

Health-Related Resources for Seniors on Salt Spring Island

ISLAND HEALTH AUTHORITY GENERAL INQUIRIES 1-888-533-2273

LADY MINTO HOSPITAL - 250-538-4800

- Small community hospital of 50 beds, of which 19 are designated Acute Care and 31 Extended Care
- Palliative care suite in both Acute & Extended Care
- 24 hour emergency services
- Physiotherapy, laboratory, pharmacy and radiology (with ultrasound) departments
- Midwifery services for in-house deliveries
- Radiologist, internist, psychiatrists; endoscopy services
- Visiting outpatient clinics: podiatry, pediatrics, geriatric psychiatry
- Coronary monitoring services & care for cardiac patients
- Dietitian - individual in-patient service & out-patient appts on referral 250-538-4802,

HOME SUPPORT SERVICES (managed by Beacon Community Services) 250-537-9955

- In-home, 7 day/week service by qualified bonded Personal Care Attendants; supervised by Registered Nurse
- Registered Nurses teach, coordinate, & administer medications, change dressings and perform other nursing functions
- Subsidized: services are accessed through Home & Community Care Case Manager
- An in-home assessment will be conducted by a Case Manager to evaluate needs and offer relevant community resource information
- Services include: personal care, respite care and possible laundry assistance
- Per diem rates are calculated by Home & Community Care Case Manager using the previous year's Income Tax return
- Must first apply via physician or Central Intake, 1-888-533-2273

COMMUNITY OCCUPATIONAL THERAPY

- assessment, treatment, consultation and education in clients' homes
- focused on activity, independence and safety issues
- through family physician or other care program call Central Intake, 1-888-533-2273

PUBLIC HEALTH NURSING: CHILD, YOUTH & FAMILY COMMUNITY HEALTH

- various functions in community, including health promotion, immunization for disease prevention and communicable diseases
- access by calling 250-538-4880
- Anyone can request the above IHA services through own family physician or Central Intake, 1-888-533-2273.

Long Term Care

- may include Home Support Services, Adult Day Care at Braehaven, respite in-home or facility (see Respite Bed, Greenwoods), or residential care
- eligibility: BC residents of at least 3 months, 19 & older, with chronic and/or progressive illness of longer than 3 months' duration
- anyone can refer via family physician or Central Intake, 1-888-533-2273

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SUPPORTED LIVING FOR SENIORS

Braehaven Assisted Living – 250-537-5520

- 30 one-bedroom suites subsidized by IHA, located up from Greenwoods
- apply through Central Intake (IHA) 1-888-533-2273

The Cedars 250-537-4949

- an Abbeyfield project in cooperation with IWAV; short walk to Ganges
- communal 3-bedroom home for older women 55+ with low to moderate income
- emphasis on communal living, security & companionship
- call Olive at 250-537-4949 for more information or see website: www.abbeyfieldonsaltspring.ca

Croftonbrook Seniors Residence – 250-537-2441

Croftonbrook is an affordable seniors housing complex supported by the Island Women Against Violence.
132 Corbett Road, Salt Spring Island, BC, V8K 1Z8

GREENWOODS ELDERCARE SOCIETY - 250-537-5561 (Residential Complex Care)

- Government subsidized facility with 50 beds, 1 short-term respite bed & 1 respite care bed (private pay)
- For seniors who can no longer be cared for at home who require 24 hr/7days/wk nursing care
- Cost depends on client income; affordable for those with a basic pension
- Access: potential residents must be assessed by a Home & Community Care Case Manager (IHA) in their home area and then may qualify for Greenwoods
- greenwoodseldercare.ca

Respite Bed

- Room & care at Greenwoods for a limited period of time (up to 2 weeks) for seniors who are normally cared for at home
- Available, if assessed through Home & Community Care Case Manager
- Client pays a small daily fee (under \$40) with Island Health subsidizing the balance

