



February 1, 2026

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*CIEPS wishes you and your families a very Happy Valentine's Day.*

### **What Else is the Month of February Known For?**

February in Canada is heavily recognized for a focus on heart health, respiratory illnesses (flu), and preventative health awareness. As the peak of winter, it is a critical time for addressing cardiovascular conditions and managing the spread of viruses.

*Here are the specific health issues and awareness campaigns February is known for in Canada:*

#### **1. Heart Health (Heart Month)**

February is officially Heart Month in Canada, dedicated to raising awareness about cardiovascular disease, which is the second leading cause of death in the country.

Key Concerns: High blood pressure (hypertension), heart attacks, and stroke.

Key Date: Wear Red Canada (February 13th) is dedicated to raising awareness about women's heart health, as symptoms often go unrecognized in women.

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Focus: Roughly 2.6 million Canadian adults over 20 live with diagnosed heart disease.

## **2. Respiratory Viruses (Flu Season)**

February is often a peak or high-activity month for influenza and other respiratory illnesses in Canada.

Key Issues: Influenza A (including H3N2), RSV, and COVID-19.

Impact: Hospitals often see high volumes of cases during this time, with significant impact on seniors and children.

## **3. Preventative Health Awareness**

Recognized as Preventative Health Awareness Month (starting Feb 1), this initiative encourages Canadians to move from a reactive to a proactive mindset regarding their health.

Focus Areas: Encouraging healthy eating, regular physical activity to combat sedentary winter lifestyles, and routine check-ups.

## **4. Mental Health and Specialized Awareness**

*Several other health observances occur in February:*

Psychology Month: Promoted by the Canadian Psychological Association to highlight mental health.

Eating Disorders Awareness Week: February 1 to 7.

International Childhood Cancer Day: February 15.

Rare Disease Day: February 28 or 29.

## **5. Other Seasonal Health Concerns**

Physical Activity/Sedentary Time: With cold weather, there is a focus on reducing sedentary behavior, even for those working remotely.

Dental Care: Reports have highlighted the need to catch up on routine dental visits that were delayed, often flagged in health reports during this period.



**REGISTRATIONS now open for the 2026 Elder Planning Issues Conference in Niagara Falls, ON...**

**Sunday May 31 – June 2, 2026**

**2026 EPIC Registrations NOW OPEN.**

***You can choose to attend either LIVE in person or by LIVE webcast.***

**Our 2026 theme is - "Strategic Solutions for a Changing Demographic"**

"Strategic Solutions for a Changing Demographic" captures the urgent need for cross-sector innovation as Canada's population ages. It invites professionals to rethink systems, services, and structures to meet the evolving needs of older adults - while anticipating the ripple effects across families, communities, and the economy.

We believe that aging is not a challenge to be managed - it's a transformation to be led. This conference equips professionals with the tools, insights, and partnerships needed to lead that transformation.

This theme is not just about reacting to demographic shifts. It's about leading with foresight, designing with empathy, and collaborating across disciplines.

Through expert-led sessions, interdisciplinary collaboration, and forward-thinking dialogue, the conference aims to spark innovation, strengthen systems, and build a future where aging is supported with dignity, resilience, and strategic foresight.

#### Why is this conference important for you to attend?

Attending the 2026 "Strategic Solutions for a Changing Demographic" conference is more than just a professional opportunity - it's a strategic imperative. Here is why this event matters:

- \* Aging Population = Urgent Innovation
- \* Sharpened Client Strategy
- \* Estate & Succession Planning Insights

If you or your company is serious about staying relevant and resilient in the face of demographic change, this conference is where you need to be

Check out the location, agenda, and Keynote presenters here - [\*\*2026 Niagara Falls EPIC\*\*](#) and **REGISTER TODAY!**

You will earn up to 30 CE credits for attending.

*Please support this conference so that we can continue to bring you presentations that will help you with your aging clients, prospects and families.*

#### **February 2026 Key Issues of Interest for Canadian Senior Citizens**

In February 2026, key issues for Canadian senior citizens revolve around financial management during inflationary times, healthcare access, and social

engagement. With tax season approaching, seniors are focusing on maximizing benefits while navigating winter-related challenges.

*Key issues and updates for February 2026 include:*

## **1. Financial Health & Benefits**

OAS and CPP Payments: Regular Old Age Security (OAS) and Canada Pension Plan (CPP) payments are rolling out in late February 2025 (and 2026), with rates having adjusted to match cost-of-living increases.

One-time Relief Payments: Low-income seniors should look for targeted, one-time support payments (such as \$1,200 or \$300, based on 2025/2026 CRA announcements) aimed at helping with high inflation, groceries, and utility bills.

Tax Season Preparation: February is a critical time for seniors to organize documents for the upcoming tax season to claim credits like the Age Amount, Pension Income Splitting, and to ensure they remain eligible for GIS.

Guaranteed Annual Income System (GAINS): In Ontario, seniors should verify their eligibility for the 2025–2026 benefit year (July to June), with maximum payments of up to \$90 per month for those with low income.

