McMaster
OPTIMAL AGING PORTAL

McMaster University

LABARGE Optimal Aging INITIATIVE

Your source for healthy aging information you can trust

New Blog Posts: Our Blog Posts are written by trusted experts **to inform and inspire healthy aging**. We use scientific evidence to provide credible insights on hot topics and prevalent conditions related to seniors' health.



[3+ smoking cessation support strategies]

Research digs deeper into behavioural strategies and mailout support for quitting smoking.

New Hitting the Headlines: When aging topics hit the headlines, we bring you the best available related research evidence.



[Flu, COVID-19 and RSV: Sorting out your fall vaccine options]

Respiratory virus season is here, and so are this year's fall vaccines. Adults over 60 now have options for three viruses: flu, COVID-19 and RSV. Not every vaccine is right for every person. What you're eligible for depends on your age, your health and where you live. Read on for a plain-language look at what's new this season and some questions to bring to your next appointment with your health care provider.

In **British Columbia**, the RSV vaccine is **free** starting fall 2026 for adults 75+, long-term care/assisted-living residents 75+, and First Nations, Inuit, and Métis people 60+. It is a single-dose vaccine available year-round at pharmacies, public health units, long-term care homes, and First Nations community health centres.



Do you have a lifelong learning mindset? If so, explore our collection of lessons on **mental health**, **exercise and mobility**, **brain health**, and **medications and substances**. Most can be completed in 15 minutes, and your progress is saved, so you can return to where you left off if you're short on time.