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1. Daily life

1. A. Food

- Chef on the run

Chef on the Run Gourmet Foods Take Out

OPEN 9am - 5pm Monday to Friday (Saturday 10am - 5pm)

ALL MEALS ONLY \$8.50

Balanced nutritious meals - cooked and ready to re-heat for in-home consumption.

Chef on the Run:

- Is a high quality kitchen supplying meals for seniors, families and busy people on the go.
- Our meals are balanced, nutritious and affordable at ONLY \$8.50
- Meals are prepared daily using the finest local ingredients available.
- All skin is removed where possible.

Delivery on the Peninsula and also to Saltspring, Duncan and Parksville.

We are a DVA service provider – New authorized Veterans ask in store for details.

250-655-3141 Toll free: 1-877-704-2433

<http://www.chefontherun.net/>

- Country Grocer taxi rebate

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

- Jana's Bake Shop

Variety of savoury & sweet pies, fresh & warm or frozen. 778-353-2253

- Meals on Wheels

The Greenwoods Eldercare Society offers a Meals on Wheels program that provides a hot nutritious meal prepared in the Greenwoods kitchen for Salt Spring Island clients and through vendors on the other Gulf Islands such as Pender and Saturna.

The program is intended to provide meals to elders that face challenges with maintaining adequate nutrition while residing in their home in the community. Access to the program is typically achieved through referral from the client's physician or case manager. Direct referrals

can be made to the program coordinator by calling the Greenwoods main telephone number (250-537-5561) and selecting the Meals on Wheels extension (233).

The Coordinator will assess the client's need and accept the client to the program if basic criteria are met. The program is subsidized by Island Health and a small client fee is charged for each meal. The program depends on a dedicated group of volunteers that provide both delivery of the meal and a friendly contact for the clients.

Address / Contact Info

133 Blain Road, Salt Spring Island, BCV8K 1Z9

<http://www.greenwoodseldercare.org/meals-on-wheels.html>

- **Penny's Pantry**

Delicious home cooking, including soups, fresh or frozen; eat-in or take-out 7:00 am - 7:00 pm, 250-537-0029

<http://pennys-pantry.com/>

- **Thrifty Foods grocery delivery**

Sendial is a shopping and home delivery service for customers unable to shop in-store without assistance. Sendial is available on a temporary or permanent basis for a nominal fee of \$5 per delivery.

To register, please call Customer Care at 250-544-1234 or 1-800-667-8280

<http://www.thriftyfoods.com/EN/main/community/sendial.html>

1. B. Lifeline

Medical Alert/Lifeline

A personal response medical alert system for seniors.

Address / Contact Info

Contact name: Kristi Spencer

Phone Numbers

Phone: (250) 537-5848 or (250) 537-8150

<http://saltspring.fetchbc.ca/service.html?i=191>

1.C. Volunteer opportunities

Volunteer and Community Resources Salt Spring Society

Everyone has their own reasons for volunteering.....

- Meeting new people and having fun
- Exploring career options & developing skills
- Giving back to the community & helping others
- Volunteers are enhancing the quality of life all around us, every day, in a variety of ways.
- Studies show that volunteers live longer and lead more fulfilling lives.
- The volunteer or “non-profit” sector is one of the three major components of our country’s economy along with the corporate or “for-profit” sector and government.
- The 1998 National Survey on Giving, Participating and Volunteering (NSGVP) in Canada found that volunteers in B.C. contribute 169 million hours each year. This is the equivalent of 88,000 full-time jobs.
- The NSGVPV also found a higher percentage of rural British Columbians volunteer compared to volunteers in more densely populated areas.

Where Do I Want To Volunteer?

- Think about your interests. What are you drawn to? Is it theatre? Animals? A cause such as saving the environment or cancer research?
- What existing skills and resources can you bring to the volunteer position?
- What do you want to get from your volunteer experience?
- How much of a commitment can you make in terms of time?
- Do you want to work with others or alone? Indoors or outside? Weekends or evenings?

Check out the volunteer opportunities posted here on the Volunteer Salt Spring website. You will find information about positions available locally, as well as links to national and international opportunities.

<http://www.vcrsaltspring.org/>

1. D. Transportation

Also see: Travel Assistance Program and SS Seniors Serving Seniors Society- driver program

- BC Ferries Seniors rates

BC Seniors travel at 50% off regular adult fare Monday through Thursday except holidays on presentation of a BC Services Card, a BC Gold Care Card (age 65 or greater), a BC Driver's License, a BC Identification Card, or a Birth Certificate. If you are presenting a Birth Certificate, proof of residency in BC is required. The BC Seniors discount applies only to the passenger fare.

http://www.bcferries.com/travel_planning/frequently_asked_questions.html

- Lions' wheelchair accessible van

Address: 103 Bonnet Ave, Salt Spring Island, BC V8K 2K8

Phone: (250) 537-2000

http://www.saltspringcommunityservices.ca/documents/ssi_communitydirectory1001.pdf p. 90

- Low income bus pass

Bus Pass Program

The BC Bus Pass Program offers a reduced cost, annual bus pass for low income seniors and individuals receiving disability assistance from the Province of British Columbia. Passes are valid in communities serviced by BC Transit or TransLink. The pass is only valid for the eligible rider and is non-transferable. Handy Dart is not included in this program.

To be eligible for the BC Bus Pass Program, the applicant must be living in a transit service area where the annual pass is available and meet one of the following criteria:

- Receiving Federal Guaranteed Income Supplement (GIS), or the Federal Allowance, or the Allowance for the Survivor;
- 18 – 64 years of age and receiving Persons with Disability (PWD) assistance from the Ministry of Social Development and Social Innovation;
- 60 – 64 years of age and receiving Income Assistance from the Province of British Columbia;
- Over 65 years of age and would qualify for GIS but does not meet the Canadian 10 year residency requirement;
- 18 – 64 years of age, living on a First Nations reserve and receiving disability assistance from the band office; or

- 60 – 64 years of age, living on a First Nations reserve and receiving assistance from the band office.

The bus pass is provided for an administrative fee of \$45 per year and is valid for one calendar year from January 1 - December 31. The fee is not prorated for applicants applying part way through the year.

<http://www.sd.gov.bc.ca/programs/bus-pass.html>

2. End of life/palliative care

Also see: Support with advance care planning, BC Palliative Care Drug Plan, Canadian Virtual Hospice, Home Care Nurses & Palliative Care Suite & SS Hospice and Bessie Dane Foundation

2. A. Advance care planning resources

Advance care planning is the process of thinking about and writing down your wishes or instructions for present or future health care treatment in the event you become incapable of deciding for yourself. Your advance care plan should include information for a variety of situations including: hospital care during and after routine surgery, care in the event of an accident, or end-of-life decisions. In British Columbia advance directives, which are legal documents, are a legal option for all capable adults who want to do advance care planning. For information about advance care planning in B.C., including tools to get started making a plan, visit the links below.

- **Financial/legal planning**

An Enduring Power of Attorney is a legal document for personal planning in British Columbia. It is a way to authorize your personal supporters to manage your financial and legal affairs if you need assistance due to illness, injury and disability.

An Enduring Power of Attorney does not authorize your personal supporters to make health care or personal care decisions. To give authorization for health and personal care decisions you need to make a Representation Agreement. Please select Representation Agreement from the menu. Read the RA Overview page first.

http://www.nidus.ca/?page_id=64

- **Personal care/health planning**
 - **Representation agreement**

A Representation Agreement is a legal document for personal planning in British Columbia. It is a way to authorize your personal supporters to help you manage your affairs or make decisions on your behalf if you need assistance due to illness, injury or disability.

A Representation Agreement is the only way to authorize someone to assist you or to act on your behalf for health care and personal care matters. It can also cover routine financial affairs and legal matters.

http://www.nidus.ca/?page_id=46

http://www.nidus.ca/?page_id=12009

- [Planning for a death at home](#)

Expected death at home form: <http://www2.gov.bc.ca/assets/gov/health/forms/3987fil.pdf>

No CPR form: <http://www2.gov.bc.ca/assets/gov/health/forms/302fil.pdf>

3. Financial resources

3. A. Copper Kettle

Copper Kettle Community Partnership

250-537-5863 Cherie Gouvreau

Copper Kettle offers people without homes or shelter, emergency supplies (i.e. tents, sleeping bags, warm clothing, and food). We network regarding other goods and services to fulfill acute needs and provide referrals to other services and advocates. Gift certificates for groceries are also offered. Family to family mentoring and friendly check-in is available for those who are shut-ins. Copper Kettle is a community partnership working with many other groups, associations and non-profits on SSI. A not-for-profit garden helps with food programs on the island. Copper Kettle is a grass-roots group and is supported solely by islanders for the sake of those less fortunate who live here.

http://www.saltspringcommunityservices.ca/documents/ssi_communitydirectory1001.pdf (p.38)

3. B. Credit Counselling society

If you are stressed because of your debt, struggling to make your minimum payments each month and need a plan to get your finances back on track, we can help. The Credit Counselling Society is an award-winning credit and debt counselling non-profit service. Established in 1996 as a registered charitable society, we have helped hundreds of thousands of Canadians learn how to manage their money and debt better.

We provide:

- free, confidential & non-judgmental credit counselling services
- debt consolidation, repayment and settlement programs
- money management education
- budgeting assistance
- information and referral services

<http://www.nomoredebts.org/credit-counselling-society/why-choose-our-service.html>

3. C. Fair Pharmacare

Coverage under this plan is based on family net income. It is available to single people or to families*.

To be eligible for Fair PharmaCare, you must have: valid B.C. Medical Services Plan (MSP) coverage; and filed an income tax return for the relevant taxation year (that is, two years ago).

The start date of your Fair PharmaCare coverage depends on your MSP coverage, the date you

registered, and whether we are able to verify your income. The table below provides information for your situation.

BC PharmaCare covers a comprehensive list of drugs and medical supplies, including:

- Insulin, needles, syringes, blood glucose monitoring strips, and insulin pump supplies for people with diabetes
- Insulin pumps for children and adolescents with diabetes
- Certain ostomy supplies
- Designated permanent prosthetic appliances
- Designated children's orthotic devices (braces)
- Designated nicotine replacement therapy products and smoking cessation prescription drugs for all B.C. residents with active MSP coverage through the BC Smoking Cessation Program.