## **2. Healthcare and Wellness**

National Pharmacare Expansion: Following the 2024 introduction of the Pharmacare Act, February continues to highlight expanded, universal coverage for specific diabetes medications and contraceptives.

Heart Health Month: February is recognized as Heart Health Month, highlighting that heart disease and hypertension affect a significant number of seniors, with initiatives like "Wear Red Canada" on February 13.

Vaccine Access: The Canadian Association of Retired Persons (CARP) is focusing on addressing barriers to vaccines and preventative health services for older adults.

## **3. Safety and Independent Living**

National Senior Independence Month: February emphasizes the need for age-friendly communities, which includes ensuring sidewalks are cleared of snow, improving transportation access, and providing home maintenance support.

Fall Prevention: With winter conditions, February is a crucial time for fall prevention efforts, including, balance and strength training programs.

Digital Security: Increased focus on scams and fraud, with workshops in February specifically designed to help seniors recognize and avoid digital, phone, and online scams.

## 4. Social Inclusion

Reducing Isolation: Approximately 30% of Canadian seniors are at risk of social isolation, particularly during winter. February sees continued investment in the "New Horizons for Seniors Program," supporting community-based initiatives that promote inclusion.

Active Living Programs: Free, specialized programs (e.g., in Ottawa) are offered in February to help seniors combat loneliness through social interaction and activity.

*Note:* The information above includes confirmed 2026 trends and legislative updates stemming from 2025/2026. Data in this response is based on reports, announcements, and events scheduled for February 2025/2026.

### **Let's Tackle Myths About Ageing in 2026...*from an article posted on the Seniors Advocate of BC and written by Dan Levitt on Jan. 5, 2026***

BC Seniors Advocate Dan Levitt is calling on British Columbians to challenge persistent myths about ageing and confront ageism in 2026.

"I meet with thousands of older people throughout the province who are making significant contributions to their families and communities through volunteering and caregiving, and living active, full lives," said Levitt. "Many older adults are frustrated with persistent, discriminatory beliefs that make them feel excluded and overlooked in society."

Despite some recent progress, many myths about ageing persist. Here are common stereotypes and the facts to disprove them:

#### **Myth 1: Most older people are grumpy and unhappy**

#### **Fact: Research shows happiness increases later in life.**

The 'U-curve of happiness' shows that satisfaction is high when we're young, falls midlife, then increases after age 55. Statistics Canada data from 2025 shows 60.5% of Canadians aged 65+ rated their life satisfaction between 8 and 10 out of 10, compared to 46% of people aged 15-24.

#### **Myth 2: Most older people are wealthy**

#### **Fact: Most B.C. seniors live on low to moderate incomes.**

In B.C., about 25% of seniors live on annual incomes less than \$23,800, and half of seniors live on under \$37,000 a year. Community-based service providers report record numbers of seniors using food banks and meal programs, and seniors are one of the fastest-growing segments of the homeless population in B.C.

### **Myth 3: Most older people can't use or adapt to technology**

#### **Fact: Seniors are more tech-savvy than ever.**

In 2022, 83% of Canadians 65+ (and 72% of people 75+) used the internet, with B.C. leading at 90%. A 2020 poll of Canadian seniors found that during the pandemic, 88% of seniors were using the internet daily, more than half had cell phones, and 72% reported feeling confident using technology. Some of the major barriers to older people using technology are the costs related to purchasing equipment and ongoing internet access, as well as knowledge required to use specific online services such as completing application forms and creating appointments.

### **Myth 4: Older workers are not as effective as younger workers**

#### **Fact: Research shows intellectual capacity and the ability to perform routine or repetitive tasks is not dependent on age. However, physical strength can decrease as we grow older which is a consideration for people in active professions.**

Many people continue working for a variety of reasons including personal fulfillment, lack of retirement savings, increasing cost of living, or unforeseen expenses. In 2024, 15% of people aged 65+ in B.C. were employed, up from 12% in 2014 – higher than the Canadian average (14%). Unfortunately, many group insurance plans are no longer available to workers 65+ and people can no longer contribute to many pensions plans after a certain age. The Seniors Advocate believes limiting access to these programs based solely on age is discriminatory.

### **Myth 5: Most older people have dementia or memory loss**

#### **Fact: Reduced cognitive function and loss of memory are not a normal part of ageing.**

In B.C., 5% of people 65+ have dementia and this rate has remained steady for the last decade.

“I’m encouraging people to reflect on their own attitudes and beliefs about older adults and be mindful of the language that may perpetuate stereotypes,” said Levitt. “Be open to having conversations about ageing and age discrimination to increase awareness and create a more inclusive and respectful society. Ageing isn’t a problem – ageism is.”

