



Home Help

Agencies providing services to assist people to live independently in their homes.

Better at Home

The Better at Home program is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland. It offers non-medical services to seniors such as light housekeeping, transportation, and friendly visiting. Some services may be free, or fees may be subsidized according to the senior's income. Contact your local program to learn what services are available in your area.

- Esquimalt250-385-2635 ext. 201
- Galiano Island250-539-0970
- Langford, Colwood 778-677-3540
- Metchosin.....250-478-5150
- Pender Island250-629-3346
- Saanich250-595-8008
- Saanich Peninsula250-656-5537
- Salt Spring Island250-537-4607
- Saturna Island 250-539-0811
- Victoria & Oak Bay250-388-7844
.....ext. 334

Companion Services

Companion Services250-477-7755
www.companionservices.ca
See advertisement on page 61.

Gracious Companionship
 Care.....250-937-1332
www.graciouscompanionshipcare.com

Home Support Services Live In – Private Pay

International Nannies
 & Homecare.....1-800-820-8308
www.internationalnannies.com

Surework Solutions250-361-2028
www.sureworksolutions.com
See advertisement on page 66.

Home Support Services – Private Pay

Allman Home Care
 Services Inc. 250-642-3411
 Western Communities and Sooke only.
www.allmanhomecare.com

Bayshore Home Health
 Sidney778-749-0014
 Victoria250-370-2253
www.bayshore.ca
See advertisement on page 63.

Care and Company Ltd.250-382-2328
www.seniorcarevictoria.ca
See advertisement on page 61.

ComForCare
 Home Care..... 778-265-3393
www.comforcare.ca

Comfort Keepers
 Victoria 778-265-5999
www.victoria.comfortkeepers.ca

Home Help

**Community Plus
Care Ltd.**.....250-658-6508
www.co-care.ca

**Harmony Health
Care Ltd.**.....250-475-2772
www.harmonyhealthcare.ca

**Helping Hands
Home Support** 250-881-0118
www.helpinghandspss.ca
See advertisement on page 61.

**Home Care Assistance
Victoria**250-592-4881
www.homecareassistance.com

**Home Instead
Senior Care**.....250-382-6565
www.homeinstead.com
See advertisement on page 57.

Luxcare Senior Care250-590-1689
www.luxcarelifestyle.com
See advertisement on page 62.

Pacific Coast Health Services250-389-0202
www.pacificcoasthealthservices.ca
See advertisement on inside back cover.

Qualicare South Island250-220-0189
www.qualicare.com

RJ Angels Care Ltd.250-479-7479
www.rj-angels.com

SE Health.....250-385-0444
www.sehc.com
See advertisement on page 67.

Serenity Home Care Ltd......250-590-8098
www.serenityhomecare.ca

Super Services for Seniors250-592-0029
www.superservicesforseniors.com
See advertisement on page 56 and 57.

The SeniorCare Group

Oak Bay SeniorCare 250-589-0010
www.oakbayseniorcare.ca

Sidney SeniorCare 250-589-0010
www.sidneyseniorcare.ca

Victoria SeniorCare 250-589-0010
www.victoriaseniorcare.ca

See advertisement on page 59.

Van Isle Home Care250-519-2984
www.vanislehomecare.ca
See advertisement on page 65.

**We Care Home Health Services see
Pacific Coast Health Services**250-389-0202
www.pacificcoasthealthservices.ca
See advertisement on inside back cover.

Medication Administration Program (MAP)

Cridge Family Pharmacy 250-686-7104
641 Fort Street

Victoria, BC V8W 1G2

Nurses provide in-home support for medication administration which includes: insulin, blood glucose monitoring, transdermal patches, oral medication administration, and injections. We provide our patients a medication dispensing machine (Spencer) which dispenses the correct medication throughout the day. Caregivers can also track medication adherence in real-time through a cell phone application. Both programs are covered by the provincial drug insurance program and private third-party insurance which may be subject to income-based deductibles.

www.cridgepharmacy.com

Mobile Foot Care

South Island Nursing Footcare Associates (SINFA) 250-413-3128

SINFA is a group of RNs and LPNs with post graduate training in foot care, who each manage a private practice. Together, members maintain a web site and phone line to provide the public with easy access to a foot care nurse. A SINFA nurse provides non-invasive foot care during a friendly visit to your home. Members serve all areas of greater Victoria and Malahat. Nursing foot care is a recognized medical expense by Veterans Affairs and Revenue Canada. For more information, visit our web site or leave a phone message and a nurse in your area will return your call. This is a private pay service.