<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/about-pharmacare>

- **[BC Palliative Care Drug Plan](#)**

BC Palliative Care Benefits support BC residents of any age who have reached the end stage of a life-threatening disease or illness and who wish to receive palliative care at home. "Home" is defined as wherever the person is living, whether in their own home, with family or friends, in a supportive/assisted living residence, or in a hospice unit at a residential care facility (e.g. a community hospice bed that is not covered under PharmaCare Plan B).

Eligible patients receive:

- 100% coverage of eligible costs for medications used in palliative care through the PharmaCare BC Palliative Care Drug Plan (Plan P), and
- medical supplies and equipment through the local health authority.

Physicians or nurse practitioners submit a registration form to PharmaCare for their patients. The single registration form is used to notify both PharmaCare and the health authority of the patient's eligibility for the benefits.

<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover#plan-p>

- **Children in the At Home Program**

Children in the At Home Program (Plan F)

The At Home program of the Ministry of Children and Family Development provides community-based, family-style care for severely handicapped children who would otherwise become reliant on institutional care.

Children receiving full benefits or medical benefits through the program qualify for 100% coverage of eligible prescription drugs and designated medical supplies.

The [Ministry of Children and Family Development](#) submits your information to PharmaCare.

<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover#plan-p>

- **Cystic Fibrosis**

Cystic Fibrosis (Plan D)

Individuals with cystic fibrosis who are registered with a provincial cystic fibrosis clinic receive coverage of digestive enzymes and other products listed in the [Cystic Fibrosis Formulary](#). The Cystic Fibrosis Clinic arranges this coverage for their patients. Patients do not need to apply separately to PharmaCare.

Your cystic fibrosis clinic submits your information to PharmaCare so, for more information on eligibility for Plan D, contact your nearest cystic fibrosis clinic.

<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover#plan-p>

- **No-Charge Psychiatric Medication Plan**

The No-Charge Psychiatric Medication Plan (Plan G) is available to individuals of any age who are registered with a mental health services centre and who demonstrate clinical and financial need. The plan provides coverage of certain psychiatric medications.

Your eligibility is determined by your physician and the local mental health services centre. If you are eligible, your physician will submit an [application form](#) on your behalf. Coverage is provided for up to one year. If you require further coverage, your physician can submit a new application for you.

<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover#plan-p>

- **Recipients of B.C. Income Assistance**

Recipients of B.C. Income Assistance (Plan C)

This plan provides 100% coverage of eligible prescription costs for B.C. residents receiving

medical benefits and income assistance through the Ministry of Social Development. The [Ministry of Social Development and Social Innovation](#) sends eligibility information to PharmaCare on their clients' behalf - you do not need to apply separately to PharmaCare.

<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover#plan-p>

- **Residents of Licensed Residential Care Facilities**

Permanent Residents of Licensed Residential Care Facilities (Plan B)

PharmaCare covers the full cost of eligible prescription drugs and designated medical supplies for permanent residents of licensed residential care facilities as long as the facility has asked PharmaCare to add it to the list of Plan B facilities.

If it has been added as a Plan B facility, individuals who become permanent residents of the facility will be automatically covered under PharmaCare Plan B.

PharmaCare encourages individuals moving to licensed residential care facilities to confirm, in advance, that the facility is able to offer PharmaCare Plan B coverage.

Each residential facility is served by a contracted pharmacy. Every month, PharmaCare pays the contracted pharmacy:

- a fixed fee for providing services to each occupied bed in the facility
- the full cost of eligible prescription drugs and designated medical supplies

Note: Plan B does not apply to people who:

- are staying in extended-care, acute-care, multi-level and assisted-living facilities
- are short-term patients in a licensed residential care facility (e.g., patients who are in the facility on a respite-care basis to give their caregivers a break)

<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents/who-we-cover#plan-p>

3. D. Federal and Provincial tax credits

The following information describes tax credits that may be available to you when you prepare and submit your annual income tax and benefit return.

Age amount

In addition to the basic personal amount, if you turned 65 during the year (or are older), you may be entitled to claim the age amount, which allows eligible seniors a non-refundable tax credit to reduce their income tax payable. Your eligibility and the amount you can claim are based on your net income.

Pension income amount

If you receive pension income, superannuation, or annuity payments, you may be able to claim the pension income amount, an allowable amount for certain pension incomes. Your qualifying

pension income amount will be used in determining the total non-refundable tax credits used to reduce your federal income tax.

Amounts transferred from spouse

Your spouse may be able to transfer to you amounts that he or she qualifies for but does not need to reduce his or her federal income tax to zero. For example: the age amount, pension income amount or the disability amount.

Pension income splitting

You may also want to explore the idea of splitting your eligible pension income with your spouse or common-law partner. Using income splitting, your spouse or common-law partner may be able to transfer up to half of their pension income to you for income tax purposes.

For more information about pension income splitting, please refer to your income tax guide or call the Canada Revenue Agency (CRA). Phone (toll-free): 1-800-959-8281 Website: www.cra-arc.gc.ca/tx/ndvdl/tpcs/pnsn-splt/menu-eng.html

Canada Pension Plan (CPP) Contributions

As of January 1, 2012, the rules for contributing to the CPP have changed. The changes apply to employees and self-employed individuals 60 to 70 years of age who are receiving a CPP or Quebec Pension Plan (QPP) retirement pension. If you are under 65, you will now have to contribute to the CPP if you are receiving a CPP or QPP retirement pension and working. If you are 65 to 70 years of age, you will also have to contribute, unless you elect to stop contributing to the CPP. For more information on how to make this election, or on CPP contributions generally, refer to your income tax guide, call the Canada Revenue Agency (CRA), or visit the CRA or Service Canada websites.

Phone (toll-free): 1-800-959-8281 Website: www.cra.gc.ca/cpp Website: www.servicecanada.gc.ca/eng/isp/cpp/posrtrben/main.shtml

Other Amounts

You may also be able to claim a disability amount, an amount for medical expenses, and expenses for an attendant or full-time care in a nursing home. For more information, please refer to your income tax guide, call the Canada Revenue Agency (CRA), or visit the CRA website.

Phone (toll-free): 1-800-959-8281 Website: www.cra-arc.gc.ca/E/pub/tp/it519r2-consolid/README.html

Goods and Services Tax/Harmonized Sales Tax Credit

The goods and services tax/harmonized sales tax (GST/HST) credit is a tax-free quarterly payment that helps individuals and families with low and modest incomes offset all or part of the GST/HST they pay. To receive GST/HST credit payments, you must file your income tax and benefit return and complete the goods and services tax/harmonized sales tax (GST/HST) credit application area on the first page of the return, even if you received the credit last year. If you move, inform the Canada Revenue Agency (CRA) immediately to ensure that payments of your GST/HST credit are not disrupted, even if you use direct deposit and your bank account does not change.

For more information, refer to your income tax guide, call CRA, or visit the CRA website. Phone (toll-free): 1-800-959-1953 Website: www.cra-arc.gc.ca/bnfts/gsthst/menu-eng.html

BC Harmonized Sales Tax (HST) credit

The BC HST Credit is a non-taxable refundable payment to help low-income individuals and families offset the impact of the sales taxes they pay. The payment is combined with the quarterly payment of the federal GST/HST credit. The provincial government provides the BC HST Credit to help lower income individuals and families with the HST they pay. The maximum BC HST Credit is \$230 per family member. The maximum credit is reduced by four per cent of net family income above \$20,000 for individuals and above \$25,000 for families. The government will eliminate the BC HST Credit of up to \$230 per family member with the elimination of the HST. The final quarterly BC HST payment will be issued in January 2013.

To get this credit, apply for the GST/HST credit on the first page of your tax return. Website: www.sbr.gov.bc.ca/individuals/Income_Taxes/Personal_Income_Tax/tax_credits/hstc.htm

For more information, refer to your income tax guide, call the Canada Revenue Agency (CRA) and ask for booklet RC4210, GST/HST Credit, or visit the CRA website. Phone (toll-free): 1-800-959-1953 Website: www.cra.gc.ca

<http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>

3.E. Federal Resources

If you are a spouse or common-law partner of someone receiving both Old Age Security (OAS) and the Guaranteed Income Supplement (GIS), you may qualify for a benefit called the Allowance. The Allowance provides extra money to eligible low-income individuals aged 60 to 64. The benefit you receive will be based on the combined incomes of you and your spouse or common-law partner. If your spouse or common-law partner dies (or has died), and depending on your income, you may receive a benefit called the Allowance for the Survivor until you reach age 65. You must apply to receive the Allowance or the Allowance for the Survivor. Whether you are a new applicant or you already receive these benefits, your benefits will be renewed automatically each year, as long as you remain eligible and you file an annual income tax return on time. If you do not file your return on time, or if further information is needed, you will receive a renewal form in the mail. As your annual income may change from year to year, you must provide your income each year either by completing an application form or by filing your income tax return.

For more information about the Allowance or about the Allowance for the Survivor, contact Service Canada, or visit their website. Phone (English, toll-free, Canada & USA): 1-800-277-9914 Phone (French, toll-free, Canada & USA): 1-800-277-9915 Phone (Deaf/hearing-impaired, toll-free): 1-800-255-4786 Website:

www.servicecanada.gc.ca/eng/isp/pub/oas/allowancesurv.shtml

<http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>

- **Allowance for the survivor**

For persons aged between 60 and 64 who wish to apply for the Allowance or Allowance for the Survivor. The Allowance is a non-taxable monthly benefit paid to the spouse or common-law partner of someone who is receiving the Old Age Security pension and who qualifies for the Guaranteed Income Supplement. The Allowance for the Survivor is a non-taxable monthly benefit paid to a surviving spouse or common-law partner who has low income. Either benefit may be paid until you turn 65 years of age. It will then be replaced with an Old Age Security pension, if you qualify. Forms included: Information Sheet for the Allowance or Allowance for the Survivor and Application for the Allowance or Allowance for the Survivor.