#### **Learn More:**

- A survey launched by the Office of the Seniors Advocate found 84% of 9,200 respondents believe ageism is an issue in B.C. and 54% reported being directly impacted by ageism.
- [“Reframing Ageing: British Columbians’ Thoughts on Ageism” Report \(March 2025\)](#)
- Ageism refers to stereotypes (how we think), prejudices (how we feel), and discrimination (how we act) towards others and ourselves based on

age. The World Health Organization says ageism negatively impacts health, well-being and human rights.

## 2026 Canadian Boomer News...

As of January 2026, Canadian Boomers (aged 61 to 79) are driving significant economic shifts through increased technology adoption, a new \$2,200 federal payment, and a redefined, more flexible approach to retirement. The oldest baby boomers are celebrating their 80th birthday in 2026, marking a significant, long-predicted "silver tsunami" that is now fully impacting Canada's labour market.

### Key 2026 Trends & News for Canadian Boomers:

- **Financial & Pension Changes:** The federal government is phasing out the traditional, fixed retirement age of 65, providing more flexibility to collect CPP and OAS.
- **\$2,200 One-Time Payment:** The Canada Revenue Agency (CRA) is rolling out a \$2,200 non-repayable, targeted payment to help eligible seniors deal with the rising cost of living.
- **OAS Increases:** Old Age Security (OAS) benefits increased by 0.3% for the January-March 2026 quarter based on the Consumer Price Index.
- **Technology & AI Adoption:** Contrary to being viewed as passive consumers, 35% of Canadians aged 55+ plan to experiment with AI in 2026, using it for personal assistance, budgeting, and fraud detection.
- **Spending & Travel Trends:** While two-thirds of Canadians plan to cut back on spending in 2026, only 43% of boomers are planning to do so, compared to 86% of Gen Z. Nearly half (47%) of older Canadians plan to travel more within Canada, prioritizing comfort and accessibility.
- **Wealth Shift:** While Boomer households hold significant assets, Generation X is gaining on them in average wealth, with the gap narrowing significantly.
- **Labor Force Impact:** The final, largest baby boomer cohort is retiring, causing a "peak aging" scenario that will significantly tighten the labour market.

### Upcoming Milestones:

The oldest boomers are turning 80 in 2026. The "silver tsunami" is expected to reach its full peak by 2030, with a projected 2% decrease in labour force participation between 2024 and 2030.

**The Power of Routine During the Winter Months...** *from an article found on the McMaster University portal on December 10, 2025*

As winter settles in and daylight hours grow shorter, it's common to feel a shift in energy, motivation, or mood. Colder temperatures and longer nights often mean we spend more time indoors—and that change in rhythm can quietly affect our well-being. One simple but powerful tool for navigating the season? A consistent daily routine.

### **Why routines matter in winter**

Routines create structure, which can help support both physical and emotional health. Regular habits—like waking up at the same time each day or planning activities you enjoy—provide a sense of stability when the season feels unpredictable. They can also help maintain healthy sleep patterns, keep you active, and reduce stress.

### **Start with a morning anchor**

How you begin your day sets the tone for the rest of it. Opening the blinds to let in morning light, savouring a warm drink, or engaging in gentle stretches can help boost your energy and mood. These small actions signal to your body and mind that the day has begun, even when it's still dim outside.

### **Build in movement, your way**

Short bouts of activity throughout the day help maintain strength, mobility, and balance—but they also give your routine shape. Whether it's a brief walk, light exercises at home, or dancing to your favourite music, movement can lift your spirits and keep your body feeling its best.

### **Stay connected, even from home**

Social engagement is an essential part of a winter routine. Regular phone calls, scheduled visits, community programs, or virtual meetups provide something to look forward to and help maintain meaningful relationships.

### **Create evening habits that support rest**

Winding down predictably at night can improve sleep quality. Dimming lights, reading, or enjoying calming music can all help prepare your body for rest. Try to keep bedtime consistent—your future self will thank you.

### **Small steps, big impact**

The goal isn't to create a rigid schedule, but to build gentle systems that support you through the season. Even a few simple habits woven into your daily routine can make winter feel more manageable and comforting.

By embracing routine, you can bring rhythm, stability, and a sense of well-being to the coldest months of the year. Winter may be long, but a little structure can make it feel warmer, brighter, and more balanced.

## **Keep Calm and Carry On!...from an article found on [www.goodtimes.ca](http://www.goodtimes.ca) and written by Jessica Dostie & Marie-Josée Roy on December 27, 2025**

*These are turbulent times, with alarming news stories popping up every day on TV, on the radio, in newspapers, and on social media; here are some tips for keeping your spirits up*

It's not surprising that some of the stuff in the news can be a source of stress. "When we hear about job cuts, inflation, or human rights being violated, it's completely normal to experience negative emotions; it's even beneficial," says Geneviève Belleville, a full professor at the School of Psychology at Quebec's Université Laval who specializes in anxiety disorders. What happens next, however, depends on how you react to these fears.

