

Home Help



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

COMPANION SERVICES

Companion Services

250-477-7755

www.companionservices.ca

Provides visits that can include reading, outdoor walks, and booking professional appointments. Personal shopping, restaurant outings, and transportation are also offered. The organization can also arrange for an approved professional to visit for assistance with legal, medical, personal grooming, and other needs.

HIRE A STUDENT

Beacon Community Services Youth Employment Program

250-656-5537

www.beaconcs.ca

High school students 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.

University of Victoria Casual Job Board

250-721-8421

learninginmotion.uvic.ca/employers/registration.htm

Help with computers, yard work, cleaning, shopping, social activities, gardening, household maintenance, pet care and odd jobs. Minimum wage per/hr and minimum 2 hour visit. Apply online.

HOME SUPPORT SERVICES

FUNDED HOME SUPPORT

Better at Home

www.betterathome.ca

Funded by the Government of BC and managed by the Lower Mainland United Way this program offers non-medical services to seniors such as light housekeeping, transportation, friendly visiting and meal programs. Some services may be free or subsidized.

Colwood/Langford: **778-677-3540**

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

Galiano Island: **250-539-0970**

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**

Sooke: **778-365-1878**

Victoria: **250-388-7844 ext 334**

PRIVATE PAY HOME SUPPORT

Most private pay home support organizations customize a plan to meet the clients unique needs. Services available may include light housekeeping, personal care, overnight and respite care, disability support, companionship and other specialized services.

Bayshore Home Health

Sidney

778-749-0014

Victoria

250-370-2253

www.bayshore.ca

Blue Sky Home Care

250-940-7070

www.blueskyhomecare.ca

Care and Company Ltd.

250-382-2328

www.seniorcarevictoria.ca

See ad on page 74.

The Care Navigators

250-940-7070

www.thecarenavigators.com

ComForCare Home Care

778-265-3393

www.comforcare.ca

Comfort Keepers Victoria

778-265-5999

www.victoria.comfortkeepers.ca

Community Plus Care Ltd

250-658-6508

www.co-care.ca

Harmony Health Care Ltd

250-475-2772

www.harmonyhealthcare.ca

See ad on page 79.

Helping Hands Home Support

250-881-0118

www.helpinghandsspss.ca

See ad on page 79.

Home Care Assistance Victoria

250-592-4881

www.homecareassistance.com

Home Instead Senior Care

250-382-6565

www.homeinstead.com/Victoriabc

Island View Place Care

250-652-0891

www.islandviewplacecare.ca

Just like Family Home Care

Victoria: South Vancouver Island & Gulf Islands

250-882-2554

southisland@justlikefamily.ca

www.justlikefamily.ca/victoria/

380 Cook Street, Victoria, BC V8V 3X7

Langford: Colwood, Chemainus, Duncan, Cobble Hill, Gabriela Island & Salt Spring Island

250-888-8211

office@justlikefamily.ca

www.justlikefamily.ca/langford/

733 Goldstream Avenue, Langford, BC V9B 2X4

Luxcare Senior Care

250-590-1689

www.luxcarelifestyle.com

See ads on page 39 & 78.

Pacific Coast Health Services

250-389-0202

www.pacificcoasthealthservices.ca

See ad on page 18.

Qualicare South Island

250-220-0189
www.qualicare.com

RJ Angels Care Ltd.

250-479-7479
www.rj-angels.com

SE Health

250-385-0444
www.sehc.com

Serenity Home Care Ltd.

250-590-8098
www.serenityhomecare.ca

The Senior Care Group

250-589-0010
 Victoria, Oak Bay and Sidney
 See ads on page 58 & 59.

Van Isle Home Care

250-519-2984
www.vanislehomecare.ca

See ad on page 19.

Vancouver Island Home Support

250-880-0527
www.islandhomesupport.com

LIVE IN – PRIVATE PAY**International Nannies & Homecare**

1-800-820-8308
www.internationalnannies.com

Surework Solutions

250-361-2028
www.sureworksolutions.com

See ad on page 34.

**VOLUNTEER ASSISTANCE
FOR INDEPENDENT LIVING**

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.org

Saanich Volunteer Services

250-595-8008
www.saanichvolunteers.org

Volunteer Assistance for Independent Living listings for Gulf Islands are continued on page 40.



Discover your Renaissance Era

"The Art of Living Well"

THE
RENAISSANCE
RETIREMENT RESIDENCE

Experience the ease of living with our exceptional dining options, weekly housekeeping services, spacious suites with full kitchens, and a lively, inclusive community.

Don't miss out—schedule your visit with us today!

1188 Esquimalt Road | www.renaissancevictoria.com | 250.386.1188 | *Locally owned & operated*



Mobile Foot Care
We come to you!

- **Foot assessment**
- **Callus & corn removal**
- **Toenail trimming & cutting**
- **Decreasing nail thickness**
- **Care for fungal nails**
- **Diabetic foot care**



www.vivafootcare.com
250-885-8482 (VIVA)

LUXCARE

EST. 2012

SERVING OUR COMMUNITY
SINCE 2012

A+RATING

Locally Owned and Operated
We are elevating Senior Care

Luxcare was founded on the pillars of love, compassion, and the highest level of in-home senior care, wherever home is.

