

## DEMONSTRATION PROGRAM SNAPSHOT

### West End Seniors' Network Close To Home

#### Community non-profit organization

⌚ 2019 to present

📍 Vancouver (West End Neighbourhood)

The West End Seniors' Network (WESN) supports and empowers older adults in Vancouver to live involved, healthy, and fulfilling lives. WESN works to enhance the quality of life of older adults by providing social, recreational, educational, and supportive programs and services that foster connection and inclusion in the broader community.

#### Highlights:

- Worked with residents and/or building staff to bring activities into buildings
- Hosted lobby intercepts, craft groups, buddy outings, recreational activities etc.
- Provided support and coaching for resident champions
- Hosted Neighbours Helping Neighbours workshops
- Delivered Connect & Prepare



HEY  
NEIGHBOUR!  
Collective

#### Participating Buildings:

- Close to Home: **4** buildings with **1,025** units
- Neighbours Helping Neighbours: **14** resident champions in **10** buildings (number of units unknown)
- Non-market rental, owner-occupied condominiums, co-operatives
- Low rise, high-rise

WESN's "Close To Home" project works to build connections and address isolation and loneliness in buildings with high percentages of older adults by offering onsite programs and events. In the initial stage, with support from resident volunteer leaders and WESN staff, residents organized activities over lunches to encourage older adults to step out of their units and into the common area to talk, eat, learn, and share with their neighbours of all ages. Activities included lobby intercepts, craft groups, buddy outings, and recreational activities.

Later, the Close to Home program grew from one building to four, each with a high percentage of older residents. WESN staff supported resident champions in each building to bring neighbours together for activities that built social connections, and also introduced other WESN programs and services to residents.

WESN also joined BRN's Neighbours Helping Neighbours cohort, and WESN staff hosted workshops with resident champions from additional buildings across the neighbourhood around opportunities for helping, neighbourliness, and aging in place. After some residents expressed interest in emergency preparedness, WESN staff also hosted a series of Connect & Prepare sessions in two buildings to foster opportunities for residents to strengthen neighbourly support through creating collective preparedness.