



Health Services

A listing of public and private agencies providing health care and health education.

Indigenous Health Services

Island Health (South) Indigenous Health **250-370-8914**
Services include Indigenous Liaison Nurse, Diabetes Nurse Educator, and a Community Nutritionist, Cultural Safety Facilitators and Nurse Practitioners in Community.
www.islandhealth.ca

Saanich First Nations Adult Care Society **250-544-1627**
Offers home care nursing and home support services for First Nations on the Saanich Peninsula. Phone for an intake assessment.

Victoria Native Friendship Centre **250-384-3211**
231 Regina Avenue
Victoria, BC V8Z 1J6
Services include Mental Health Liaison, Outreach workers and a Health Clinic.
www.vnfc.ca

Acute Care Hospitals Island Health (South)

Lady Minto Hospital **250-538-4840**
135 Crofton Road
Salt Spring Island, BC V8K 1T1

Royal Jubilee Hospital **250-370-8000**
1952 Bay St,
Victoria, BC V8R 1J8

Saanich Peninsula Hospital **250-544-7676**
2166 Mt. Newton Cross Road
Saanichton, BC V8M 2B2

Victoria General Hospital **250-727-4212**
1 Hospital Way
Victoria, BC V8Z 6R5

Clinics – Specialized

Mary Pack Arthritis Program

Victoria Arthritis Centre 250-598-2277

2680 Richmond Road

Victoria, BC V8R 4S9

Provides services to people with inflammatory arthritis, systemic autoimmune rheumatic disease, and complex osteoarthritis. Treatment available with referral from a doctor. Services include physical therapy, occupational therapy, nursing, social work counselling, and specialised medical clinics. Education classes are offered on a variety of arthritis related topics. Education classes are free and do not require a referral.

www.mpap.vch.ca

STI Clinic

250-388-2225

1947 Cook Street

Victoria, BC V8T 3P7

Confidential free clinic for counselling and sexually transmitted infections testing. By appointment only.

www.islandsexualhealth.org

Community-Based Health Services

Island Health (South)

Community Access 250-388-2273

Line 1-888-533-2273

Community Health Services Program provides community-based health services intended to support persons with acute or chronic illnesses or physical disabilities to remain at home as independently as possible. Services are offered by interdisciplinary Health Teams which consist of the following services:

Case Management

Services include assessment, consultations, referrals, and monitoring. Case Managers, in the community and hospitals, coordinate a variety of services to assist people to live at home independently and safely. These include subsidized home support service, caregiver relief (Respite) available in facility or home, and adult day programs. Facility placement and admission to Assisted Living are also arranged when required.

Home Support Services

Individuals with home-based needs for personal care such as bathing, dressing, toileting, and medication administration may be eligible for subsidized home support.

Nutrition

Provides a continuum of clinical nutritional services for homebound persons to maintain optimum client health.

Rehabilitation

Services include physiotherapy and occupational therapy, assessment, perceptual and cognitive testing, treatment, consultation, and education. Recreation therapy services are provided individually and in group settings.

Social Work

Support of community health services clients, their families, caregivers and/or friends to resolve, prevent or lessen the impact of psychological, spiritual, physical, and mental health related issues. Social workers are also delegated to respond to issues of neglect and abuse.

Community Virtual Care **250-519-770** **Ext 11928**

Community Virtual Care is a free Island Health program that uses remote patient monitoring, virtual visits, and the telephone to support clients living with chronic disease from the comfort of their home.

The team monitors vital signs and symptoms, as well as provides self-management coaching and education to clients with the following conditions: Chronic Kidney Disease, COPD, Diabetes, Heart Failure, Hypertension, and Palliative Care.

Clients can refer themselves to the program and are loaned, at no cost, all the equipment they need to answer daily care plan questions and measure their biometrics. This information is sent electronically to the monitoring nurses who check for alerts and data changes and significant data trends are sent to the client's Primary Care Provider.

The 1:1 support from Registered Nurses helps clients to be proficient and confident in managing their condition and know when to seek care from their Primary Care Provider vs. when to seek Emergency Services.

www.islandhealth.ca/cvc

See advertisement on page 66.

TIP!

For information on medical cannabis go to www.healthlinkbc.ca/health-feature/cannabis or phone HealthLinkBC at 811. Phone Seniors Serving Seniors at 250-413-3211 for information on a government dispensary in your area.

Community-Based Health Services Teams

Downtown/Vic West.....250-388-2396

Esquimalt/Westshore/

Sooke250-519-3492

Gordon Head/ Oak Bay.....250-519-6945

James Bay/Oaklands250-388-2395

Outer Gulf Islands250-539-3099

Peninsula250-544-2500

Saanich250-519-5200

Salt Spring Island250-538-4820

Dental Care

BC Dental Association 1-888-396-9888

Assists seniors in finding dentists in their area. Some will offer seniors discount.

www.bcdental.org

Camosun College Dental Clinic

Booking line 250-370-3184

Information line 250-370-3191

3100 Foul Bay Road

Victoria, BC V8P 5J2

Provides oral health checkup, treatments that protect tooth enamel from decay, and preventing and treating gum disease. New clients are taken in from September to March. Continuing care clients who have been seen previously for care are seen until April. Dental hygiene students provide personalized treatment at a cost of \$60.

www.camosun.ca/smile

TIP!