<http://www.servicecanada.gc.ca/cgi-bin/search/eforms/index.cgi?app=profile&form=isp3008&lang=e>

- **Canadian Pension Plan**

Canada Pension Plan (CPP) The Canada Pension Plan (CPP) provides a retirement pension and other benefits for those who have contributed to the plan through paid employment in Canada. The amount of CPP benefit is determined by the contributions you made during the time you were employed. The CPP is adjusted for inflation every January to keep up with increases in the cost of living. You must apply to receive CPP benefits; retirement benefits do not begin automatically unless you were in receipt of CPP disability benefits when you turned 65. Apply at least six months before you want your CPP pension to begin (normally the month after your 65th birthday). If you apply for CPP retirement benefits to begin early (age 60-64), you will receive a reduced pension; if you apply after age 65 and as late as age 70, you will receive an increased pension. If you apply for your pension to begin at age 65, you will receive your full pension amount with no increase or reduction. If you have lived or worked in another country that has a social security agreement with Canada, or if you are the surviving spouse or common-law partner of someone who has lived or worked in another country having a social security agreement with Canada, under this agreement you may be eligible for benefits from Canada or from the other country. If you have contributed to the CPP for the necessary number of years, the CPP also offers a one-time lump-sum death benefit to your estate upon your death. Furthermore, your spouse or common-law partner may be eligible to receive a monthly survivor pension. Dependent children up to the age of 25 may also be eligible for benefits (those between 18 and 25 must be attending school full-time). Please note that changes to the CPP are being phased in between 2011 and 2016. More information on these changes, and applications for CPP benefits, are available from any Service Canada office and on the Service Canada website. For more information about the CPP, contact Service Canada. Phone (English, toll-free, Canada & USA): 1-800-277-9914 Phone (French, toll-free, Canada & USA): 1-800-277-9915 Phone (Deaf/hearing-impaired, toll-free): 1-800-255-4786 Website:

www.servicecanada.gc.ca/eng/sc/cpp/retirement/canadapension.shtml

- **CPP Disability**

Canada Pension Plan (CPP) provides disability benefits to people who have made enough contributions to the CPP and who are disabled and cannot work at any job on a regular basis.

Benefits may also be available to their dependent children.

- [CPP disability benefit](#)
A taxable monthly payment that is available to people who have contributed to the CPP and who are not able to work regularly because of a disability.
- [Children's benefit](#)
A monthly benefit for dependent children (under age 18 or between 18 and 25 and attending school full time) of someone receiving a CPP disability benefit.
- [Other disability resources](#)
Links to resources for people with disabilities.

What we mean by "disability"

To qualify for a disability benefit under the Canada Pension Plan (CPP), a disability must be both "severe" and "prolonged", and it must prevent you from being able to work at any job on a regular basis.

- **Severe** means that you have a mental or physical disability that regularly stops you from doing any type of substantially gainful work.
- **Prolonged** means that your disability is long-term and of indefinite duration or is likely to result in death.

Both the "severe" and "prolonged" criteria must be met simultaneously at the time of application. There is no common definition of "disability" in Canada. Even if you qualify for a disability benefit under other government programs or from private insurers, you may not necessarily qualify for a CPP disability benefit.

Our medical adjudicators will determine, based on your application and supporting documentation, whether your disability is both severe and prolonged. See

http://www.esdc.gc.ca/en/cpp/disability/after_applying.page

- [Employment Insurance](#)

EI Compassionate Care Benefits

Compassionate care benefits are Employment Insurance (EI) benefits paid to people who have to be away from work temporarily to provide care or support to a family member who is gravely ill and who has a significant risk of death. A maximum of 26 weeks of compassionate care benefits may be paid to eligible people.

Care or support of a family member means:

- providing psychological or emotional support; or
- arranging for care by a third party; or
- directly providing or participating in the care.

You can receive compassionate care benefits for a variety of family members—both yours and those of your spouse or common-law partner

<http://www.esdc.gc.ca/en/ei/compassionate/index.page>

- **[Government of Canada Benefits Finder](#)**

Looking for federal, provincial and territorial programs and services in one convenient location? If you are, then welcome to the Canada Benefits website!

Canada Benefits is a unique service that [Service Canada](#) is proud to offer you. For example whether you need help getting back to work, temporary income support or skills training, Canada Benefits can help connect you with appropriate programs and services – truly a one-stop shop. Similarly, you will find information to help you with your housing and health needs whether you are a Newcomer to Canada, a Person with a Disability, an Aboriginal Person. And there's much much more.

Customize your results

While there are several ways to navigate the site we would encourage you to try our innovative [Benefits Finder](#). Through a limited number of questions, the Benefits Finder will customize your search results to match your particular situation.

<http://www.canadabenefits.gc.ca/f.1.2c.6.3zardq.5esti.4ns@.jsp>

- **[Guaranteed Income Supplement](#)**

The Guaranteed Income Supplement (GIS) provides additional money, on top of the Old Age Security Pension, to eligible low-income seniors living in Canada. You must apply to receive the GIS. Whether you are a new applicant or you already receive these benefits, your benefits will be renewed automatically each year, as long as you remain eligible and you file your annual income tax return on time. If you do not file your income tax return on time, or if further information is needed, you will receive a renewal form in the mail. The GIS is based on your annual income, or the combined income of you and your spouse or commonlaw partner.

For more information about the GIS, contact Service Canada, or visit their website. Phone (English, toll-free, Canada & USA): 1-800-277-9914 Phone (French, toll-free, Canada & USA): 1-800-277-9915 Phone (Deaf/hearing-impaired, toll-free): 1-800-255-4786 Website: www.servicecanada.gc.ca/eng/isp/pub/oas/gismain.shtml

<http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>

- **[Old Age Pensioners Organization](#)**

Old Age Pensioners Organization Branch

Meeting are held the first Tuesday of every month in the club rooms at Fulford Community Hall. New members are most welcome.

Address / Contact Info

170 Fulford-Ganges Road Salt Spring Island, BC V8K 2T8
<http://saltspring.fetchbc.ca/service.html?i=192>

Phone Numbers

Emily Hepburn: (250) 653-4949 C J Hughes: (250) 653-4710

- **Old Age Security**

The Old Age Security Pension (OAS) is a federally-funded base monthly pension paid to Canadian citizens and legal residents of Canada who have reached the age of 65 and meet the residency requirements. If you have lived or worked in another country that has a social security agreement with Canada, under this agreement you may be eligible for OAS benefits from Canada or from the other country. Old Age Security benefit rates are reviewed in January, April, July and October to reflect increases in the cost of living as measured by the Consumer Price Index. You must apply to receive OAS benefits, and you should apply at least six months before your 65th birthday or the date of your eligibility.

For more information about the OAS, contact Service Canada, or visit their website. Phone (English, toll-free, Canada & USA): 1-800-277-9914 Phone (French, toll-free, Canada & USA): 1-800-277-9915 Phone (Deaf/hearing-impaired, toll-free): 1-800-255-4786 Website:

www.servicecanada.gc.ca/eng/isp/pub/oas/oas.shtml

<http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>

- **Veterans Affairs Canada**

Veterans Affairs Canada (VAC) provides a variety of services and benefits for eligible Veterans, their families and caregivers, both at home and in community facilities. These include disability benefits, financial assistance for low-income Veterans and their families, health care, respite care, palliative care, special equipment, and support for home adaptations for Veterans with special needs. VAC can also help bring together services offered by the community and the Province to meet the needs of Veterans, and their families and caregivers.

For more information, call Veterans Affairs Canada or visit their web site. Phone (toll-free): 1-866-522-2122 Website: www.veterans.gc.ca/eng/services

<http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>

3.F. Travel Assistance Program

Travel Assistance Program (TAP BC)

The Travel Assistance Program (TAP) helps alleviate some of the transportation costs for eligible B.C. residents who must travel within the province for non-emergency medical specialist services not available in their own community.

TAP is a corporate partnership between the Ministry of Health and private transportation carriers.

Eligible Medical Specialist Services Include:

- Non-emergency medical specialist services available at the closest location outside the patient's community; and
- Diagnostic procedures, laboratory procedures, diagnostic radiology, nuclear medicine procedures, BC Cancer Agency, Transplant Units, HIV/AIDS treatment at St. Paul's Hospital, specialty clinics at BC Children's Hospital and other tertiary care hospital services.

The Following Services are not Eligible for TAP:

- Patient transfer from one facility to another;
- GP to GP referrals;
- Supplementary benefit practitioner services (e.g., acupuncturist, optometry, physical therapy, massage therapy, podiatry, non-hospital based dentistry, naturopathy, and chiropractic services); and
- Non-insured services (e.g., cosmetic surgery, experimental procedures, clinical drug trials, preventative medicine).

Health care services provided by practitioners other than medical physicians (e.g. acupuncturist services, psychology, optometry, physiotherapy, massage therapy, podiatry, non-hospital based dentistry, naturopathy and chiropractic) and services not insured by MSP (e.g. experimental procedures, drug trials or cosmetic surgery) are not eligible for TAP.

There is no reimbursement for travel already taken.

Eligible Individuals

To be eligible for TAP as a patient:

- you must be a B.C. resident and be enrolled in the Medical Services Plan (MSP);
- you must have a referral from a physician or nurse practitioner for MSP insured specialist medical services which are not available locally;
- your travel expenses must not be covered by third party insurance, such as an employer plan, extended medical plan, Insurance Corporation of BC, WorkSafeBC or federal government program (e.g. Veterans' Affairs).

Transportation Partners

Angel Flight

Central Mountain Air Ltd.

Harbour Air Seaplanes

Hawkair

Helijet

Orca Airways Ltd.

Pacific Coastal Airlines

WestCoast Air

VIA Rail

BC Ferry Services, Inc.

<http://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc>

3.G. Provincial Resources

- SAFER Program

The Shelter Aid for Elderly Renters (SAFER) program helps make rents affordable for BC seniors with low to moderate incomes. SAFER provides monthly cash payments to subsidize rents for eligible BC residents who are age 60 or over and who pay rent for their homes.

BC Housing provides SAFER subsidies to more than 17,000 senior households renting apartments in the private market, including singles, couples and people sharing a unit.