www.sinfa.ca

Prepared Meals Delivery

Coordinated Meals Program Beacon Community Services

250-656-5537

Three meals each week are home delivered by volunteers, hot and/or freezer-to-table meals. Sliding scale based on income with free delivery. Beacon Community Services, in partnership with the United Way of Greater Victoria and multiple agencies throughout the CRD, is happy to offer this new program for seniors.

www.beaconcs.ca

Better Meals 1-888-838-1888

Home delivered freezer-to-table meals. 3 course dinner for \$7.50. Also available diabetic, bland low sodium and pureed diet menus. Free weekly delivery with minimum order of \$30. Better Meals is a registered service provider of Veterans Independent Program.

www.bettermeals.ca

Casalinga Food Services 1-855-768-1994

Home delivered meals, heat and serve. Special orders from \$5.00. Free delivery for orders over \$40.00. Delivery to Victoria once a month. VAC Health ID Cards accepted.

www.casalinga.ca

Chef on the Run Sidney 250-655-3141

9781b Second Street
Sidney, BC V8L 4P8

Dinners delivered to your home or pick up. Menu changes weekly. Small delivery charge.

www.chefontherun.net

Meals on Wheels Pender Island 250-629-3346

Meals on Wheels delivers a hot meal on Monday, Wednesday, and Friday. Additional meals can be ordered. Costs vary up to \$10 per meal.

www.penderislandhealth.ca

Meals on Wheels Salt Spring Island 250-537-5561 ext. 223

Meals on Wheels delivers a hot meal between 12 noon and 2 p.m. \$6.25 per meal. Monday to Friday except on statutory holidays.

www.greenwoodseldercare.org

Shopping & Grocery Delivery by Phone

Beacon Community Services 250-656-5537

A shopping and home delivery service is offered to Saanich Peninsula Residents. Dedicated volunteers call weekly to take orders, volunteers shop then deliver groceries directly to your home while practicing physical distancing and contactless delivery protocols. Seniors pays for their groceries, but shopping and delivery services are free.

www.beaconcs.ca

Sendial 250-544-1234 press #2

A shopping and home delivery service is offered by Thrifty Foods and dedicated volunteers. A volunteer calls weekly to take your order. The next business day, a volunteer shops your order. Thrifty Foods then sends it out for delivery in a refrigerated truck. A \$5 fee is charged for this service.

www.thriftyfoods.com/sendial

Student Employment Services

Beacon Community Services Youth Employment Program 250-656-5537

High school students between the ages of 14 to 18 help with yard and garden maintenance, pet care, household painting, indoor cleaning, moving, or packing and odd jobs at a reasonable cost. The program is monitored by BCS and serves residents of the Saanich Peninsula.

www.beaconcs.ca

University of Victoria Casual Job Board 250-721-8421

Student Employment Centre offers help with computer assistance, yard work, cleaning, shopping, social activities, gardening, household maintenance, pet care and odd jobs. Minimum wage per hour and minimum 2-hour visit.

www.learninginmotion.uvic.ca

TIP!

Local grocery stores may offer phone order shopping and delivery services in your area. Check with the store in your neighborhood.

Volunteers Who Assist People to Live Independently

Volunteer services may include: rides to medical appointments or social activities, income tax returns, odd jobs, gardening, good day/reassurance phone calls, visiting, shopping, walking, dog walking, legal/financial information, filling out forms, reading and correspondence.

CAPITAL REGION

Beacon Community Services
(Saanich Peninsula)250-656-5537
www.beaconcs.ca

Capital City Volunteers
(Victoria).....250-388-7844
www.capitalcityvolunteers.org

James Bay
Community Project.....250-388-7844
www.jbcp.bc.ca

Oak Bay
Volunteer Services.....250-595-1034
www.oakbayvolunteers.bc.ca

Saanich Volunteer Services.....250-595-8008
www.saanichvolunteers.org

GULF ISLANDS

Mayne Island
Assisted Living Society250-539-2530
www.mials.org

Pender Island
Community Support250-629-3346
www.penderislandhealth.ca

Salt Spring Community
Services250-537-4607
www.saltspringcommunityservices.ca