See advertisement for **Earth's Options** on page62.

Health Services

Funeral Planning

BC Funeral Association 250-592-3213

211-2187 Oak Bay Avenue **1-800-665-3899**

Victoria, BC V8R 1G1

The BCFA assists the funeral profession attain the highest possible standards of ethics, service and proficiency. Provides a province wide toll-free line for information and referral. A major source of information for the public on death and bereavement.

www.bcfunerals.com

Memorial Society of BC 1-888-816-5902

949 West 49th Avenue,

Vancouver, BC V5Z 2T1

The Society is a non profit, consumer advocacy organization. It helps people plan simple, dignified, and affordable funerals. Membership gives peace of mind that your final wishes will be fulfilled and reduces stress for family and friends.

www.memorialsocietybc.org

Health Education

Self-Management

British Columbia 1-866-902-3767

University of Victoria's Institute on Aging & Lifelong Health offers 6 free online Self-Management workshops including course materials for Chronic Disease, Chronic Pain, Diabetes & Cancer. The Health Coach program is also available. Learn to LOVE your life again while managing your chronic conditions and pain!

www.selfmanagementbc.ca

**Yakimovich Wellness 250-370-5641
Centre Press 2**

Offers a variety of free health education programs open to adults who want to learn about health, wellness and community resources. Sessions will be offered online; program schedule will be posted on the website and registration will be required. With programs being offered online this means that the sessions are available to people anywhere on the island and be seen from the comforts of your own home. There will be limited in-person sessions, registrations, and attendance.

www.islandhealth.ca/our-locations/seniors-locations/yakimovich-wellness-centre

Hospice

Hospice provides end-of-life care focused on symptom management and comfort care. For a referral for Hospice care call the Community Access Line at **250-388-2273** or **1-888-533-2273**.

Salt Spring Island

Hospice Society250-537-2770

www.saltspringhospice.org

Sooke Hospice Society250-642-4345

www.sookehospice.com

Victoria Hospice250-370-8868

www.victoriahospice.org

Medical Assistance in Dying

MAiD 250-727-4382

Medical Assistance in Dying is a process whereby a doctor or nurse practitioner helps a patient who wants to end their suffering voluntarily, intentionally. This procedure is only available to eligible patients.

www.islandhealth.ca/maid

Medical Information Services

Doctors of BC Society 1-800-665-2262

Mailing Address

115-1665 W. Broadway

Vancouver, BC V6J 5A4

A voluntary association of 14,000 physicians, residents and medical students in British Columbia. Promotes a social, economic, and political climate in which members can provide the citizens of BC with the highest standard of health care, while achieving maximum professional satisfaction and fair economic reward. A Virtual Care Guide for Patients is at www.doctorsofbc.ca/news/virtual-care-guides-patients.

www.doctorsofbc.ca

Victoria Medical Society

250-598-6021

Eric Martin Pavilion

190-2334 Trent Street

Victoria, BC V8R 4Z3

Provides information for physicians in the Greater Victoria and surrounding areas. Listing of physicians who are accepting new patients - when available. The website provides a listing of walk-in clinics and maps to show you how to get there.

www.victoriamedicalsociety.org

TIP!

Phone Seniors Serving Seniors at **250-413-3211** or go to www.bcphysio.org for information about home-based physiotherapy.

Mental Health

Geriatric Speciality Services Mental Health and Substance Use 250-388-2273

Island Health provides outreach services, assessment, and treatment for seniors with complex mental health issues (including dementia) and/or addiction issues. The team is also involved in investigations of abuse and neglect. For further information and to determine eligibility call Seniors Health Intake at number above.

Public Health Units Island Health (South)

Flu Vaccine 250-544-7676 ext. 27545

Each Fall, flu vaccine is provided free of charge to anyone 65 years of age and older. Clinics begin in mid-October. All Flu Clinics are drop-in. For Flu Clinic Schedules phone Health Link BC at 811 or visit the website. See phone numbers for Public Health Clinics www.islandhealth.ca/flu

Esquimalt 250-519-5311
530 Fraser Street

Peninsula 250-544-2400
2170 Mt. Newton X Road

Saanich 250-519-5100
3995 Quadra Street

Salt Spring Island 250-538-4880
1-137 Crofton Road

Sooke 250-519-3487
104-6672 Wadams Way

Victoria 250-388-2200
1947 Cook Street

Westshore..... 250-519-3490
345 Wale Road