- See more at: <http://www.bchousing.org/Initiatives/Providing/SAFER#sthash.a4xFXZ10.dpuf>

You may be eligible for SAFER if you meet **all** of the following conditions:

1. You are age 60 or older.
2. You have lived in British Columbia for the full 12 months immediately preceding your application.
3. You and your spouse (with whom you are living) meet the **citizenship requirements**.
4. You pay **more** than 30% of your gross (before tax) monthly household income towards the rent for your home, including the cost of pad rental for a manufactured home (trailer) that you own and occupy.

You will not be eligible if any of the following are true:

- You are under age 60.
- You live in subsidized housing or a residential care facility funded by the Ministry of Health.
- You live in co-operative housing and are a shareholder.
- You or your family receive income assistance through the B.C. Employment and Assistance Act or the Employment and Assistance for Persons with Disabilities Act (excluding Medical Services only).
- You or your spouse (if applicable) are in Canada under a private sponsorship agreement that is still in force.
- You do not live in British Columbia.
- You have not lived in British Columbia for the full 12 months immediately preceding your application.
- You do not meet the Citizenship requirements.
- Your gross monthly income exceeds the following:

Greater Vancouver Regional District

Other Areas of the Province

Singles	\$2550	\$2223
Couples	\$2750	\$2423
Shared	\$1776	\$1776

<http://www.bchousing.org/Initiatives/Providing/SAFER>

- **Medical Services Only**

One of the major goals of MSO is to assist persons with the Persons with Disabilities designation to obtain and maintain employment by allowing them to retain their premium-assisted Medical Services Plan coverage as well as other health supplements as they move from disability assistance into financial independence.

http://www.gov.bc.ca/meia/online_resource/health_supplements_and_programs/mso/

4. Health resources

Also see: Fair Pharmacare

4.A. Alternative Health Care

- **Inspire Health-supportive cancer care (Victoria)**

What We Do

Our goal is simple – to provide the best care possible for people living with a diagnosis of cancer, and we will work together with you, your family doctor and oncologist. We are a not-for-profit and no referral is required.

Our [Clinical Services](#) are provided by a team of physicians, nurse practitioners, nutritionists, clinical counsellors and exercise therapists. We have experience providing guidance on healthful diet changes, stress reduction and emotional counseling, decision making, exercise, and personal coaching.

We offer our services for free. Our [members](#) can select from an extensive selection of programs and services. Our signature two-day [LIFE Program](#) or the [online LIFE Program modules](#) provide the foundation. Consultations with our health professionals support your health, answer your questions and provide you with the information you need to make decisions about your health. Our [classes](#) provide ongoing support and knowledge, and consultations with our health professionals. See what [InspireHealth](#) has to offer!

#212-2187 Oak Bay Ave Victoria BC V8R 1G1
phone 250.595.7125 fax 250.595.7277
info-vic@inspirehealth.ca

- **Island Natural Health**

Our Services

- Family Practice (from babies to seniors)
- Acupuncture
- Allergy testing & desensitization
- Botanical Medicine
- Cancer Prevention & Care
- Counselling
- Detoxification
- Homeopathy
- Intravenous Therapies (now available!)

- Lab Services
- Neural Therapy
- Nutrition
- Prolotherapy
- Traditional Chinese Medicine (TCM)
- Spinal Adjustments

If you would like to book an appointment or have a question, you can Island Natural Health at: info@islandnaturalhealth.ca or 250-537-0035
<http://islandnaturalhealth.ca/>

4.B. Consenting to Health Care

What is informed consent?

The Health Care Consent Act sets out the legal requirements for consent. A health care provider must get consent before giving you health care. The law says a provider must give you information about:

- What condition they want to treat (your diagnosis);
- What health care they want to give you (the proposed treatment);
- How it may help you (the benefits);
- How it may harm you (the risks); and
- Other health care you could choose instead (possible alternatives).

The health care provider must also allow you to ask questions and get answers. You have the right to be involved as much as possible in plans and decisions about your health care. When you agree to health care, you are giving consent to that specific health care only. The health care provider can only give the health care that you agreed to, and must specifically get consent for a new or different treatment.

Your decisions about health care must be voluntary. No one can pressure you or force you to decide in a particular way, or deliberately give you wrong information to influence your decision.

Do I have a right to refuse consent?

Yes, you have the right to refuse consent. As a rule, as long as you are capable, you have the right to make your own decisions about health care. You can refuse or withdraw (stop) consent

to health care for any reason, including religious or moral reasons. You have this right even if your decision puts your health or life in danger.

http://www.nidus.ca/PDFs/Nidus_Info_HCC_Your_Rights_and_the_Law.pdf

4.C. Dementia resources

Island Health dementia resources: <http://www.viha.ca/NR/rdonlyres/AF730A81-20F4-412D-BEE6-9DCF32D0760B/0/dementiaservicesinventory.pdf>

Alzheimers Society: <http://www.alzheimer.ca/bc/>

Healthlink: <http://www.healthlinkbc.ca/healthtopics/content.asp?hwid=uf4984>

Understanding the dementia experience: <http://www.understanding-dementia-experience.com/>

4.D. Family Doctors

<http://www.bcdoctordirectory.ca/salt-spring-island>

- **GP for me Clinician**

A GP for Me is a joint effort of the Government of BC and Doctors of BC. It is one part of an integrated approach to provide primary health care services for all British Columbians. We are working to provide more accessible, effective, patient-focused health care, so that patients achieve their best possible health close to home.

<http://agpforme.ca/>

Salt Spring's current GP for me clinician is a Registered Social Worker and can be accessed by a GP referral.

4.E. Island Health

Formerly Vancouver Island Health Authority

- **Adult Abuse and Neglect**

Island Health (Vancouver Island Health Authority) responds to reports of abuse or neglect of adults who cannot obtain help on their own because of certain physical or mental conditions. We can address a range of health and safety issues and help in informal or formal ways.

We are a designated agency under the Adult Guardianship Act (http://www.bclaws.ca/EPLibraries/bclaws_new/document/ID/freeside/00_96006_01). The Adult Guardianship Act gives us enhanced powers to intervene in emergencies and to investigate

situations in which vulnerable adults are living at risk. The Adult Guardianship Act applies to abuse, neglect or self-neglect in a public place, the adult's home, a care facility or any other place except a correctional facility.

To learn more, click the following links:

- [Recognizing abuse and neglect](http://www.viha.ca/abuse/recognize.htm) (<http://www.viha.ca/abuse/recognize.htm>)
- [Getting help and who to call](http://www.viha.ca/abuse/help.htm) (<http://www.viha.ca/abuse/help.htm>)
- [Adult guardianship laws in BC](http://www.viha.ca/abuse/guardianship.htm) (<http://www.viha.ca/abuse/guardianship.htm>)
- [Other sources of information](http://www.viha.ca/abuse/links.htm) related to adult abuse and neglect (<http://www.viha.ca/abuse/links.htm>)

<http://www.viha.ca/abuse/>

- [Home and Community Care](#)

Home and Community Care provides a range of health care and support services to eligible clients living in the community

Our in-home and community-based services support you to:

- improve your health and quality of life, and
- remain independent and in your own home for as long as possible.

We can also offer you other options based on your needs, such as residential care and assisted living.

For more information or to access Home and Community Care services, please call the General Enquiry Line for your area or contact your local Home Health Office.

South Island

All communities south of Mill Bay, including Greater Victoria, the Southern Gulf Islands and west to Port Renfrew, call:

Ph: 250.388.2273

Toll-free: 1.888.533.2273

<http://www.viha.ca/hcc/>

Home and Community Care Brochure: http://www.viha.ca/NR/rdonlyres/CB971572-D560-42D8-9198-61B6BDC708D3/0/service_brochure_salt_spring.pdf

Home and Community Care Handbook: <http://www.viha.ca/NR/rdonlyres/0FDAD2D7-1FC7-444E-B36A-D027D2F91628/0/hccclienthandbook.pdf>

- [Community Occupational Therapist](#)

You may be referred to a Physical Therapist (PT) or Occupational Therapist (OT) if you:

- have a physical disability

- are recovering from surgery or a stay in hospital
- need rehabilitation or therapy to stay at home.

They will work with you to maintain or improve your physical independence and safety
http://www.viha.ca/hcc/services/physiotherapy_and_occupational_therapy.htm

- **HCC Case Managers**

Case Managers assist clients with chronic health care needs to obtain home and community care services such as Adult Day Services, Home Support, Assisted Living and Residential Care.

Case Managers will help you and your family:

- identify your care needs
- understand your care options
- connect with appropriate services
- move to more supportive care when required.

Your Case Manager will provide an assessment to find out what your needs are, coordinate access to services, and will make adjustments if your care needs change.

For more information or to access Home and Community Care services, please call the General Enquiry Line for your area or contact your local Home Health Office.

South Island

All communities south of Mill Bay, including Greater Victoria, the Southern Gulf Islands and west to Port Renfrew, call:

Ph: 250.388.2273

Toll-free: 1.888.533.2273

http://www.viha.ca/hcc/services/case_management.htm

- **Adult Day Program**

The Greenwoods Eldercare Society offers an Adult Day Program three days per week throughout the year. The program provides a structured range of activities and programs designed to maintain client abilities and provide a social outing for those living with cognitive/physical challenges.

The program also provides respite for caregivers and a means to acclimatize clients to higher levels of service that might become necessary in the future.

Limited transportation is provided within close proximity to the program as resources are limited.

Access to the Adult Day Program is achieved through assessment and referral by HCC Case Managers. The client pays a small fee and Island Health subsidizes the balance of the cost for the

program.

<http://www.greenwoodseldercare.org/adult-day-program.html>

▪ Assisted Living

Publicly subsidized Assisted Living is for seniors and people with physical disabilities who need a safe environment to live and help with daily tasks. It includes:

- Rental Accomodation
- Hospitality services (meals, housekeeping recreation supports, emergency response)
- Personal care assistance

Assisted Living services support your independence and help you continue to live in the community.

<http://www.viha.ca/hcc/assisted/>

• Braehaven

Residents live independently with services provided. Greenwoods believes in person centred care and support. Residents are encouraged to participate in the activity and recreation programs that appeal to them - but each resident directs their personal participation.

