

# Home Help

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## Respite Care

Respite Care program serves those 55 and over who are medically stable. **The Piercy Respite Hotel** offers spacious, private rooms for 24-hour respite. Care receivers can reside at the hotel for 1 to 35 days, while their family caregivers plan a scheduled break from caregiving responsibilities. An Island Health (South) community health assessment is necessary to determine eligibility. For more information on how to access these programs please contact:

[www.islandhealth.ca](http://www.islandhealth.ca)

**Island Health (South) 250-388-2273**  
**Community Access Line 1-888-533-2273**

## Urgent and Primary Care Centres

A UPCC provides team-based care for non-emergency health concerns. Patients who require medical attention within 12 - 24 hours but are not emergency. Physician referral, self-scheduled appointments and walk-in accepted. For life-threatening illnesses or injuries call 9-1-1 or go to the emergency department to be assessed and treated immediately.

[www.medicmap.ca](http://www.medicmap.ca)  
[www.islandhealth.ca](http://www.islandhealth.ca)

**Downtown UPCC.....250-519-3870**  
1107 Pandora Avenue

**Esquimalt .....250-519-3880**  
890 Esquimalt Road

**James Bay .....250-519-3770**  
547 Michigan Street

**North Quadra .....250-519-3820**  
#100-4420 Chatterton Way

**Westshore.....250-519-6919**  
582 Goldstream Avenue



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

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## 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 offer Meal Programs. Some services may be free, or fees may be subsidized according to the senior's income.

**Esquimalt .....250-385-2635 ext. 201**

**Galiano Island .....250-539-0970**

**Langford, Colwood ..... 778-677-3540**

**Metchosin.....250-478-5150**

**Pender Island .....250-629-3346**

**Saanich .....250-595-8008**

**Saanich Peninsula .....250-656-5537**

**Salt Spring Island .....250-537-4607**

**Saturna Island ..... 250-539-0811**

**Victoria & Oak Bay .....250-388-7844**  
.....ext. 334

## Companion Services

Companion Services .....250-477-7755  
[www.companionservices.ca](http://www.companionservices.ca)

## Home Support Services Live In – Private Pay

International Nannies  
& Homecare.....1-800-820-8308  
[www.internationalnannies.com](http://www.internationalnannies.com)

Surework Solutions .....250-361-2028  
[www.sureworksolutions.com](http://www.sureworksolutions.com)  
*See advertisement on page 68.*

## Home Support Services – Private Pay

Allman Home Care  
Services Inc. .... 250-642-3411  
Western Communities and Sooke only.  
[www.allmanhomecare.com](http://www.allmanhomecare.com)

Bayshore Home Health  
Sidney .....778-749-0014  
Victoria .....250-370-2253  
[www.bayshore.ca](http://www.bayshore.ca)  
*See advertisement on page 65.*

Blue Sky Home Care .....250-940-7070  
[www.blueskyhomecare.ca](http://www.blueskyhomecare.ca)  
Over a decade of experience providing premium in-home support and specialized nursing care in South Vancouver Island. We offer care ranging from a few hours a week to around-the-clock complex care. Let our team of Physicians, Nurses and caregivers create your personalized care plan that consistently exceed the expectations of our clients and their families.

Care and Company Ltd. ....250-382-2328  
[www.seniorcarevictoria.ca](http://www.seniorcarevictoria.ca)  
*See advertisement on page 63*

The Care Navigators .....250-940-7070  
[www.thecarenavigators.com](http://www.thecarenavigators.com)

You make the call, we do it all. Care decisions can be confusing; The Care Navigators make this journey simple. With one call you can access all options of care in one place. Unsure if you need assisted or complex care in a facility? Do you live far from your loved one and don't know how to navigate changing care needs? Maybe staying at home with support is a goal.

ComForCare Home Care..... 778-265-3393  
[www.comforcare.ca](http://www.comforcare.ca)

Comfort Keepers Victoria..... 778-265-5999  
[www.victoria.comfortkeepers.ca](http://www.victoria.comfortkeepers.ca)

Community Plus Care Ltd.....250-658-6508  
[www.co-care.ca](http://www.co-care.ca)

Harmony Health Care Ltd .....250-475-2772  
[www.harmonyhealthcare.ca](http://www.harmonyhealthcare.ca)

Helping Hands Home Support..... 250-881-0118  
[www.helpinghandspss.ca](http://www.helpinghandspss.ca)  
*See advertisement on page 66.*

Home Care Assistance Victoria .....250-592-4881  
[www.homecareassistance.com](http://www.homecareassistance.com)

Home Instead Senior Care .....250-382-6565  
[www.homeinstead.com/Victoriabc](http://www.homeinstead.com/Victoriabc)  
*See advertisement on page 66.*

Island View Place Care .....250-652-1706  
[www.islandviewplacecare.ca](http://www.islandviewplacecare.ca)  
Intimate home-like, long term care facility offering privatized, licensed, Assisted Living and Complex Care. Our building is set rurally in beautiful Central Saanich. Our 19 rooms are each single occupancy with ensuite, hospital bed and overhead lift-capable.