### **Uncertainty Overload**

Climate change, armed conflicts in the Middle East and Ukraine, destabilizing tactics by the Trump administration in the United States...there are many sources of stress for people who follow the news closely. "A large number of threats are looming at the moment, so people are more likely to have symptoms related to anxiety, including hypervigilance—constantly monitoring the news, not wanting to miss anything, watching experts analyze current events after news reports. Others have depressive symptoms or experience major feelings of frustration that can manifest as impulsive, even aggressive, behaviours," explains Geneviève Beaulieu-Pelletier, a clinical psychologist and the author of *Trucs de psy: guide pratique pour s'aider soi-même* (Psych tricks: a practical self-help guide). The acts of politicians and the consequences can also give rise to a sense of helplessness.

"The current uncertainty can cause anxiety as well as a sense of loss of control," Belleville adds. In the face of instability, the human brain often reacts by triggering a never-ending problem-solving process. "That means we're constantly trying to come up with solutions for scenarios that are increasingly catastrophic. It's human to want to foresee what will happen and make sure that our survival and our comfort are guaranteed."

### **How to Stop Worrying**

Fortunately, our two experts agree that it's possible to get your head above water with a few behavioural tweaks.

### **Avoid overexposure**

"It's helpful to limit your exposure to the news," Belleville says. "You don't need to be informed 24/7. In the past, people would read the newspaper in the morning or watch the news in the evening, but **today**, information comes at us constantly." Try a news fast for a few days to clear your mind.

## **Find credible sources**

You can find anything and everything when it comes to information, which is why it's important to seek out credible journalistic sources. "It's best to avoid the more sensational media," Beaulieu-Pelletier advises. "You should rely on media that don't trigger anxiety." You also need to monitor the news that reaches you through social media, even unfollowing certain pages if necessary.

## **Accept the unknown**

To better cope with the ups and downs, you need to let go to a certain extent. "Life is filled with uncertainty, so you need to accept what you can't control," Beaulieu-Pelletier says. If the future seems troubling, facing the day with your head held high is a first step in the right direction. "Life goes on, and you need to make the most of it. You shouldn't put your life on hold. You need to enjoy yourself."

## **Take action**

To offset a sense of helplessness, there's nothing like social engagement or activism. "Find something that allows you to make your values concrete," Belleville says. "If you want to protect the environment, take an extra step in recycling. If you want to protest the trade war, buy local products. Volunteering is another good option."

## **Spend time with others**

Is anxiety keeping you up at night? Spending time with people you love can help to remind you of what's important. "Keep nurturing social contact with friends and family," Beaulieu-Pelletier says. "Expressing and naming your fears helps to calm them. On the other hand, it's better to avoid people who like to vent about their frustrations, which can fuel your own negative emotions."

## **Take care of yourself**

In these uncertain times, you mustn't neglect your physical and mental health. "Set aside time for activities you enjoy, spend time in nature, laugh," Belleville suggests. To have a healthy mind in a healthy body, you also need to pay attention to what you eat, get outdoors, and not skip physical activity. Simple pleasures that sweeten daily life are the perfect antidote to the prevailing doom and gloom.

**Aging at Home: The 2026 Canadian Senior Independence Guide** ...from an article found on [www.thehealthinsider.ca](http://www.thehealthinsider.ca) and written by Leslie Andrachuk on January 14, 2026

## **Summary of article**

*How can Canadian seniors safely age at home in 2026? With 90% of Canadians over 65 preferring to age in place, success depends on bridging the*

*"Independence Paradox."* This guide identifies critical national resources, including medical alert leaders like TELUS and Philips, and essential nutrition services like Heart to Home Meals and PC Express. By utilizing the 2026 Home Accessibility Tax Credit (up to \$20,000) and conducting a 6-point safety audit, families can mitigate the high risk of falls and social isolation, ensuring long-term autonomy and health security.

In Canada today, it's clear that Canadians want to "age in place". Data from the National Institute on Ageing (NIA) confirms it: over [90% of Canadians](#) aged 45 and older are determined to stay in the homes they worked hard for in dignity, surrounded by memories and community, for as long as possible.

However, this desire is often met with what experts call the "[Independence Paradox](#)." The paradox is this: the more fiercely a senior clings to total self-reliance, refusing help with "small things" like snow removal, grocery shopping, meal prep, or installing grab bars, the more likely they are to suffer a crisis that permanently strips their independence away.

A single preventable fall or a missed medication dose can be the difference between staying at home and an unplanned move to long-term care.

To truly age at home successfully, especially if you're on your own, we must redefine what independence looks like. It isn't about doing everything yourself; it's about curating a support system that allows you to focus your energy on what matters most.

Whether you are a senior looking to future-proof your lifestyle or an adult child helping a parent navigate their options, this guide is your blueprint for building a safe, sustainable, and independent life at home.

## **SAFETY & FALL RESPONSE**

Falls are not just accidents; they are a national health crisis. Every year, [one in three](#) Canadian seniors will experience a fall, making it the leading cause of injury-related hospitalizations and deaths in the country.

The danger is often not the fall itself, but the "[long lie](#)", the period of time spent on the floor unable to call for help. This can tragically lead to secondary complications like dehydration, hypothermia, or permanent loss of mobility.