Type of Accommodation

- 30 one bedroom units with large windows, full kitchen and bath with step-in shower. ARJO side entry tub available onsite for those that require assisted bathing and are approved by the case manager.
- 3 purpose-built wheelchair accessible units on the main floor with specialized appliances.

Cost

Residents pay 70% of their after-tax income which covers: 1) monthly rental accommodation; 2) hospitality services: two meals and two snacks daily, weekly housekeeping, laundry, etc.; 3) personal care; and 4) on-site emergency response system. Residents on income assistance pay a flat rate. Items not included as a part of the monthly fee include: telephone, cable, hydro, personal laundry, household and toiletry supplies, medications, personal care products and insurance.

Special Recreational Opportunities

Bingo, yoga, card, music concerts, video nights, live piano performances, special occasion meal events, occasional trips on Vancouver Island, craft classes, art, music and exercise therapies provided by trained leaders, computer station with internet & lessons, library of books, BBQs in summer months, gardening.

<http://www.viha.ca/hcc/assisted/locations/braehaven.htm>

▪ Bathing Program

The Greenwoods Eldercare Society offers an assisted bathing program four days per week throughout the year.

The program provides a bath in an ARJO side entry jetted tub for those unable to access bathing facilities in their home. Registered Care Aides provide the bath and limited transportation is provided within close proximity to the program as resources are limited.

The program is operated at the Braehaven Assisted Living residence in a special spa room that is private and peaceful. Access to the Community Bathing Program is achieved through assessment and referral by HCC Case Managers. The client pays a small fee and Island Health subsidizes the balance of the costs for the program.

<http://www.greenwoodseldercare.org/assisted-bathing.html>

▪ CSIL

Choice in Supports for Independent Living (CSIL) is a self-managed care option for home support services where funds are provided to eligible clients to purchase and manage their own home support services.

CSIL adds to and does not replace your efforts to care for yourself, with the help of your family, friends and your community.

To qualify for CSIL funding you must:

- Be 19 years of age or older
- Be approved for Home Support services
- Require daily personal assistance
- Be medically and functionally stable
- Be able to direct all aspects of your care, or have an alternate decision maker to do this for you
- Be able to direct and manage the CSIL contract obligations, or have an alternate decision maker to do this for you.

You must also complete an orientation before you sign the CSIL agreement.

How much funding do I get?

Your Case Manager will work with you to determine the amount of service you will receive based on your personal care needs. We base funding on the current hourly CSIL rate and the number of hours of personal care you need. CSIL funds cover the costs of managing your home supports (such as wages, advertising, bookkeeping, etc.).

What are my responsibilities?

You will need to sign an agreement that outlines what you are required to do and how you must report your use of the funds.

You, or a person who makes decisions for you, are responsible for managing and coordinating your home support services. This includes hiring, training, disciplining and, if necessary, firing your own caregiver(s).

http://www.viha.ca/hcc/services/choice+in_supports_for_independent_living_csil.htm

<http://www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/choice-in-supports-for-independent-living>

▪ **Home Supports**

The cost for Home Support services depends on your income. Home and Community Care will carry out a financial assessment to determine any daily charge.

Palliative patients deemed eligible and in the last six months of life do not pay for home support services. Island Health may assess your ongoing need for service on a monthly basis.

http://www.viha.ca/hcc/services/home_support.htm

Home supports on Salt Spring are contracted through Beacon Community Services.

▪ **Residential Care**

Residential Care facilities provide 24-hour professional care and supervision to adults in a supportive, secure environment. Publicly subsidized Residential Care Services are available to adults with complex medical and cognitive care needs and an assessed and urgent need for 24-hour care. Services are aimed at meeting the complex health needs of those admitted to a facility and include:

Accommodation

- 24-hour nursing care
- Other professional services such as nursing, physical therapy, social work and nutritional support
- Hospitality services (meals, housekeeping, recreational activity programs, emergency response)
- Personal care assistance
- End-of-life care.

<http://www.viha.ca/hcc/residential/>

▪ Respite

Respite is a short period of rest and relief for caregivers. Caregivers are usually a family member, friend or spouse/partner. Respite gives caregivers a much-needed break to join in community activities, rest, and renew their energy.

http://www.viha.ca/hcc/services/respite_care.htm

Residential respite brochure: http://www.viha.ca/NR/rdonlyres/F87F0763-C4C9-4E1A-BDDD-BB7E35CA76AA/0/viha_residential_respite_program_brochure.pdf

○ Home Care Nurses

Home Care Nurses help you manage your own care at home by providing:

- assessment
- education
- counselling
- medical and surgical care.

You may be referred to a nursing clinic at your local Home Health office. Clinic services include:

- skin and wound care
- end-of-life/palliative care
- medication management
- cardiac health
- post-surgical care
- post-hospital care
- pain management
- intravenous care
- chronic disease management
- ostomy care.

http://www.viha.ca/NR/rdonlyres/F87F0763-C4C9-4E1A-BDDD-BB7E35CA76AA/0/viha_residential_respite_program_brochure.pdf

- [Lady Minto Hospital](#)

Lady Minto / Gulf Islands Hospital

135 Crofton Road
Saltspring Island, BC V8K 1T1

PHONE

- 250.538.4800

FAX

- 250.538.4870

Emergency Department - A group of family doctors takes calls 24 hours a day, 7 days a week. BC Ambulance can transfer patients by ferry or helicopter.

Acute Care - There are 19 acute care beds, including 1 palliative care suite.

Heart Health

Residential Care

Obstetrics - Midwives provide low risk obstetric services with nursing support

Psychiatry - Lady Minto has a quiet room for psychiatric services

Laboratory Services

Medical Imaging (fluoroscopy/ultrasound/radiology)

Additional services - Lady Minto also provides endoscopy, pharmacy, physiotherapy, and internal medicine services

http://www.viha.ca/locations/lady_minto_gulf_islands_hospital.htm

- [Acute Care Unit](#)

Acute Care - There are 19 acute care beds, including 1 palliative care suite.

http://www.viha.ca/locations/lady_minto_gulf_islands_hospital.htm

- [Dietitian](#)

Nutrition Services provides medical nutrition therapy and nutrition expertise to promote and direct the delivery of quality nutrition care throughout Island Health.

Registered Dietitians (RD) assess patients' nutritional needs and develop, implement, and evaluate nutrition care plans in consultation with patients, their families and other members of the health care team. The goal is appropriate and optimal nutrition to improve nutritional and health status. Registered Dietitians act as clinical nutrition experts for other health professionals and students. Island Health dietitians are registered members of the College of Dietitians of British Columbia.

http://www.viha.ca/phc_cdm/phc_cdm_prog/nutrition_services/

Lady Minto's dietitian also sees outpatients by appointment.

- **Emergency Room**

Emergency Department - A group of family doctors takes calls 24 hours a day, 7 days a week. BC Ambulance can transfer patients by ferry or helicopter.

- **Extended Care Unit**

Access to subsidized residential care is coordinated by Island Health staff. For more information on subsidized residential care, contact the Home Health Office (Home and Community Care) nearest you.

Capacity

Publicly Subsidized Units: 31

Private-Pay Units: 0

Building Description

The Lady Minto ECU shares a building with a 20 bed Acute Care Unit and includes a multi-function lounge with a well-equipped kitchen, fireplace, piano, large-screen television and tables for dining and for games. There is a patio/garden area immediately outside the lounge.

Building Amenities

Visiting services include: hairdresser, dental hygienist, podiatrist and church services.

Neighbourhood/Community Amenities

Salt Spring Island has a thriving artistic community. Geographically, the ECU is somewhat removed from the town of Ganges, although there is a small shopping area with grocery store, drugstore, thrift store and restaurants 2 blocks from the hospital.

Philosophy of Care

As per Island Health Vision, Purpose and Values.

We believe that each resident should be encouraged and helped to attain the highest level of ability and self-care that is possible for him/her to achieve.

We believe that resident participation in activities assists them in maintaining social, physical, psychological, cognitive and spiritual wellbeing.

We accept each resident as an individual and strive to reflect this on care plans.

We recognize the value of a cooperative group effort, including residents, families, staff and volunteers.

We strive for a safe, homelike environment to which the resident and family feel a sense of belonging.

The environment on the unit will promote sharing and pursuing knowledge related to the continuing care of the elderly.

As members of the palliative care team at Lady Minto Hospital, all Residential Care staff participate in a palliative approach to end of life care.

Accreditation Status

Accreditation is an external peer review process to assess and improve the services health care organizations provide to their patients and clients, based on standards of excellence set by Accreditation Canada. For more information, visit here: <http://www.accreditation.ca/>.

Type of Accommodation

Units are shared with either 2-beds or 4-beds. There is one single room with an outside patio area; this room is used for palliative care.

All rooms in the ECU area have ceiling lifts.

2 of the beds are situated on the Acute Care Unit.

Cost

Residents pay up to 80% of their after tax income which covers the cost of food and accommodation.

Special Recreational Opportunities

There is combination lounge/dining area. An Activity Coordinator works weekdays 9-5 and organizes social and recreational activities, including bus outings to various spots on the island.

A Physiotherapist and part-time Physio Aide work on both Extended and Acute Care. The role of Physio on Extended Care is focused on maintaining levels of activity.

http://www.viha.ca/hcc/residential/locations/lady_minto.htm

○ **Laboratory Services**

Available at Lady Minto Hospital (LMH)

135 Crofton Road, Saltspring Island

Phone: 250.538.4812

Mon. - Fri.: 7:30am – 1:45pm

Closed Statutory Holidays

LABORATORY CALL CENTRE

250.370.8355 or 1.866.370.8355

http://www.viha.ca/laboratory_medicine/south_island_labs/lab_lmh.htm

○ **Medical Imaging**

Imaging Services offered

- Fluoroscopy
- Radiology (X-ray)
- Ultrasound (US)

Hours of Operation

Front Desk	07:30 - 15:15
Booking	07:30 - 15:15
Fluoroscopy (for joint injections only)	M,W,Th by appointment
Radiology (X-ray)	08:00 - 16:00 (M-Sat) (outpatients by appointment; Sat - no outpatient service); afterhours and weekends - on call for emergencies
Ultrasound (US)	07:45 - 16:00 (M-Th) (Tues - by appointments only)
Transcription	08:00 - 15:00 (M-Th)

http://www.viha.ca/medical_imaging/locations/south/lmh.htm

- **[Palliative Care Suite](#)**

Palliative beds are available at Lady Minto hospital on the Acute and Extended Care Units.

