

Health Services



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

ACUTE CARE HOSPITALS

Lady Minto Hospital

250-538-4840

135 Crofton Road, Salt Spring Island, BC V8K 1T1

Royal Jubilee Hospital

250-370-8000

1952 Bay Street, 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

COMMUNITY-BASED HEALTH

Island Health (South) Community Health

250-388-2273

1-888-533-2273

www.islandhealth.ca

Community Health Services Program provides in-home and community-based health services intended to support your health and your ability to remain at home as independently as possible. Services are offered by interdisciplinary Health Teams that provide the following services:

Case Management: includes 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 services, caregiver relief (Respite) available in a facility or home, and adult day programs. Facility placement and admission to Assisted Living are also arranged when required.

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

Nursing: focus is on short-term goals while providing medical care and education either at home or in a clinic.

Nutrition: a continuum of clinical nutritional services are provided to homebound persons allowing them to maintain optimum health.

Rehabilitation: 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

1-888-533-2273

www.islandhealth.ca/cvc

A free Island Health program that provides virtual support and education to clients with a range of conditions including chronic diseases (chronic kidney disease, COPD, diabetes, heart failure or hypertension), palliative or life-limiting conditions, and caregiver support. Self-referrals are accepted. Clients are loaned all the equipment they need to participate, at no charge.

TIP

For information on medical cannabis go to: www.healthlinkbc.ca/medical-cannabis or phone **Health Link BC at 811**.

For information on a government dispensary in your area, call us:

Seniors Serving Seniors 250-413-3211

Victoria Community Health Centre: A Charitable Co-op

778-440-0221

www.victoriahealthcooperative.com

#200-1075 Pendergast St., Victoria BC V8V 0A1

A not-for-profit co-op working to enhance the health and wellness of residents of Greater Victoria. Services are delivered using a Community Health Clinic (CHC) model. CHC's are committed to providing comprehensive, accessible, affordable, and culturally appropriate services through a collaborative team approach. Appointments with a registered nurse can be booked Monday to Friday 8:30am to 4:30pm. Nursing services are covered under BC's MSP plan.

See ad on page 34.

Community Health Services Teams

Downtown/Vic West

250-388-2396

Esquimalt/Westshore/Sooke

250-519-3492

Oak Bay/Gordon Head

250-519-6945

James Bay/Oaklands

250-388-2395

Outer Gulf Islands

250-539-3099

Peninsula

250-544-2500

Saanich

250-519-5200

Salt Spring Island

250-538-4820

DENTAL CARE

BC Dental Association

1-888-396-9888
www.bcdental.org

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

Camosun College Dental Clinic

250-370-3191 Information
250-370-3184 Booking
www.camosun.ca/smile

3100 Foul Bay Road, Victoria, BC V8P 5J2

Provides oral health checkup, treatments that protect tooth enamel from decay, and prevention and treatment of 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.

DOCTOR

Find a Doctor BC (or nurse)

811
info@findadoctorbc.ca
www.healthlinkbc.ca/health-connect-registry
www.findadoctorbc.ca

A website that identifies family doctors and nurse practitioners who are currently accepting new patients. If none are available, individuals can sign-up to be notified when a nearby doctor starts accepting new patients. Individuals can also be added to the “health connect” registry by calling 811.

FLU CLINICS

Island Health (South): Flu Vaccine

250-544-7676 ext 27545
811 Flu Clinic Schedule
www.islandhealth.ca/flu

Each fall, flu vaccines are provided free of charge to anyone 65 years of age and older. Clinics begin in mid-October, and all flu clinics are drop-in.

FUNERAL PLANNING

BC Funeral Association

250-592-3213
1-800-665-3899
www.bcfunerals.com

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.

Earth's Option

778-440-8500
www.earthsoption.com

See ad on page 53

Memorial Society of BC

1-888-816-5902
www.memorialsocietybc.org

949 West 49th Avenue, Vancouver, BC V5Z 2T1

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

HEALTH EDUCATION

Community Virtual Care

1-888-533-2273

www.islandhealth.ca/cvc

A free Island Health program that uses remote patient monitoring, virtual visits, and the telephone to support clients living with specific chronic diseases from the comfort of their home. Clients receive 1:1 support from a Registered Nurse who monitors vital signs and symptoms and provides self-management coaching and education to help clients better manage their condition.