A dedicated fall alert system bridges this gap, ensuring that even if a senior is unconscious or disoriented, professional help is dispatched within seconds, significantly increasing the chances of a full recovery and a return to independent living. In Canada, we have a variety of services to alert loved ones and emergency services when a fall occurs. See below for a complete list, with a matrix to help you determine which is best for your needs.

## **Canadian Medical Alert Options**

Company	Best For	Key Differentiator	Website
<b>TELUS LivingWell</b>	Active Seniors & Tech Users	Seamless integration with the TELUS Health ecosystem and Apple Watch options.	<a href="http://telus.com/health">telus.com/health</a>
<b>Philips Lifeline</b>	High-Risk Fallers	Their “AutoAlert” technology is the gold standard for medical-grade fall detection.	<a href="http://lifeline.ca">lifeline.ca</a>
<b>MedicAlert Canada</b>	Medically Complex Patients	Not just a button; it's a 24/7 gateway to your full medical history for paramedics.	<a href="http://medicalert.ca">medicalert.ca</a>
<b>Galaxy Medical Alert</b>	Non-English/French Speakers	Offers emergency monitoring in over 150 languages—perfect for diverse households.	<a href="http://galaxymedicalert.ca">galaxymedicalert.ca</a>
<b>Livelife Alarms</b>	Budget-Conscious / Rural	No monthly fees. A one-time purchase that calls family/911 directly instead of a center.	<a href="http://livelifealarms.ca">livelifealarms.ca</a>
<b>Good Samaritan Telecare</b>	Total Home Safety	A non-profit that offers sensors for stove safety, floods, and extreme temperatures.	<a href="http://gss.org/telecare">gss.org/telecare</a>
<b>Life Assure</b>	Value & Simplicity	Reliable, Canadian-owned service with some of the most competitive “all-in” monthly rates.	<a href="http://lifeassure.com">lifeassure.com</a>
<b>Red Dot Alert</b>	Short-Term Support	Known for their no-contract policy, making them ideal for post-surgery recovery.	<a href="http://reddotalerts.ca">reddotalerts.ca</a>

### Critical questions to ask when deciding on an Alert System

It's important to know that “aging at home” doesn't mean “aging alone.” To make sure you count on the services you contract with, The Health insiders suggest you ask these three “Deal-Breaker” questions before signing a contract:

- “Does this work outside?”

- *In-home* systems only work within 600–1,000 feet of the base station. *Mobile* systems (like TELUS LivingWell Companion Go) use cellular GPS and work anywhere in Canada with a signal.
- “Who answers the call?”
  - Does the company use its own Canadian-based monitoring center (like Philips or Good Samaritan), or do they outsource to a third-party alarm company?
- “Is Fall Detection automatic?”
  - Most companies charge an extra \$10–\$15/month for automatic fall detection. Without this, the senior *must* be conscious and able to press the button.

## FOOD

- These days, independence in the kitchen is just as achievable as having meals delivered. By including both meal services (for days when energy is low) and online grocery shopping (for those who love to cook), you can have a complete spectrum of food security, and pivot as needed if meal preparation becomes too onerous.

### The Canadian Senior Nutrition Directory

Service	Type	Reach	Website
<b>Instacart</b>	Grocery Delivery	National (Covers 90%+ of households)	<a href="https://www.instacart.ca">instacart.ca</a>
<b>PC Express</b>	Grocery Delivery & Pickup	National (Loblaws, No Frills, Real Canadian Superstore)	<a href="https://www.pcexpress.ca">pcexpress.ca</a>
<b>Walmart Canada</b>	Grocery Delivery	National (Same-day delivery via “Delivery Pass”)	<a href="https://www.walmart.ca">walmart.ca</a>
<b>Heart to Home Meals</b>	Meal Service	National (Frozen, senior-specific meals)	<a href="https://www.hearttohomemeals.ca">hearttohomemeals.ca</a>
<b>Meals on Wheels</b>	Meal Service	National (Hot meals + wellness checks)	<a href="https://www.mealsonwheels.ca">mealsonwheels.ca</a>

<b>Factor</b>	Meal Service	National (Fresh, “heat-and-eat” gourmet)	factor75.ca
<b>Voilà (by Sobeys)</b>	Grocery Delivery	Major Hubs (ON, QC, AB) & Atlantic Pickup	voila.ca
<b>GoGoGrandparent</b>	Concierge Grocery	National (Order groceries via a simple phone call)	gogograndparent.com

## PRIVATE HOME CARE & COMPANION SERVICES

Living alone should not be a barrier to receiving proper care and companionship. Many companies across Canada offer services for everything from nursing care at home to companionship and home support. See below for a way national companies that provide home care services, or click [here](#) for an extensive overview.