Also see: Extended Care Unit

- **[Physiotherapy services](#)**

Physiotherapists work with clients of all ages and with a wide range of health conditions. Whether it's pain management and rehabilitation from an acute injury like a sprained ankle, or management of chronic conditions such as diabetes or heart disease, a physiotherapist can help. But physiotherapy is not limited to rehabilitation of injury and the effects of disease or disability. A physiotherapist also provides education and advice for health promotion, disease and injury prevention.

A physiotherapist will assess you using detailed history-taking as well as specific physical tests and measures, such as flexibility or range of motion. He or she will then analyze the assessment findings and use clinical reasoning to establish a diagnosis. Together, you will explore your current abilities and functional needs so the physiotherapist can plan treatments that are consistent with your goals and general health status, and which incorporate approaches and techniques supported by the best evidence available.

<http://www.physiotherapy.ca/About-Physiotherapy/What-to-Expect?lang=en-ca>

- **[Social Work](#)**

Social Workers provide counselling and services for your safety and well-being. They focus on short-term health care crisis intervention. Issues we may help you deal with include:

- adjusting to illness
- finances and financial assistance
- housing problems
- placement issues
- caregiver issues
- suspected adult abuse and neglect
- palliative care/bereavement
- confusion/dementia behaviour management
- relationship issues
- conflict resolution and mediation
- advocacy

http://www.viha.ca/hcc/services/social_work.htm

- [Mental Health Services](#)
 - [Seniors Outreach Team](#)

Seniors outreach is available to support family physicians and community health care providers when further assessment and intervention are required. The interdisciplinary team includes geriatric psychiatrists, mental health clinicians, occupational therapists and social workers. Seniors Outreach Teams may also be involved in the investigations of abuse and neglect.

Victoria Seniors Outreach

2828 Nanaimo Street
Victoria, BC

PHONE: 250-519-3566

HOURS: 8:30AM – 4:30PM (MONDAY – FRIDAY)

· For information regarding referrals and referral forms, call 250-370-8565 or 1-855-370-8565 (toll-free)

· Fax completed referral forms to 250-519-1904 or 1-855-519-1904 (toll free)

http://www.viha.ca/seniors/clinics_mental_health/sort_locations.htm

Victoria's SORT will visit the Southern Gulf Islands

- [SS Adult Mental Health Team](#)

Salt Spring's mental health team can be reached at 250-538-4849.

Self referrals are accepted.

- [Victoria Mental Health resources](#)

Victoria - Southern Gulf Islands

This page contains information about Island Health's Adult Mental Health and Substance Use Services for Victoria – Southern Gulf Islands, including the Saanich Peninsula, Sooke, Port Renfrew, Greater Victoria, and Salt Spring Island.

Contact Us

Eric Martin Pavilion
2328 Trent Street
Victoria, BC V8R 4Z3
Phone: 250-370-8175
Fax: 250-370-8199

Screening and Referral Services

- [Mental Health and Substance Use Intake](#) is an access point for many mental health and substance use services offered by Island Health and other organizations in the Victoria area.

Crisis and Emergency Services

- [The Integrated Mobile Crisis Response Team](#) (Emergency Mental Health) serves individuals and families who are experiencing crisis related to mental health and/or addiction issues.
- [Psychiatric Emergency Services](#) (Archie Courtneall Centre) provides specialized mental health and addiction services, including intensive assessment and crisis intervention for patients presenting with emergency psychiatric disorders.

Acute and Short-Term Services

Acute Inpatient Care

- [Acute Inpatient Services](#) provides stabilization of acute psychiatric symptoms in a safe environment.
- Geriatric Psychiatry Inpatient Services provides acute inpatient assessment and treatment of individuals age 75 and older who have a psychiatric disorder.

Urgent and Short Term Treatment

- [Acute Home Treatment Program](#) (AHTP) provides short-term acute psychiatric nursing care for clients in their homes.
- [Urgent Short Term Assessment & Treatment and Group Services](#) (USTAT) provides short-term individual and group psychotherapy for patients in crisis, at risk, or in severe

distress.

Withdrawal Management

- [Victoria Withdrawal Management Services](#) offers services for people in different stages of alcohol and drug recovery.

Ongoing Illness Management, Support and Recovery Services

Addiction Services

- [Addictions Outpatient Treatment](#) offers support and treatment to individuals and family members who are currently being affected by drug and alcohol use.

Assertive Community Treatment

- The [Assertive Community Treatment](#) Team focuses on individuals and their recovery for clients with serious mental illnesses who are complex and have significant functional impairments.

Case Management and Psychiatric Outpatient Services

- [Victoria Mental Health Centre](#) provides outpatient psychiatric consultations, ongoing psychiatric treatment, case management support for individuals with severe and persistent mental illness.
- [Victoria Mental Health Centre](#) provides specialized mental health services including [Early Psychosis Intervention](#).
- [713 Outreach](#) - Intensive Case Management Team is an integrated and multi-disciplinary team made of a blend of staff from AIDS Vancouver Island and Island Health. The team uses a harm reduction approach. For background see [Hard to Reach Populations](#).
- [Integrated Care Team](#) provides short term support for people with severe and persistent mental illness whose mental health needs are being provided by their family physician.

Developmental Disability Mental Health

- [Developmental Disability Mental Health Team \(DDMHT\)](#) provides consultation and assessment services ONLY. Serves people fourteen years and older with a demonstrated developmental disability and co-occurring mental illness.

Psychosocial Rehabilitation

- [Psychiatric Day Hospital](#) (PDH) provides psychosocial rehabilitation for individuals with severe and persistent mental illness.
- There are numerous contracted community services providing a variety of psychosocial services from vocational rehabilitation to leisure.

Residential, Housing and Supported Living Services

- [Residential and Housing Services](#) provides varying levels of supported living as well as a variety of support programs to enable individuals to live as independently as possible.
- [Seven Oaks Tertiary Mental Health Facility](#) provides services to adults who have a serious and persistent mental illness, which is currently severe enough to prevent them from living in the general community.

- [Glengarry Transitional Care Unit](#) provides a short term setting for complex hospital patients who no longer have acute needs, but who require considerable discharge planning to move into a longer term community setting.
- [Community Support Services](#) offers a range of support services to enable individuals to live as independently as possible.
- [Soup-er Meals and the Food Industry Training Program](#) provide vocational training and wholesome affordable frozen meals to mental health clients.
- [Super Clean Cleaning Company](#) provides vocational training and paid work experience to mental health clients as well as affordable housecleaning services through [Community Support Services](#)

http://www.viha.ca/mhas/locations/victoria_gulf/

4.F. Medical equipment

- **Home oxygen program**

Island Health in conjunction with the Ministry of Health administer the Home Oxygen Program to the residents of this region. This program provides oxygen therapy at home for eligible clients with:

- asthma
- emphysema
- chronic bronchitis
- occupational lung disease
- lung cancer
- cystic fibrosis
- congestive heart failure

Respiratory Therapists will provide periodic assessments and oxygen titration. Requests for home oxygen service are made by a physician on behalf of the client.

http://www.viha.ca/hcc/services/home_oxygen_program_hop.htm

Requests for home oxygen service are made by the attending physician on behalf of the patient.

http://www.viha.ca/respiratory_health/home_oxygen_program.htm

http://www.viha.ca/hcc/services/home_oxygen_program_hop.htm

- **Red Cross loans**

Salt Spring Island
Lady Minto Gulf Islands Hospital

T 250-538-4834
F 250-537-4359

Mon/Wed/Fri
10:00 am – 2:00 pm

135 Crofton Road
Salt Spring Island, BC V8K 1E2

<http://www.redcross.ca/how-we-help/community-health-services-in-canada/bc-health-equipment-loan-program/help-locations---vancouver-island/sunshine-coast>

- **SSI Medical equipment**

250-538-1875

166 Wildwood Crescent

Salt Spring Island, BC

V8K2W7

ssimedicalequipment@gmail.com

<http://www.aquassure.com/salt-spring-island-medical-equipment/>

4.G. Private Home Care

- **Sidney Senior care**

Live life on *your* terms

Our caring in-home support staff helps promote independence within the comfort of your own home environment. We help you get things done with grace and dignity so that your daily routine is as smooth and comfortable as possible.

- personal care
- transportation
- meal preparation & clean-up
- shopping, with you or for you
- housekeeping & home maintenance
- companionship & respite care
- customized walks & outings

<http://www.sidneyseniorcare.ca/>

5. Housing

Also see: Croftonbrook, The Cedars/Abbeyfield, Residential Care & Assisted Living.

5.A. Heritage Place

Our Philosophy

To provide quality housing with supports that enable residents to age in place maintaining an optimal level of independence. The services available cater to residents' preferences, needs, and values, promoting maximum dignity and individuality.

Consider Heritage Place if you or a loved one:

- wants to be within walking distance of town amenities
- is lonely or feeling isolated
- is not enjoying delicious and nutritious meals
- is worried about being alone in an emergency
- is becoming forgetful
- is not self medicating appropriately
- is post-stroke or post-surgery and is rehabilitating

As independent residents in Heritage Place age in place, they have the option of contracting personal care services 'in-house' as needed. Certified Care Aides, overseen by a nurse, are on staff to provide Assisted Living services.

Contact Us

Address:

120 Crofton Rd,
Salt Spring Island,
BC V8K 2Y4

Phone: (250) 537-8340

Fax # : 250-537-8346

Email enquiries to:

manager@heritageplace.info

<http://heritageplace.info/>

5.B. Meadowbrook

Meadowbrook is a two storey seniors living complex on Salt Spring Island. Thirty seven accessible, affordable, and supportive apartments. On a beautiful treed property with rural vistas, walking trails and ponds. The building is centrally located with on site parking.