Luxcare Senior Care .....250-590-1689  
[www.luxcarelifestyle.com](http://www.luxcarelifestyle.com)  
*See advertisement on page 71.*

## Home Help

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Pacific Coast Health Services .....250-389-0202  
[www.pacificcoasthealthservices.ca](http://www.pacificcoasthealthservices.ca)

*See advertisement on page 70.*

Qualicare South Island .....250-220-0189  
[www.qualicare.com](http://www.qualicare.com)

*See advertisement on page 64.*

RJ Angels Care Ltd. ....250-479-7479  
[www.rj-angels.com](http://www.rj-angels.com)

SE Health.....250-385-0444  
[www.sehc.com](http://www.sehc.com)

Serenity Home Care Ltd. ....250-590-8098  
[www.serenityhomecare.ca](http://www.serenityhomecare.ca)

Super Services for Seniors .....250-592-0029  
[www.superservicesforseniors.com](http://www.superservicesforseniors.com)

*See advertisement on page 62*

The Senior Care Group.....250-589-0010  
(Victoria, Oak Bay and Sidney)

*See advertisement on pages 60 and 61.*

Van Isle Home Care ..... 250-519-2984  
[www.vanislehomecare.ca](http://www.vanislehomecare.ca)

*See advertisement on page 69.*

## 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 include 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](http://www.cridgepharmacy.com)**

*See advertisement on page 75*

## 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](http://www.sinfa.ca)**

**Viva Foot Care (VIVA) 250-885-8482**

Viva Foot Care provides quality mobile foot care nursing services in the comfort of your own residence. Services include cutting and trimming nails, decreasing nail thickness, managing fungal and ingrown toenails, removing corns and calluses, and providing on-going education to clients and their families regarding appropriate foot care.

*See advertisement on page 68*

[www.vivafootcare.com](http://www.vivafootcare.com)

## Prepared Meals Delivery

**More Than Meals Program**

**Beacon Community 250-656-5537  
Services**

Three freezer-to-table meals each week are home delivered by volunteers, hot and/or cold. Sliding scale based on income with free delivery.

[www.beaconcs.ca](http://www.beaconcs.ca)

**James Bay New Horizons 250-386-3035  
[www.jamesbaynewhorizons.ca](http://www.jamesbaynewhorizons.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](http://www.bettermeals.ca)

**Casalinga Food Services 1-855-768-1994**

Home delivered meals, heat and serve. Special orders from \$6.60. Free delivery for orders over \$60.00. Delivery to Victoria once a month. VAC Health ID Cards accepted.

[www.casalinga.ca](http://www.casalinga.ca)

**Heart of Home Meals 1-866-933-1516**

Full range of meals prepared and delivered; food sensitivities noted. Free Delivery.

[www.hearttohomemeals.ca](http://www.hearttohomemeals.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. Mon-Fri only.

[www.chefontherun.net](http://www.chefontherun.net)

**Meals on Wheels 250-537-5520**

**Salt Spring Island**

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](http://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. Seniors pays for their groceries, but shopping and delivery services are free.

[www.beaconcs.ca](http://www.beaconcs.ca)

**Sendial 1-866-948-0196 press #4**

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](http://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](http://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](http://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.*

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### CAPITAL REGION

Beacon Community Services  
(Saanich Peninsula) .....250-656-5537  
[www.beaconcs.ca](http://www.beaconcs.ca)

Capital City Volunteers  
(Victoria).....250-388-7844  
[www.capitalcityvolunteers.org](http://www.capitalcityvolunteers.org)

James Bay  
Community Project.....250-388-7844  
[www.jbcp.bc.ca](http://www.jbcp.bc.ca)

Oak Bay  
Volunteer Services.....250-595-1034  
[www.oakbayvolunteers.org](http://www.oakbayvolunteers.org)

Saanich Volunteer Services.....250-595-8008  
[www.saanichvolunteers.org](http://www.saanichvolunteers.org)

### GULF ISLANDS

Mayne Island  
Assisted Living Society .....1-604-562-1944  
[www.mials.org](http://www.mials.org)

Pender Island  
Community Support .....250-629-3346  
[www.penderislandhealth.ca](http://www.penderislandhealth.ca)

Salt Spring Community  
Services.....250-537-4607  
[www.saltspringcommunityservices.ca](http://www.saltspringcommunityservices.ca)