

# Independent Senior Centres: Connecting and Supporting Older Adults in Metro Vancouver

Senior centres are **welcoming and inclusive spaces** that foster social connections, empowerment, and a feeling of **safety and dignity for older adults**.



Senior centres have demonstrated their ability to adapt to **meet the evolving needs of older adults**. During the onset of the COVID-19 pandemic, many senior centres were able to quickly pivot, and through trial and error, find **meaningful** and important ways to continue **supporting their isolated members despite serious limitations**.

“Senior centres play a critical and vital role in community and in the lives of older adults”



**Sustainable funding** is of utmost importance for all senior centres so that they can continue **providing relevant programs and services** that meet the needs of aging baby boomers, vulnerable older adults, and **diverse communities**.



Senior centres would benefit from research that:

- 1) Supports their efforts to secure sustainable funding
- 2) Creates an evidence base for advocacy
- 3) Identifies emergent community needs



“Senior centres are set up to meet emerging needs in terms of their values and principles, but not fiscally”