Organization	Reach	Service Type	Website
<b>Bayshore HealthCare</b>	National	Nursing, rehab, and home support.	bayshore.ca
<b>Nurse Next Door</b>	National	Caregiving with a focus on “Happier Aging.”	nursenextdoor.ca
<b>Home Instead</b>	National	Companion care and dementia support.	homeinstead.ca
<b>SE Health</b>	National	Non-profit home nursing and spiritual care.	sehc.com

To access government-funded Personal Support Workers, nursing, or equipment subsidies, readers must contact their provincial authority:

Province	Public Health Authority	Portal Link
<b>Alberta</b>	Alberta Health Services (AHS)	AHS Elder Care
<b>BC</b>	Home & Community Care (Health Authorities)	BC Health Link
<b>Manitoba</b>	Home Care Program	Manitoba Health
<b>New Brunswick</b>	Social Development (Seniors)	NB Social Dev
<b>Newfoundland</b>	Community Support Program	NL Health Services

<b>Nova Scotia</b>	Continuing Care	NS Health
<b>Ontario</b>	Ontario Health atHome	OntarioHealthatHome.ca
<b>PEI</b>	Home Care Services	Health PEI
<b>Quebec</b>	CLSC (Home Support Services)	Sante Quebec
<b>Saskatchewan</b>	Home Care	Sask Health Authority

The checklist below is designed to be a practical, “walk-through” guide for adult children and caregivers. By identifying these six critical areas, you can transform a family home into a safe sanctuary that supports independence for years to come.

## TRANSPORTATION: RECLAIMING FREEDOM WITHOUT A CAR

The transition away from driving doesn’t have to mean a transition to isolation. In 2026, Canada’s transportation network for seniors has expanded beyond traditional buses to include “concierge” rideshare and volunteer-led programs.

### The Canadian Senior Transit Directory

Service	Best For	Reach	Website / Phone
<b>GoGoGrandparent</b>	Seniors who don’t use smartphones; allows booking Uber/Lyft via a landline.	National	<a href="http://gogograndparent.com">gogograndparent.com</a> / 1-855-560-8237
<b>Uber “Call-to-Ride”</b>	Booking a ride via a simple phone call. No app needed, but a phone is still required to receive text messages for trip details.	National (where Uber operates)	1-833-USE-UBER
<b>Canadian Red Cross</b>	Subsidized rides to medical appointments and essential shopping.	Select Regions (ON, BC, Maritimes)	<a href="http://redcross.ca">redcross.ca</a>
<b>Drive Happiness</b>	Low-cost, volunteer-assisted door-	Primarily Alberta (Expanding)	<a href="http://drivehappiness.ca">drivehappiness.ca</a>

	through-door transit.		
<b>iRIDE (Circle of Care)</b>	Assisted transportation for frail seniors or those with cognitive decline.	Greater Toronto Area	circleofcare.com
<b>211 Canada</b>	Finding local municipal paratransit and volunteer driver programs.	National	Dial 2-1-1 or 211.ca

## ACCESSING MUNICIPAL PARATRANSIT

Every major Canadian city offers a specialized, door-to-door transit service for those who cannot use regular buses or subways (e.g., [Wheel-Trans in Toronto](#), [HandyDART in Vancouver](#), or [Access-A-Bus in Halifax](#)).

**Pro-Tip for Families:** These services often require a doctor's signature and an application process that can take 2–4 weeks. If a driving license is at risk, start the paratransit application *now* rather than waiting for a crisis.

## THE 6-POINT HOME SAFETY AUDIT FOR AGING AT HOME

### 1. The Gateway: Entryways & Exterior

- **The Zero-Trip Threshold:** Measure the “lip” of the front and back doors. If it is higher than 13mm (0.5 inches), it is a trip hazard. Consider a rubber threshold ramp.
- **Visibility:** Install motion-activated floodlights at all entrances. Ensure the house number is large, reflective, and well-lit so emergency responders can find the home instantly.
- **Seasonal Preparedness:** Confirm a snow removal contract is in place (or a neighbour is committed) to ensure pathways are clear of ice and snow before your parent needs to step outside.

### 2. The Fall-Proof Floor Plan

- **The “Rug Check”:** Remove all scatter rugs or secure them with heavy-duty non-slip backing. Rugs are the #1 cause of “catch and trip” falls in Canadian homes.

- **Path Lighting:** Install “night-path” lighting (LED strips or plug-ins) along the hallway from the bedroom to the bathroom.
- **Doorway Widths:** Ensure doorways are at least 32 inches (810mm) wide to accommodate a walker or wheelchair. If they are too narrow, consider “swing-clear” hinges that add two inches of clearance without replacing the door.

### 3. The High-Risk Zone: The Bathroom

- **Anchored Support:** Replace suction-cup bars with stud-mounted grab bars near the toilet and inside the shower. They should be load-rated for at least 300 lbs.
- **Surface Traction:** Apply a non-slip treatment or high-traction adhesive strips to the tub or shower floor.
- **The “Comfort Height” Toilet:** Consider a raised toilet or a “Comfort Height” model (approx. 17–19 inches) to make sitting and standing significantly easier on the knees and hips.