This service is available to clients with one or more of the following conditions: chronic kidney disease, COPD, diabetes, heart failure or hypertension. Clients with a palliative or life-limiting diagnosis can also participate. Self-referrals are accepted. Clients are loaned all the equipment they need to participate, at no charge.

Self-Management British Columbia

1-866-902-3767

www.selfmanagementbc.ca

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 and Cancer. The Health Coach program is also available. The aim of the program is to help clients love their life while managing chronic conditions and pain.

Yakimovich Wellness Centre

250-580-3034

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

Offers a variety of free in person and virtual health education programs. Programs are open to adults who want to learn about health, wellness, and community resources. Visit the website to learn of upcoming sessions and register for them.

HOSPICE

Hospice provides end-of-life care focused on symptom management and comfort care. For a referral, call Island Health.

Island Health (South): Community Health

250-388-2273

1-888-533-2273

Salt Spring Island Hospice Society

250-537-2770

www.saltspringhospice.org

Sooke Hospice Society

250-642-4345

www.sookehospice.com

Victoria Hospice Society

250-370-8715

www.victoriahospice.org

1952 Bay Street, Victoria, BC V8R1J8

Provides end-of-life care, education, and grief support to patients and families, caregivers, and healthcare professionals.

INDIGENOUS HEALTH SERVICES

Indigenous Patient Navigators (IPNs)

www.phsa.ca/our-services/programs-services/indigenous-health#Programs-&-Services

Indigenous Patient Navigators support patients, families and staff while respecting local traditions, protocols, and practices to ensure culturally safe health care services.

Island Health (South) Indigenous Health

250-370-8914

www.islandhealth.ca/learn-about-health/aboriginal-health

This website provides links to indigenous health program contacts and resources including a link to the BC First Nations Health Handbook – A companion to the BC Health Guide.

Saanich First Nations Adult Care Society

250-544-1627

www.fnha.ca

77 A Tsartlip Dr, Brentwood Bay, BC V8M 1N9

An organization that provides a variety of community-based health and social services to Saanich's First Nations people. Services include home care nursing, home support, mental health counseling, and acupuncture. An elders program provides socio-cultural activities for community members.

Victoria Native Friendship Centre

250-384-3211

www.vnfc.ca

231 Regina Avenue, Victoria, BC V8Z 1J6

Services include Mental Health Liaison, Outreach workers and a Health Clinic.

MEDICAL ASSISTANCE IN DYING

MAiD • Medical Assistance in Dying

250-727-4382

www.islandhealth.ca/maid

Medical Assistance in Dying is a process whereby a doctor or nurse practitioner helps a patient who wants to end their suffering voluntarily and intentionally. This service is limited to eligible patients.

MEDICAL CLINICS: WALK-IN AND VIRTUAL

Saanich Plaza Medical Walk-in Clinic

250-475-1101

www.saanichplazamedicalclinic.ca

3544 Blanshard Street, Victoria, BC V8X 1W3

Quadra Village Medical Clinic

250-383-5513

www.quadravillagepharmacy/medical-clinic

2631 Quadra Street, Victoria, BC V8T 4E3

Perpetual Health Centre (Non MSP)

250-595-1363

www.Perpetualhealthcentre.com

#375-3066 Shelbourne Road,
Victoria, BC V8R 6T9

Oak Bay Medical Clinic

250-598-6744

www.oakbaymedicalclinic.com

#101,1640 Oak Bay Avenue, Victoria, BC V8R 1B2

Esquimalt Medical Clinic

778-265-4305

#3, 1153 Esquimalt Road, Victoria, BC V9A 3N7

Lifecare Medical Clinic**250-590-8378**www.lifecaremedical.ca

1803 Fort Street, Victoria, BC V8R 1J6

West Saanich Medical Clinic**250-590-8378**www.westsaanichmedical.com#105-4442 West Saanich Road,
Victoria, BC V8Z 3E9**Uptown Medical Clinic****250-590-8375**www.uptownmedicalclinic.ca3460 Saanich Road, Victoria, BC V8Z 0B9
(Walmart)**Jack Nathan Hillside Medical Clinic****250-592-4212**www.Jacknathanhillsidemedical.com1644 Hillside Avenue, Victoria, BC V8T 2C5
(Walmart)**Jack Nathan Medical Clinic****250-381-4353**www.Jacknathanhealth.com#2, #101 Burnside Road, Victoria, BC V9A 1B7
(Tillicum Mall)**MEDICAL INFORMATION****Victoria Medical Society****250-598-6021**www.victoriamedicalsociety.orgEric Martin Pavilion 190-2334 Trent Street,
Victoria, BC V8R 4Z3

Lists physicians who are accepting new patients. The website provides a listing of walk-in clinics and maps to show you how to get there.

