

Senior's Resources

- [Seniors Health Knowledge Network](#) - Online resources, including webinars, best practice guidelines. Join their community of practice group or email distribution list to get regular updates
- [Centre for Studies in Aging and Health](#) - Online resources for health care providers across the continuum of care on a variety of topics relevant to the geriatric population
- [STEADI \(Stopping Elderly Accidents, Deaths and Injuries\)](#)
- [McMaster Optimal Aging Portal](#) - Health and social conditions, programs, services and products, optimal aging practices
- [Osteoporosis Canada](#)
- [Arthritis Society](#)
- [Alzheimer's Society](#)
- [Brainxchange](#) - Resources on neurodegenerative diseases (ie: dementia, MS)
- [Canadian Frailty Network](#) - Watch [Webinars](#)
- [Office of the Seniors Advocate](#)
- [Exercise videos for older adults on YouTube](#)

Exercise Options






- [Steady Feet](#)
- [Osteofit and Get up and GO](#)
- [Fraser Health Get up and Go](#)
- [Class referral for all programs](#)

TIME (Together in Movement and Exercise)

- [Robert Lee YMCA - Vancouver](#)
- [Tong Louie Family YMCA - Surrey](#)

FAME (Fitness and Movement and Exercise)

- [Website](#) (includes videos and manuals)

-  [Guidelines and Manual](#)
-  [West Vancouver](#)
- [Vivifrail](#)
- [Strategies and Actions for Independent Living](#)
- [Physical Activity Services \(Health Link BC 8-1-1\)](#)
- [UBC Body Works](#)
- [Exercise videos for older adults](#)
-  [Lower Mainland Gym Contact and Accessible Equipment List](#)
-  [Vancouver Park Board Fitness Centres with Accessible Equipment List](#)
-  [Leisure Access Coordinators](#) - Each municipality offers unique opportunities for people with low incomes or disabilities to access their community programs and services





Patient/Client/Caregiver Resources

-  [Seniors' Guide](#)
-  [United Way of the Lower Mainland's Family & Friend Caregivers Information and Resource Handbook](#)
-  [Caregiver Network](#)

Referral

-  [Fall Prevention and Eldercare Clinics](#)

Self Management

-  [One You](#)
-  [Self Management BC](#)
-  [Pain BC](#)
-  [LivePlanBe](#)

Other Resources

Finding Balance:

<https://findingbalancebc.azurewebsites.net/exercise/>

Osteoarthritis program, VCH:

http://oasis.vch.ca/media/Webinar_Exercise_resources.pdf

Centre for Aging and Brain Health innovation:

<https://www.baycrest.org/Baycrest/Research-Innovation/Partnerships/CABHI>

Pain BC: <https://www.painbc.ca/>

New Zealand's Otago Exercises:

- <https://www.livestronger.org.nz/assets/Uploads/acc1162-otago-exercise-manual.pdf>
- <https://www.youtube.com/watch?v=s-3198ceK8M> or https://www.youtube.com/watch?v=RmZO_EPoB4k