Day Program

- Program of social activities, health monitoring and lunch
- Held at Braehaven Assisted Living, just beside Greenwoods
- Tuesdays, Wednesdays and Thursdays from 10:00 am to 3:00 pm; \$8.00/day
- May be attended 1, 2 or 3 days/week dependent upon individual need
- Limited small bus transportation available
- Available via assessment by Home & Community Care Case Manager
- Client pays a small fee (under \$10) with Island Health subsidizing the balance

Community Bathing Program

- For those who cannot bathe themselves - \$8.00
- Wheelchair access for individuals with limited mobility
- Access via assessment by Home & Community Care Case Manager

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Heritage Place Senior Residence – 250-537-1201

- 27 suite (expanding soon) *Independent* and *Assisted Living* village for seniors 65+ specializing in mild-moderate dementia care, post-stroke and post-surgery recovery
- Private pay, monthly rent includes a full hospitality package including breakfast & dinner, cleaning, linen laundry, all utilities but telephone/internet, cablevision, garbage/recycling, compost, emergency call system, entertainment, activities, and exercise program, in/out mail service, car/scooter parking, all maintenance
- Assisted living services are bundled into 15 minute blocks of time and charged at \$8.50 per 15 minutes, live-in staff on call for emergencies 24/7
- 5 suite models, ranging from studios to 2 bedroom suites, all ground level, wheelchair accessible, with private garden patio, 3 Houses currently, residential west coast in design
- Ideally located adjacent to Lady Minto Hospital, SS Seniors' Centre and across from the Country Grocer shopping plaza
- For a tour and information, call Sandi Muller, Care Coordinator, 250.221.1701
- 120 Crofton Road, Salt Spring Island, BC, V8K 2Y4

Meadowbrook Seniors Residence - 250-538-1995

- a 37 suite affordable, supported living and assisted living rental facility owned & operated by Gulf Islands Seniors Residence Association (GISRA)
- not for profit – registered charitable status; community board

Pioneer Village

- Pioneer Village Seniors Housing is an affordable seniors housing complex operated by the Lions club is located at 275 Lower Ganges Rd. V8K 1T4

SUPPORT SERVICES

SALT SPRING COMMUNITY SERVICES – 250-537-9971

- See "Seniors Wellness Program"
- free counselling services with professional, experienced, confidential counsellors with physician referral
- Food Bank on Tuesdays, 11:00 am - 4:00 pm, seniors welcome!
- check website for many more services: www.saltspringcommunityservices.ca

Seniors' Wellness Programs – 250-537-4607

Health-related programs, consultations, referral and sharing of community health & social support information for seniors.

- Coordination of SSI Better @ Home program
 - Basket of fee for services include: Housekeeping, basic yard work, shopping/errands with client, minor home repair. Subsidies may be available
 - Friendly Visitors/Friendly Voices/Friendly Readers: warm and friendly volunteers who make weekly social visits to lonely or isolated seniors, to brighten their week
 - Senior Peer Counsellors: trained volunteer seniors helping support other seniors with mild to moderate social or emotional issues, weekly, in their homes; totally confidential
- Coordination of Chronic Pain Self-Management Programs & Screening Mammography Clinic, Blood Pressure

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Clinic @ Salt Spring Seniors' Services

- Support Group development
- Seniors' Van Excursions

Coordinator Shellyse Szakacs at 250-537-4607, Monday - Friday,
10:00 am - 2:00 pm at 129 Hereford Ave (across from Café Talia), or leave a message at any time
see www.saltspringcommunityservices.ca

SORT: Seniors Outreach Team (formerly known as "Elderly Outreach")

- short-term in-home or facility assessment from an outreach clinician and/or the multidisciplinary support team
- treatment and support for those generally 75+ experiencing mental health problems
- also, for older adults experiencing problems where alcohol, prescription drugs or other substances may be involved
- also, elder abuse, neglect or self-neglect issues
- access to geriatric psychiatric service
- clinician makes regular visits to the island
- for SORT-specific information, call 1-250-519-3566
- for referrals to SORT, call 1-855-370-8565 (toll free) or 1-250-370-8565 (Victoria)

Victoria Innovative Services Treatment Approach (VISTA)

- Alcohol and drug services for seniors 55 and older with substance abuse issues.
- 1-250-953-3966