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 the number above.

PHYSIOTHERAPY**Physiotherapy Association of BC (PABC)**www.bcphysio.org/public

Licensed healthcare professionals who work autonomously and collaboratively alongside physicians and healthcare teams, on a patient-centred approach to assess, treat, and manage pain, injuries, movement dysfunction, and chronic conditions. No referral needed. The website has a “find physio” search option.

TIP

For information about home-based physiotherapy, call us:

Seniors Serving Seniors 250-413-3211Or, go to www.bcphysio.org

PUBLIC HEALTH UNITS

Island Health (South)

Esquimalt

250-519-5311

530 Fraser Street, Victoria, BC V9A 6H7

Peninsula

250-544-2400

2170 Mt. Newton Cross Road,
Saanichton, BC V8M 2B2

Saanich

250-519-5100

3995 Quadra Street, Victoria, BC V8X 1J8

Salt Spring Island

250-538-4880

160 Fulford-Ganges Road,
Salt Spring Island, BC V8K 2T8

Sooke

250-519-3487

104-6672 Wadams Way, Sooke, BC V9Z 0H3

Victoria

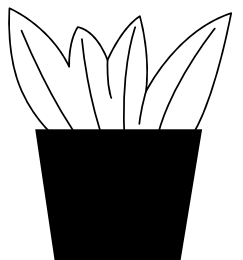
250-388-2200

1947 Cook Street, Victoria, BC V8T 3P1

Westshore

250-519-3490

345 Wale Road, Victoria, BC V9B 6X2



Luther Court Community Health Centre

250-477-7241

www.luthercourt.org/community-health-centre

1525 Cedar Hill Cross Road, Victoria, BC V8P 5M1

Luther Court Community Health Centre provides team-based primary care to attached patients. It is not a walk-in clinic. The centre offers free community programming intended to enhance population health and well-being. Social, physical and mental well-being are addressed through education, skills building, and population health screening.

RESPITE CARE

Island Health (South)

250-388-2273

1-888-533-2273

www.islandhealth.ca

Piercy Respite Hotel

1454 Hillside Avenue, Victoria, BC V8T 2B1

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.

SPECIALIZED HEALTH CLINICS

Mary Pack Arthritis Program Victoria Arthritis Centre

250-598-2277

www.mpap.vch.ca

2680 Richmond Road, Victoria, BC V8R 4S9

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

Communicable Disease Prevention Centre & STI Clinic

250-388-2225

www.islandhealth.ca

1947 Cook Street, Victoria, BC V8T 3P7

This clinic provides community health care regarding communicable disease prevention and control. Sexually Transmitted Infections testing is available by appointment.

Island Sexual Health

250-592-3479

www.islandsexualhealth.org

101-3960 Quadra Street, Victoria, BC V8X 4A3

Confidential free clinic for sexual health care counselling, education and sexually transmitted infections testing. By appointment only.

URGENT & PRIMARY CARE CENTRES

Urgent and Primary Care Centres (UPCC) provide team-based care for non-emergent health concerns for patients who require medical attention within 12-24 hours but are not in need of emergency care. Physician referral, self-scheduled appointments, and walk-in visits are accepted.

For life-threatening illnesses or injuries call 911 or go to a hospital emergency department.

For same day appointment, call at 8 am.

www.medimap.ca

www.islandhealth.ca

Downtown

250-519-3870

1107 Pandora Avenue, Victoria, BC V8V 3P8

Esquimalt

250-519-3880

890 Esquimalt Road, Victoria, BC V9A 3M4

Gorge

250-519-3800

63 Gorge Road East, Victoria, BC V9A 1L2

James Bay

250-519-3770

547 Michigan Street, Victoria, BC V8V 1S5

North Quadra

250-519-3820

#100-4420 Chatterton Way, Victoria, BC V8X 5J2

Westshore

250-519-6919

582 Goldstream Avenue, Victoria, BC V9B 2W7