At Luxcare, we understand that finding the right care for your elderly loved ones is more than just a practical concern; it's a deeply personal and emotional decision. As your trusted partner for senior care, our commitment goes far beyond merely addressing the day-to-day needs of our elders.

Our amazing team is dedicated to providing each client with one-on-one individualized care from an experienced, trustworthy, and loyal care team. We build lasting friendships with our seniors and their families, fostering a community where empathy and understanding flourish.

Personalized Home Care Services



**Check out our website
for all our services**



**Care - Trust - Love
For The Elderly**

CALL US

1 250 590 1689
www.luxcarelifestyle.com
info@luxcare.ca
115-1773 Feltham Road
Victoria BC V8N 6E8

GULF ISLANDS

Mayne Island Assisted Living Society

1-604-562-1944

www.mials.org

Pender Islands Health Centre: Better at Home

250-629-3346

www.penderislandhealth.ca

Salt Spring Island Community Services

250-537-4607

www.saltspringcommunityservices.ca

(MAP) MEDICATION ADMINISTRATION PROGRAM

Cridge Family Pharmacy

250-686-7104

www.cridgepharmacy.com

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. A medication dispensing machine (Spencer) is provided, which dispenses the correct medication throughout the day. Both programs are covered by the provincial drug insurance program and private third-party insurance which may be subject to income-based deductibles.

See ad on inside front cover.

MOBILE FOOT CARE

PediHealth: Seniors Mobile Foot Care

250-410-2555

www.pedihealth.ca

With age, taking good care of feet can become challenging. This mobile service can assist with everything from routine nail cutting to addressing specific foot concerns like thick or fungal nails, calluses, and corns. Their team of nurses specializes in foot care for seniors and can provide care in clients homes. Call for an appointment or with foot care questions.

See ad on page 74.

South Island Nursing Footcare Associates (SINFA)

250-413-3128

www.sinfa.ca

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 the web site or leave a phone message and a nurse in your area will return your call. This is a private pay service.

Vancouver Island Foot Care Nurses

250-986-3668

www.vifcn.ca

This nursing team offers in-home and facility-based foot care services. Services include trimming nails, reducing nail thickness, managing fungal nails, calluses, and corns, as well as providing diabetic foot care. If multiple visits or ongoing care is required, the same nurse can continue care. Services are tax-exempt and recognized as a claimable medical expense by the CRA.

Additionally, they are covered by many health insurance plans and Veterans Affairs Canada.

See ad on page 78.

Viva Foot Care (VIVA)

250-885-8482

www.vivafootcare.com

Viva Foot Care provides mobile in-home foot care nursing services. Services include cutting and trimming nails, decreasing nail thickness, managing fungal and ingrown toenails, removing corns and calluses, and providing ongoing education to clients and their families regarding appropriate foot care.

See ad on page 38.



PREPARED MEALS DELIVERY

More Than Meals Program

Beacon Community Services

250-656-5537

www.beaconcs.ca

Up to three freezer-to-table meals each week are home delivered by volunteers to seniors on the Saanich Peninsula. A sliding-scale fee is based on income, and delivery is free.

James Bay New Horizons

250-386-3035

www.jamesbaynewhorizons.ca

Better Meals

1-888-838-1888

www.bettermeals.ca

Better Meals delivers freezer-to-table meals and is a registered service provider of Veterans Independent Program. There is a wide variety of menu items and there is a 3-course dinner option for \$9.75. Also available are diabetic, bland low sodium, and pureed diet menus. Free weekly delivery is available with a minimum order of \$30.

Heart to Home Meals

1-866-933-1516

www.hearttohomemeals.ca

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

Chef on the Run: Oak Bay

250-595-3151

www.chefontherunoakbay.com

2020 Oak Bay Ave, Victoria BC V8R 1E4

Healthy and fresh meals are available for pickup or delivery.

Chef on the Run: Sidney

250-655-3141

www.chefontherun.net

9781-B Second Street Sidney, BC V8L 4P8

Dinners are delivered or can be picked up. Menu changes weekly. Small delivery charge. Mon-Fri only.

Meals on Wheels: Salt Spring Island

250-537-5520

www.greenwoodseldercare.org

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

Refire Kitchen

778-406-1011

843 Fort Street, Victoria, BC V8W 1H6

250-381-0205

100 Aldersmith Place, View Royal, BC V9A 7H8

250-544-9197

2372 Beacon Avenue, Sidney, BC V8L 1X3

www.refirekitchen.ca

Meals can be purchased fresh or flash-frozen and in-person or online with local delivery.

SHOP BY PHONE

Beacon Community Services

250-656-5537

www.beaconcs.ca

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 pay for their groceries, but shopping and delivery services are free.

Thrifty Foods Sendial

1-866-948-0196 press #4

www.thriftyfoods.com/sendial

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.

TIP

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