Meadowbrook opened on Salt Spring Island in 2003 and is a project of the Gulf Islands Seniors

Residence Association.

The Gulf Islands Seniors Residence Association is a registered non-profit society incorporated in 1998. Its purpose is to build and operate affordable supportive living accommodation for seniors of the Southern Gulf Islands.

121 Atkins Road, Salt Spring Island, BC, V8V 2L6

Phone: 250-538-1995

<http://meadowbrookssi.com/>

5.C. Pioneer Village

Pioneer Village Seniors Housing

Contact Lions Club of Salt Spring Island 103 Bonnet Avenue, Salt Spring Island BC, V8K 2K8
250.537.2000 sslions@telus.net 250.537.2099

6. Island Women Against Violence

6.A. Croftonbrook

Affordable housing for seniors and people with disabilities. Croftonbrook is managed by Island Women Against Violence

One can apply to Croftonbrook through the BC Housing Registry:
http://www.bchousing.org/Options/Subsidized_Housing/Apply

6.B. Outreach Services

Women's Outreach Services

Serving the Southern Gulf Islands
Galiano, Mayne, Pender, Salt Spring, Saturna

Who is Outreach for?

- women whose lives have been affected by violence and abuse
- women thinking about leaving an abusive relationship
- women who have already left who need help finding and using community supports

What does Outreach do?

Outreach offers a range of support services that include:

- help in understanding abuse and how it affects women and their children
- information on other services and resources and help in connecting with those services
- working with a woman to develop a safety plan
- supporting a woman in the development of a transition plan to become free of abuse, based on her goals and the steps she wants to take to get there

For information or support

Contact Women's Outreach Services

(250) 537-0717 on Salt Spring or

toll-free at 1.888.537.0717

email: outreach@iwav.org

<http://iwav.org/outreach.html>

6.C. Stopping the Violence Counsellor

Stopping the Violence (STV) is a feminist-based counselling program specifically for women whose lives have been affected by violence and abuse.

Recognizing and acknowledging the strengths of survivors and each woman's right to make her own choices is an integral part of Stopping the Violence counselling.

Counselling is provided individually or in group, based on the needs of individual women.

Who is STV Counselling for?

- Women who have experienced violence in relationships
- Women who have experienced sexualized assault
- Women who have experienced sexual abuse or childhood abuse

To find out more ...

Call the Stopping the Violence Counsellor at:

(250) 538.5568

email: stv@iwav.org

This service is free and confidential.

<http://iwav.org/stv.html>

6.D. The Cedars/Abbeyfield

For over 20 years, the Salt Spring Abbeyfield Housing Society has worked towards it's goal of providing housing for local seniors who wanted to live their lives with a greater sense of community and with the assistance of a house manager.

In 2012 Salt Spring Abbeyfield Housing Society secured a communal three bedroom home for senior women aged 55 years and over, of low to moderate income. This beautiful house is located within walking distance to Ganges. The three acre, park-like property possesses a number of magnificent cedar trees which inspired the name. We have partnered with Island Women Against Violence (IWAV) and younger women and children will be housed in a separate area on the property.

Resident selection is limited to:

- Females, 55 years old and over
- Able to live independently
- Interested in living communally
- Permanent resident of Salt Spring Island
- Able to provide positive references
- Women with low to medium incomes

About the House:

- Some units are partially furnished, personal furnishings are welcome.
- Rents are based on the size of the individual bedrooms.
- Rents include hydro, water, shared telephone, cable TV and internet.
- In consideration of others; the house is pet, smoke and drug free.

<http://www.abbeyfieldonsaltspring.ca/about.htm>

6.E. Women's Transition House

Salt Spring Island Transition House

Who can go?

- Women with or without children who need a safe place from violence and abuse
- Women who need safety from many different kinds of abuse including physical, sexual, emotional or financial abuse
- Women from all classes, ages, sexual orientation, social and cultural backgrounds

How do I get there?

Call the Violence & Abuse 24-Hour Help Line any time, day or night.

REFER YOURSELF: Transition House staff will always want to speak to you directly so you can let them know what you need. Someone who wants to help (a friend, family, social worker, police officer, etc.) may suggest you call us, but it always up to you.

What is a Transition House?

It's a safe place where:

- single women or women and their children seeking safety from violence and abuse can stay for awhile
- there is practical and emotional support
- you can get information about other resources
- necessities like food, personal care items and emergency clothing are supplied
- you can take time to get information and make decisions

You have the right to be safe.

Call our frontline staff at:
(250) 537-0735 on Salt Spring

or

toll-free at 1.877.435.7544

TTY accessible for the deaf and hard of hearing

<http://iwav.org/th.html>

7. Online Resources

7.A. BC Seniors' Guide

The BC Seniors' Guide is a book-style compilation of information and resources to help us all plan for and live a healthy lifestyle as we age. It includes information on provincial and federal programs, with sections on benefits, health, lifestyle, housing, transportation, finances, safety and security, and other services.

<http://www2.gov.bc.ca/gov/content/family-social-supports/seniors/about-seniorsbc/seniors-related-initiatives/bc-seniors-guide>

7.B. Canadian Virtual Hospice

Information and support on palliative and end-of-life care, loss and grief.

www.virtualhospice.ca

7.C. Grandparents raising grandchildren

This is a support circle for grandparents who are raising or supporting their grandchildren.

Phone Numbers

toll free: 1-800-377-0212

Phone: 1(250) 384-8042

<http://saltspring.fetchbc.ca/service.html?i=186>

8. SS Hospice and Bessie Dane Foundation

Salt Spring Hospice is a volunteer organization dedicated to providing comfort, care and support to people affected by life threatening illness. We hope to add quality of life to the end-of-life journey. You are not alone.

Our services are provided in home, hospital or long term care facility settings by trained volunteers. Salt Spring Hospice, a registered non-profit charitable society, has been operating on the island since 1984.

Salt Spring Hospice is a member of the palliative care team. We work in cooperation with other health care providers on Salt Spring. Our services are free to all patients and their caregivers.

<http://saltspringhospice.org/>

8.A. Grief support program

The Grief Support Program, is led by experienced facilitators. It provides six sessions twice each year to those who are past the first stage of their grief. Confidentiality is a cornerstone of this group as it is with all hospice activities. An affordable donation is suggested. Please contact our office by phone or email for information on the next session.

<http://saltspringhospice.org/services/grief-recovery-program/>

8.B. Lending library/programs

A Lending Library is available at the Hospice office for Hospice clients, their families, and community members. The resources include books, CDs, and DVDs, on several topics related to grief and loss, living and coping with serious illness, and information for caregivers.

LIBRARY CONTENTS: <http://saltspringhospice.org/services/lending-library/>

8.C. Mintos Program

Trained volunteers have a daily presence at Lady Minto Hospital most afternoons, Monday to Friday. We have nicknamed our visits, WALKABOUTS. Our purpose is to offer gentle touch and emotional support to any patient needing it, as directed by the nursing staff on duty.

<http://saltspringhospice.org/mintos-program/>

8.D. Non-traditional support

Healing Touch and Reiki

Therapeutic Touch and Reiki are offered by Volunteers with specialized training in those approaches. This may facilitate relaxation for individuals experiencing anxiety or related distress, and may be provided in the hospital, other care facilities, or in their own home.

Music for Healing

Music can be a gentle addition to other types of support, and pleasant way to alleviate the experience of pain, nausea and other physical discomforts. The Music for Healing program is available for Hospice clients and their families, health care workers, volunteers and caregivers.

<http://saltspringhospice.org/services/non-traditional-support/>

8.E. Respite

Respite can be provided for short durations for family members and caregivers of individuals whose care needs are varied and continuous. This offering can allow the caregiver a valuable window of rest and a chance attend to other essential activities of living.

<http://saltspringhospice.org/services/respice/>

8.F. Self care programs

Specially trained Volunteers facilitate small Self Care gatherings of music, meditation, Reiki, and focused conversation and listening. Laugh, cry and share in a safe nurturing environment. By recommendation and invitation. call Salt Spring Hospice for info.

<http://saltspringhospice.org/self-care-programs/>

8.G. Support with Advance Care planning

Something We all Need to Think About

None of us knows what tomorrow will bring. A health crisis may affect you or a family member at any time.

Advance care planning allows you to have a say in the health care you will receive if you are unable to speak for yourself. It is a way to reflect on your values, beliefs and wishes so that you can make your own health care decisions. By discussing and documenting your wishes with your loved ones, health care team and family physician, they will be better able to act on your behalf.

Salt Spring Hospice offers you:

- Our extensive hospice library – pick up the “how to” booklet “My Voice” and ask for assistance with building your advance care plan can help in this process. “My Voice” is available at our hospice office.
- Our trained volunteers are available to do presentations to community groups and small gatherings.

<http://saltspringhospice.org/services/advance-care-planning/>

8.H. Vigil services

Our trained Hospice Volunteers are available to supplement the efforts of family and friends with a vigil for the dying person. Our vigil volunteers can be called out to be present during the last days and hours of life. Usually recommended by nursing staff.

<http://saltspringhospice.org/services/vigil-services/>

8.I. Volunteer visiting

Volunteers offer their time to visit with individuals in need of someone to talk to about their experiences, share memories, read, and provide a kind presence. Often it is difficult for individuals to share their feelings, thoughts, and spiritual philosophy with loved ones and friends in light of their situation. Companion Volunteers offer a confidential and kind hearted presence where the person lives: home, hospital, or other residence in the community.

Our specially trained volunteers provide emotional and practical support to individuals living with a life threatening illness and their families. Services are delivered in the individual's home, in Lady Minto Hospital, and long term care facilities

Anyone can make a referral to Hospice — you, a family member, caregiver, friend, physician or other health care professional. When you contact Hospice, a coordinator will arrange to meet with you and/or your loved one to discuss the type of volunteer that will best suit your needs and establish a suitable visiting schedule.

All our volunteers are screened (police check, interview), and must have completed the provincial hospice training program before being matched one-on-one with an individual in the community. Each of our volunteers also signs a confidentiality agreement.