Medic Alert/Lifeline

- a personal response medical alert system
- \$41.95 per month after installation charge
- on-island coordinator Kristi Spencer - 250-537-5848, 250-537-8150 or pager 250-537-8158

ALCOHOLICS ANONYMOUS

- support & information in confidence
- contact 250-537-7573

SALT SPRING HOSPICE

- a registered non-profit organization with charitable status
- emotional and vigil support for people in the palliative stage & their families
- also, support for bereavement
- 250-537-2770; website: www.saltspringhospice.org or email: office@saltspringhospice.org

Grief Recovery Program

- 6 two-hour group sessions for people coping with the death of a loved one
- offered twice a year; non-denominational
- call 250-537-2770 for more information

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RED CROSS

- medical equipment loan service – over 400 items – wheelchairs, walkers, commodes, and more
- contact 250-538-4834, Monday, Wednesday, Friday, 10:00 am - 2:00 pm

FOOT CARE

The Foot Care Nurse

- in-home senior pedicure, \$50.00
- call Maureen Gix, Registered Nurse, foot care specialist certificate
- 778-353-2115

Judith the Foot Lady (formerly of 'Skin Sensations')

- senior foot care in her home or yours
- call 250-537-1624 or email: dooleyblue@gmail.com

Feet First

- certified foot care nurse
- office visits, \$30.00
- contact Heather Howard, 250-537-0715

Lorna Gill

- Registered Nurse/
- certified foot care nurse/ Member of South Island Nursing Footcare (SINFA)
- foot care in your home
- call 1-250-380-8091 (lives on SSI parttime)

HOME DELIVERED AND PORTABLE MEALS

Meals On Wheels – 250-537-5561 ext 233

- hot meal, home-delivered by volunteers, which can serve as the main daily meal
- made in Greenwoods' Eldercare Society's kitchen
- delivered Monday – Friday at lunchtime; may order extra (frozen) meals for the weekend
- \$6.00 per person per meal
- modified meals to suit dietary needs, if necessary
- self or family referral, or access via family physician or Home & Community Care Case Manager
- for more information, contact Catherine Bennett 250-537-5561 ext. 233

Chef On The Run- toll-free 1-877-704-2433

- private company offering home delivery of fresh, frozen main course dishes
- one dish costs approximately \$7.75

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- delivery cost for home delivery (1 or many dishes) \$5.00
- contact toll-free or www.chefontherun.net

Jana's Bake Shop - 778-353-2253

- now in "Restaurant Row" (Gasoline Alley)
- little pie shop – variety of savoury & sweet pies, fresh & warm or frozen
- take out; 6 inch, \$6.00; 9 inch, \$15.00
- Wednesday - Friday, 8:00 am - 5:00 pm; Saturday – in the market; Sunday (from July) 9:00 am - 4:00 pm

Penny's Pantry – 250-537-0029

- delicious home cooking, including soups, fresh or frozen; eat-in or take-out. Now at SS Golf Course.
- 7:00 am - 7:00 pm

SOCIAL CLUBS

SOUTH SALT SPRING SENIORS – 250-653-2344

- Meets at Fulford Hall OAP Room (attached to Fulford Hall)
- Senior Fit: Monday & Wednesday, 9:00 am - 10:00 am; Chair Yoga: Tuesday pm
- Socializing a focus – drop-in – coffee & crafts/activities, Monday, 10:00 am
- Carpet bowling, Friday, 10:00 am
- Special spring dinner