### 4. Kitchen Efficiency & Nutrition

- **The “Golden Zone” Storage:** Move all frequently used items (heavy pots, daily dishes, canned goods) to counters or shelves between waist and shoulder height. No more step stools.
- **Auto-Shutoff Technology:** For parents with early-stage cognitive decline, install an automatic stove-turnoff device (like CookStop or iGuardStove) that cuts power if the stove is left unattended.
- **Inventory Check:** Regularly check the fridge for expired items. If grocery shopping is becoming a burden, set up a recurring delivery via Instacart or Voila.

### 5. Medication & Health Monitoring

- **The Digital Pharmacy:** Switch from manual “dosettes” to an automated dispenser (like Hero or Karie) that sounds an alarm and only releases the correct pills at the correct time.
- **The “Always-On” Alert:** Ensure the senior is comfortable wearing their fall alert (pendant or watch). If they refuse to wear one, look into ambient sensors (like AltumView) that monitor the home via AI without cameras.
- **Vitals Tracking:** Consider a smart blood pressure cuff or scale that automatically sends data to a family app so you can spot trends (like sudden weight gain, which can signal heart issues) from afar.

### 6. The Communication Hub

- **Smart Voice Assistants:** Set up an Amazon Echo or Google Home. Teach your parent to say, “Alexa, call [Your Name]” in case they are away from their phone.
- **Key Access:** Install a smart lock or a secure lockbox with a code. This ensures that if an emergency happens, you or emergency services can enter the home without breaking down the door.
- **Emergency Contact Sheet:** Post a large-print list of emergency contacts, doctors, and a list of current medications on the refrigerator—this is the first place paramedics look.

### THE “MONEY BACK” BONUS (NATIONAL TAX CREDITS)

Don’t let the cost of these modifications deter you. In 2026, the Canadian government offers significant support:

- **Home Accessibility Tax Credit (HATC):** You can claim 15% of up to \$20,000 in eligible expenses per year (a maximum \$3,000 tax credit) for permanent modifications like grab bars, ramps, or walk-in tubs.
- **Multigenerational Home Renovation Tax Credit:** If you are building a “secondary suite” (granny flat) on your property, you can claim 15% of up to \$50,000 in costs (a \$7,500 refundable credit).

Aging at home is rarely the result of luck; it is the result of a plan. As we’ve explored, the “village” required to support a Canadian senior today is a hybrid of high-tech sensors, community-based non-profits, and specialized private services. From the \$3,000 Home Accessibility Tax Credit to the peace of mind offered by smart monitoring, the tools to make “90%” a reality are more accessible than ever before.

The most important step you can take today is to start the conversation before a crisis forces your hand. Use the 6-Point Safety Audit above to walk through your home, or your parents’ home, and identify the small gaps that could lead to big risks.

### Healthy February 2026 Eating Suggestions for Seniors...

For February 2026, healthy eating for seniors focuses on nutrient-dense, anti-inflammatory, and gut-friendly foods to support immune health during winter, with a strong emphasis on heart-healthy choices for “Heart Month”. Key recommendations include adopting Mediterranean or DASH diets, increasing plant-based proteins, and ensuring adequate hydration.

### Key Nutritional Strategies for February 2026

- **Embrace Plant-Based Proteins:** Incorporate more beans, lentils, chickpeas, and edamame to support muscle mass, reduce inflammation,

and lower risk of chronic diseases.

- **Focus on Heart Health:** February is Heart Month, making it ideal to adopt the DASH diet to lower blood pressure, which includes reducing sodium and increasing potassium-rich foods.
- **Boost Immunity with Winter Produce:** Eat 2-3 cups of vegetables and 2 servings of fruit daily. Focus on dark leafy greens (kale, spinach), cruciferous vegetables (broccoli), and citrus fruits (oranges, grapefruit) to fight seasonal colds.
- **Incorporate Healthy Fats:** Use olive oil, avocados, nuts (especially walnuts), and seeds to support brain health.
- **Prioritize Fiber and Gut Health:** Consume fiber-rich foods, including whole grains (oats, quinoa) and fermented foods (yogurt, kefir) to support the gut microbiome.

### Specific Tips for Seniors

- **Vitamin D3 Supplementation:** It is recommended to speak with a doctor about taking 2,000 IU of Vitamin D3 daily to support bone health and immunity.
- **Protein Distribution:** Distribute protein intake throughout the day (eggs, fish, lean meat, yogurt) to maintain muscle.
- **Hydration:** As thirst sensations decrease with age, drink water regularly and consider warm, nourishing foods like soups.
- **Social Eating:** Sharing meals with friends or family is linked to better nutrition and lower frailty risk.
- **Limit Processed Foods:** Reduce intake of sodium-heavy and ultra-processed, packaged foods.

### Nutrient-Dense Food Examples

- **Vegetables/Fruits:** Kale, Swiss chard, spinach, sweet potatoes, blueberries, citrus fruits.
- **Protein:** Salmon, sardines, lentils, chickpeas, eggs, tofu.
- **Grains/Other:** Oats, quinoa, walnuts, flaxseed, chia seeds.

