"Couldn't be more thrilled with the program. Done well and quick. Love the visits!"



"Beyond fabulous! The nicest young man doing driveways."

"Very happy & satisfied.
Thankful to the housekeeping
ladies, they are very special
to me."



In-Home Support Services



Healthy Meals

\$3.00 per meal, per person*

Five freshly frozen home-cooked meals delivered weekly, with a customizable menu that includes over 20 curated options such as:

- Roast beef with mashed potatoes, vegetables and gravy
- Shepherd's pie
- Ham with scalloped potatoes and vegetables
- Chili
- Cabbage rolls
- Beef or chicken stir-fry
- Baked chicken with rice and vegetables

Seniors are free to choose and submit their preferences weekly. Food allergies and special food requirements such as gluten-free, minced or extra moist are available upon request.

Meals are delivered on a prearranged day with a delivery contractor, who also performs a social check and socializes during each visit.

"Meals are just the perfect size. I'm diabetic so they are perfect for nutrition."





Housekeeping

\$12.50 per visit*

Two professionals clean each home for two hours per visit, on a bi-weekly basis. The contractor provides the labour and necessary cleaning supplies, equipment and products required.

A social component is involved as many seniors experience loneliness and look forward to these visits while receiving help to complete household chores.



Home Maintenance, Snow Removal

\$25.00 per month*

A contractor completes snow removal at each subscribed home up to three times a month. The snow removal services are available from November to March.

*Service fees are subject to change and are established, maintained and updated through Regional District Bylaw 2483, 2022. For more information contact saip@prrd.bc.ca.



Eligibility & Application Process

The Seniors Aging in Place program is available to residents who are 65 years of age or older, and residing in Electoral Area D and portions of Electoral Area E.

Electoral Area D includes the following communities:

Arras	Doe River	Kilkerran	Rolla	Tupper
Bessborough	Farmington	One Island	Tomslake	
Cutbank	Kelly Lake	Lake	Tower Lake	

The Electoral Area E service area includes the following communities:

Groundbirch	Sunset Prairie	Progress	Willow Valley
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To apply for the SAIP program, eligible residents must complete and submit an application form.

Obtaining an application form:

- Print or download a fillable form: prrd.bc.ca/saip
- Receive via mail: Call 250-782-2611
- Pick up: Dawson Creek Society for Community Living (DCSCL)

Submitting an application form:

- Email to: saip@prrd.bc.ca
- Mail to: Dawson Creek Society for Community Living at 1334 102 Avenue, Dawson Creek BC, V1G 2C6
- Drop off at: DCSCL
- Fax to: 250-782-2662



"The ladies came to clean yesterday, they are so pleasant and compassionate I could just squeeze them."

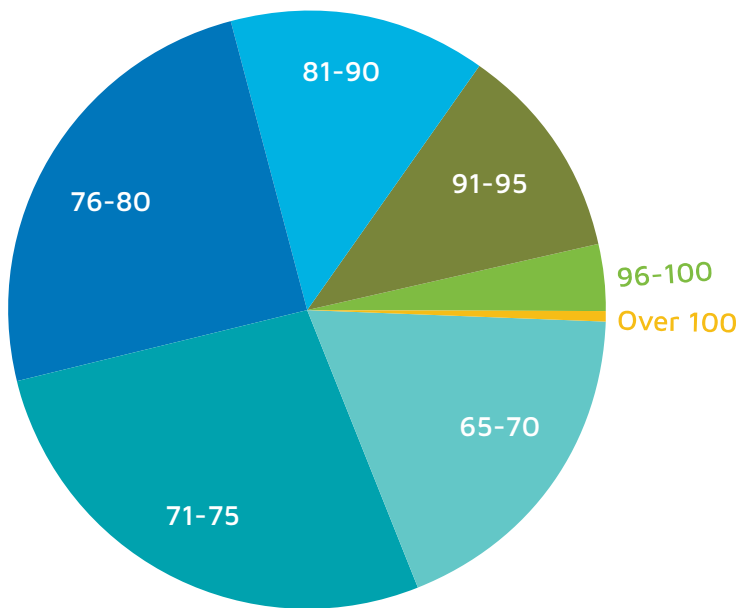


"I should have done this sooner."

Program Enrollment: 2022 - February 2023

The 2021 Canadian Census Data identified over 1300 individuals living in Area D and Area E are 65 years of age and older.

The number of seniors participating in the program has increased dramatically since 2022. As of February 2023, almost 15% of enrolled seniors are receiving one or more of the in-home support services offered through the program. The Peace River Regional District encourages those who are interested and eligible for the program to reach out to a program representative at saip@prrd.bc.ca or 250-782-2611 to learn more about receiving a services trial.

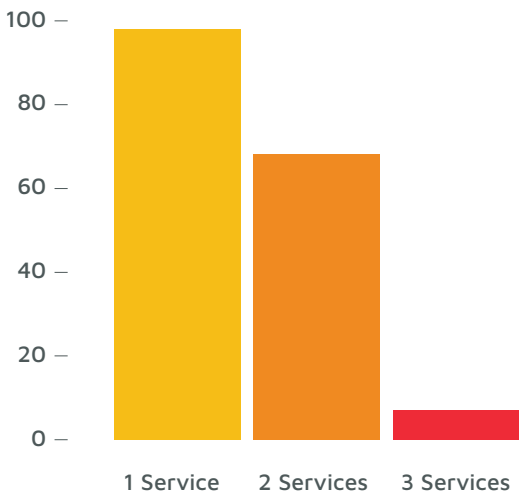


Program Enrollment by Age Group

Currently, 71 - 80 year olds make up more than half of the program participants.

"The girls are awesome, wonderful to chat with, they do fantastic work and are quick, thorough and efficient."

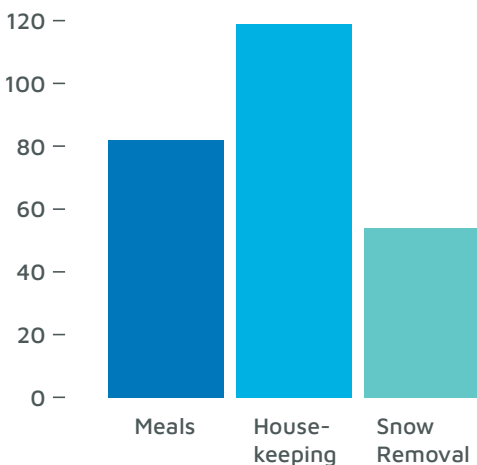
Number of seniors:



Program Enrollment by Number of Services

Most program participants are using only one of the three in-home services.

Number of seniors:



Program Enrollment by Service Type

Housekeeping has the highest in-home service enrollment.

Seniors Aging in Place (SAIP) Program



BROUGHT TO YOU BY:



PEACE RIVER
REGIONAL DISTRICT

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SERVICES DELIVERED BY:



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