SALT SPRING SENIORS' SERVICES SOCIETY – 250-537-4604

- A charitable organization with around 400 members who help each other and the seniors' community with a wide range of services & social activities
- Volunteer-based & free; no charge for membership but donations always appreciated
- Blood Pressure Clinic: free to all – last Monday of each month except December from 10:00 am - noon
- Social Activities: include: art club, choir, chess, stamp club, Readers' Theatre, bridge & mahjong
- Driver Program: volunteer seniors drive to medical, dental, and limited social appointments, or shopping (on island), or medically-related appointments to Vancouver Island, when senior has no other means of transportation and with advance notice
- Thursday Members' Luncheon: a tasty and social gathering at noon most weeks (except during July – September) at a cost of \$6.00 - reserve by Wednesday before noon
- Friday Friendly Get-Togethers: 10:00 am - 11:00 am, coffee, goodies & conversation
- Monthly Program: 4th Wednesday of the month
- Caregivers' Support Group: meets Wednesdays 11:00 am - noon; mutual support for those in caregiving roles; library of current related information available, facilitated by Marg Monro, B.Sc. Nursing, 250-537-5004
- for more information, call 250-537-4604

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SHOPPING SERVICES

Better At Home (see Seniors Wellness under SUPPORT SERVICES) - 250-537-4607

Thrifty Foods Sendial Service

- volunteer shoppers will shop for you on Thursday mornings
- shopping service & delivery to your home, \$5.00
- call 250-537-1529 between 8:30 am - noon on Thursdays

Country Grocer

- for an order of \$25.00 or more, \$5.00 will be paid for seniors toward cab service to your home

OTHER PROGRAMS AND SERVICES

IWAV - ISLAND WOMEN AGAINST VIOLENCE – 250-537-9194

- non-profit society with services (below) supporting all women & their children whose lives have been affected by violence & abuse
- safe, free, confidential

Women's Outreach Services – 250-537-0717

- info and support to help with income assistance, housing, health & wellness services, safety planning, etc.
- **250-537-0717** or email: outreach@iwav.org

Transition House, and Violence & Abuse Helpline – 250-537-0735

- 24 Hours/7 days/week

Stopping the Violence Counselling for Women - 250-538-5568

- call the counselor, **250-538-5568** or email: stv@iwav.org

ADDITIONAL HELPFUL RESOURCE INFORMATION

Provincial Government - HealthLink BC - **811** (then option 2) or **711** for those deaf & hearing-impaired

- call to speak with a Registered Nurse any time, day or night
- also, dietitians available, Monday - Thursday, 5:00 pm - 9:00 pm, and Friday, 8:00 am - 5:00 pm for issues of oncology, allergy, pediatrics (0-18) or general
- also, pharmacists available Monday - Friday, 5:00 pm - 9:00 pm
- web service www.healthlinkbc.ca

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Information for Seniors - Healthy Aging

- Website: SeniorsBC.ca
- Extremely useful information on health care, finances, benefits, housing, transportation and much more!

BC Health Guide Program - 1-800-465-4911

Reliable health information that you can trust. 24 Hour self-care program to help you better understand and manage your health. Also provide BC Seniors Guide (hard copy when available) and information from these guides through telephone conversation, explain programs and refer individuals to these program. Also available: Healthy Eating guide. Also DVD called Move for Life available to seniors (age 65 and over), free of charge.

GOVERNMENT PROGRAMS AND INFORMATION

- **Provincial Government Programs** - eligibility and assistance with applications for programs such as bus passes, tax rebates, Home Owner grants, MSP Care Card Applications. For more information contact the Provincial Government at 1-800-465-4911.
- **Federal Government Programs** - eligibility and assistance with applications for Pensions, and other programs. For more information contact Federal Government Programs for older adults at 1-800-277-9914.
- **Pensions** - eligibility and assistance with applications. For more information contact Social Development Canada (formerly called Human Resources Development Canada HRDC) office at 1-800-277-9914.
- **Disability Services** - eligibility and assistance with applications for such things as home support services, parking passes, financial benefits etc. For more information contact BC Coalition of People with Disabilities at 604-875-0188.
- **Benefits for Veterans** - eligibility and assistance with applications. For more information contact Veterans Affairs Canada at 1-866-522-2122.

Local Resource Info

- for health, fitness, relaxation and leisure activities, consult the free, most recent yearly edition of PARC's "Saltspring Unlimited" – lots of possibilities for seniors
PARC (Parks & Recreation) 250-537-4448 for more info

Please feel free to duplicate this document, in whole or in part.

This information is updated regularly by the Seniors' Wellness Program

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