### CEIPS/EPC Member Benefits

By now you have received the EPC Special Bulletin highlighting the NEW added EPC Member Benefits that are available for you as an EPC member in good standing.

We have put together some great partnerships for you to consider. Please contact the individual companies for further details.

Check them out here - [EPC Member Benefits](#)

## **UPDATED 12<sup>th</sup> Edition EPC Materials are NOW Available**

The NEW 12th Edition (2024) updated EPC materials have now been released.

The CIEPS faculty have been working relentlessly over the past 8 months to update the EPC Curriculum and information that each chapter contains.

The most updated statistics and information that we have found from multiple sources has been used to make this the most up to date aging program that you will come across today.

We have made the order of the EPC Curriculum so that it flows even better than before. Chapters have been rewritten to better reflect aging trends, ideas, lifestyle improvements and what is trending with our older populations today.

Order your updated copy today - The hard copy version of the 12th Edition EPC Desk Reference materials are available for EPC Designation holders at a reduced cost of \$199 + taxes and shipping is included.

[\*\*Visit here\*\*](#) to order your set today.

## **The Advantage of Having a CARP Membership**

Let us first go over the [Canadian Association of Retired Persons](#) (CARP) and why it would be good to become a member.

If you are a Canadian citizen aged 50 or older, you can become a member. You will then get senior discounts at several businesses across Canada.

The minimum age requirement depends on the partnering business, but it might be worth spending a little money each year for the membership in exchange for the discounts available. I have listed several 55+ senior discounts in Canada below, and many of them are exclusively available to CARP members.

This list of senior discounts in Canada based on different categories to help you find discounts on specific items, businesses, or services that you can use for the senior in your life.

## **Did you know that CIEPS is on LinkedIn?**

EPC member Paul Fawcett started a group on LinkedIn, and it is now an open group. Why not join it so that you can keep up to date with trending discussions that would be of interest to the Elder Planning Counselor.

Join and share with the group here –[EPC LinkedIn Group](#)

**CIEPS/EPC is always looking for interesting articles from the EPC membership for submission to the PULSE.**

If you have any interesting articles that you would like to have submitted into the EPC PULSE pertaining to senior issues etc., please send them to me and if suitable, we will put them into the monthly PULSE and give credit where it is due. You can send them directly to me – [registrar@cieps.com](mailto:registrar@cieps.com)

**Please keep your contact information current with us**

To help us keep your contact information up to date, so that you do not miss any timely information, renewal notifications and the PULSE monthly email newsletter, please use our member update form if any of your information has changed. You can access the form here -

**[EPC Member Update Form](#)**

**Important notice regarding your EPC Membership dues. Please ensure that your EPC is always in good standing.**

When you pay your EPC Membership Dues, please include applicable taxes (GST/HST) for your Province of residence.

If you are sending a cheque for your EPC Membership, please reference that the cheque is for.

Annual renewal fee—\$150.00 + Applicable taxes for the province you reside in. This can be paid by Cheque, Visa, or MasterCard, or email transfer to [payments@cieps.com](mailto:payments@cieps.com) and it will be processed for you.

- If you reside in AB, BC, SK, MB, QC, NT, NU, or YT your yearly renewal is \$157.50 all taxes included.
- If you reside in ON, your yearly renewal is \$169.50 all taxes included.
- If you reside in NB, NL, or PE your yearly renewal is \$172.50 all taxes included.
- If you reside in NS your yearly renewal is \$171.00 all taxes included.

***Not sure when your renewal is? Check the date on your EPC Certificate. The date you passed your EPC Qualification examination is your renewal date each year.***

*We email receipts for renewal payments at the end of the month which you paid your dues.*

**[RENEW SECURELY HERE](#)**

***Reminder***

*Remember, only an EPC member in good standing may use the EPC mark, the words EPC Designation, or logo on any advertising, business cards, stationery, signage, voice mail or email. This is in accordance with the CIEPS tenets and standards.*

## **CE requirements when renewing your EPC Designation**

CIEPS has a requirement of 30 CE credits annually when you renew your EPC membership.

Lately we have been receiving questions about the Continuing Education requirements when renewing your EPC Designation.

The following should clarify this for you.

If you are in a profession that requires CE Credits, then we accept that number of CE hours towards your EPC Membership renewal.

If you are in a profession that does not require CE Credits, then you do not require any CE to renew your EPC membership.

### **PLEASE NOTE!**

Just a reminder that when you use your credit card to pay for your EPC Renewal fees, or purchase anything from the EPC Resource Library, it will show on your statement as CNDIAN INTIVE FOR ELDR ST... Beamsville, ON. With a phone number of 855-882-3427 do not panic, as this is the Elder Planning Counselor Designation (EPC).

If you would like to stop receiving this publication, please respond to [info@cieps.com](mailto:info@cieps.com) with the message **“STOP MY PULSE!”**

### **To contact CIEPS:**

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