



photo: Michelle Laurie

Adaptive capacity is the ability of natural and human systems to adjust to climate change, to moderate potential damages, to take advantage of opportunities, and to cope with the consequences. This capacity refers to the capabilities, resources and institutions of a country or region to implement effective adaptation measures.

Example: People from around the Columbia Basin recently met at a conference to discuss the "Future of Food in the Kootenays". Many spoke of adaptation to climate change and noted that we have tremendous adaptive capacity (and mitigative capacity!) in relation to food production. People spoke of increasing our local food production, encouraging value-added food production, and supporting local farmers.



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Cedar Grove near Retallack, BC

Resilience is the amount of change a system can undergo without changing state. It refers to biophysical and socio-economic abilities to recover from and/or adjust to the impacts of climate change.

Mature forests are most likely to be able to withstand the additional stress brought by climate change.

We can build the resilience of both human and ecological systems in order to deal with future climate impacts and surprises. Many countries around the world are already doing this in light of already witnessing the effects of climate change.



For references and more information visit:

- www.cbt.org/climatechange
- www.cses.washington.edu/cig
- www.ipcc.ch

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