How Can a Volunteer Help Me or my Loved One?

- Provide respite to ease the demands of care
- Provide emotional support
- Be a compassionate presence, a listening ear

To find out more about our Volunteer Visiting Program, please call us at 250-537-2770. All our programs and services are offered free of charge to families.

<http://saltspringhospice.org/services/volunteer-visiting/>

9. SS Seniors Services Society

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

<http://saltspringcommunityservices.ca/wp-content/uploads/2013/10/Seniors-Resources-Dec-2014.pdf>

9.A. Blood pressure clinic

Blood Pressure Clinic: free to all – last Monday of each month except December from 10:00 -12

<http://saltspringcommunityservices.ca/wp-content/uploads/2013/10/Seniors-Resources-Dec-2014.pdf>

9.B. Caregiver support group

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

<http://saltspringcommunityservices.ca/wp-content/uploads/2013/10/Seniors-Resources-Dec-2014.pdf>

9.C. Driver program

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

<http://saltspringcommunityservices.ca/wp-content/uploads/2013/10/Seniors-Resources-Dec-2014.pdf>

9.D. Social activities

Social Activities: include art club, choir, chess, stamp club, Readers' Theatre, bridge & mahjong

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

<http://saltspringcommunityservices.ca/wp-content/uploads/2013/10/Seniors-Resources-Dec-2014.pdf>

10. SSI Community Services

10.A. Food bank

The Food Bank provides assistance to individuals and families who have difficulty purchasing enough food to avoid hunger. Hunger affects us all. It knows no age, it knows no race and it knows no season. There are many reasons to access the food bank: working for low wages, having hours cut back or losing a job, suffering from chronic illness or disability, living on a fixed income, or homelessness.

- **Weekly Food Distribution** takes place Tuesday 10:30 am to 4:00 pm. Access is open to all, but identification is required and verification of family size and composition.
- **Families with young children** may arrange for food box pick up at Family Place in a child friendly environment as an opportunity to access other services and supports.
- **Special Dietary Needs** are accommodated whenever possible.
- **Let's Do Brunch Hot Meal Program** takes place Tuesday 9:30 to noon. People are welcome to drop in for breakfast or lunch in the basement of Community Services building.
- **Christmas Hampers** are distributed to individuals and families in need the week before Christmas. The hamper program works with Santa's Workshop to add gifts for kids to family hampers. Individuals and families must register for a hamper prior to December 1.
- **Community Services Community Gardens** are able to provide fresh, local, seasonal produce directly to food bank recipients.

<http://saltspringcommunityservices.ca/food-security/food-bank/>

10.B. Seniors Wellness

This program is supported by the ongoing partnership of Salt Spring Island Community Services, Lady Minto Hospital and Salt Spring Seniors' Services Society.

Access to Service

The Wellness Programs Coordinator can be reached by phone (250) 537-4607 or in person. Services can be accessed by community, community and health agencies, and personal or self-referral.

Location

129 Hereford Avenue
Salt Spring Island, BC

Hours

Monday – Friday 10:00AM – 2:00PM

SERVICES INCLUDE:

Friendly Visitors

Carefully selected friendly volunteers who visit weekly with seniors in their homes or on an

excursion to offer companionship and brighten the day. Visits are individual, confidential and free.

The Peer Connection

Trained seniors who help support and encourage other seniors who may be going through a 'rough patch' in their lives. Meetings are held weekly, for about an hour, in the senior's home, or elsewhere if appropriate. Visits are confidential, individual and free.

Friendly Voices

Caring volunteers provide regular phone contact to seniors who need more social contact, or are alone or lonely. This program is not for medical concerns. This is a newly developing service.

Please call (250) 537-4607 for more information.

We are *always looking for more volunteers* for Friendly Visitors and Voices. Please call the Coordinator (250) 537-4607 for more information.

Van Excursions for Seniors

Monthly on and off-island excursions in a van holding 6 senior participants are offered, with day-trips to various southern Vancouver Island locations.

Wellness Speakers and Health Forums

These (free) meetings include a wide variety of speakers promoting all aspects of seniors' health and well-being.

The Arthritis Self- Management Program (6 weekly sessions) is also coordinated by the Wellness Programs Coordinator at a minimal cost to participants.

Support Group Development

As requested or needed for emerging community networks

Consultations

Information and consultations re: health resources for seniors on Salt Spring Island

Other Services

- Referrals
- Mammography Program – Volunteer Coordination

<http://saltspringcommunityservices.ca/seniors-wellness/>

- **Better At Home**

Salt Spring Better At Home provides non-medical supports to assist seniors with simple day-to-day tasks so they can continue to live independently in their own home and stay connected with their community. Services are delivered by a combination of volunteers, paid staff and contractors depending upon the service required and the capacity of the program to respond.

<http://saltspringcommunityservices.ca/wp-content/uploads/2013/11/friendlyvistorgroupsmaller1.jpg>

<http://saltspringcommunityservices.ca/wp-content/uploads/2013/11/friendlyvistorgroupsmaller1.jpg>

The program offers non-medical services to seniors who are:

- 55 years of age or older
- Residents of Salt Spring Island
- Living in their own home

Services available through Salt Spring Better at Home:

- **Friendly Visiting:** a weekly visit from a volunteer in the home or out in the community.
- **Friendly Voices:** regular phone contact to check in on isolated seniors.
- **Friendly Readers:** volunteers share time with seniors with a book, magazine or newspaper.
- **Light Housekeeping:** assistance with light household chores such as vacuuming, dusting, bathrooms and laundry. To support independence we can work alongside, assisting with the chores that are challenging.
- **Yard Work:** assistance with raking leaves, mowing lawns, pruning and maintaining safe outdoor spaces.
- **Simple Home Repairs:** a variety of services for the maintenance and upkeep of the home. We will help where we can or refer to someone with the expertise needed.
- **Transportation:** volunteer drivers provide transport to and from appointments, social or recreational activities, when available. Advance notice is required, particularly for an off-island trip.
- **Van Excursions:** outings are organized to take small groups to places and events on and off island. Excursions help seniors stay connected with their community in a social environment.

Volunteers are an important part of the Better at Home program:

- By volunteering your time with any one of the areas of service you are part of building community capacity to reduce the isolation and vulnerability of seniors in our community.

To find out more contact the SSI Community Services Seniors Wellness office at 250-537-4607 or 129 Hereford Avenue in Ganges. Office hours are 10 am to 2 pm Monday to Friday.

○ [Peer counselling](#)

Senior Peer Counselling

Trained senior volunteers provide free and confidential one-to-one support to help meet life's challenges. The volunteer counsellors provide compassionate listening and encouragement to help people get more in touch with their own feelings, gain a clearer understanding of their situations and difficulties, and make the decisions necessary to solve their own problems. Counselling meetings can take place at your home or at the Seniors Wellness Program office in Ganges.

To find out more about the Senior Peer Counselling program please contact the SSI Community Services Seniors Wellness office at 250-537-4607 or 129 Hereford Avenue in Ganges. Office

hours are 10 am to 2 pm Monday to Friday.

- [Van excursions](#)

Van Excursions for Seniors

Monthly on and off-island excursions in a van holding 6 senior participants are offered, with day-trips to various southern Vancouver Island locations.

- [Wellness workshops/clinics](#)

The Seniors Wellness program focuses on the wellness and social support needs of seniors and caregivers. It is devoted to providing the most up-to-date information regarding your health and wellness.

Programs may include:

- Managing your Diabetes
- Arthritis Self- Management
- Coping with Chronic Disease
- High Blood Pressure
- The Role of the Pharmacist

The Seniors Wellness Coordinator organizes a monthly calendar of events which highlights education and health promotion activities.

The SSI Community Services Senior Wellness building in Ganges is also home to Salt Spring Hospice Society who provide information and education.

Visit the Senior Wellness Program at 129 Hereford Avenue or call 250-537-4607. Office hours are 10 am to 2 pm Monday to Friday.

11. SS Literacy

In 2005 Elma Rubright recognized the need for free literacy help. She envisioned a place where people could learn to read, write, do math or whatever it was they needed to be happy in life. As her excitement and vision grew, she was joined by a dedicated group of volunteers and a grassroots movement on the Gulf Islands began. The incredible community need was tapped and only surpassed by the community involvement of volunteers dedicated to supporting these learners achieve their goals. The charitable society, officially incorporated in 2007, has grown steadily to meet the literacy needs of the community ever since. Elma left us a legacy of community learning that has touched the lives of hundreds of individuals and their families throughout the Southern Gulf Islands.

The society now operates the Elma Rubright Literacy Centre in the heart of Ganges on Salt Spring Island. We work with over a hundred learners every year. Our philosophy is simple. The learner is in charge. You decide what you learn, how you learn and whom you learn it with. We encourage creative learning opportunities and collaborative teaching.

We are dedicated to the enhancement of literacy and community education on Salt Spring and the Southern Gulf Islands. We hope you will join us!

<http://saltspringliteracy.org/about/history>

11. A. Computer lab

Need access to a computer?

Our computer lab is located at our offices in Ganges. (126 Hereford Ave – behind Cafe Talia) We have several desktops available and wifi internet access if you prefer to bring your own computer. We have basic internet, email and word processing software. If you need help, we can do our best to help match you with a volunteer tutor, by appointment.

We provide drop in computer tutorials on Wednesdays from 11:00-2:00.

<http://saltspringliteracy.org/services/computer-la>

11. B. Adult tutoring

Our one to one tutoring program intends to match you with a volunteer tutor who can help you learn whatever it is you want to learn!

Here are some of the subjects learners have undertaken here at Salt Spring Literacy:

- Reading and writing
- Computers and technology
- Math, Biology, Chemistry, English Literature
- French
- Spanish
- Arabic

- Psychology
- English as a second, or other, language.

And remember: you're in charge of what, when and how you learn!

There is no charge for any of our services and we encourage you to come in with your ideas of what you want to learn!

<http://saltspringliteracy.org/services/adult-tutoring>

11. C. Friendly readers

Friendly Readers: volunteers share time with seniors with a book, magazine or newspaper.

<http://saltspringcommunityservices.ca/seniors-wellness/better-at-home/>