



Seniors' Program

129 Hereford Avenue

Salt Spring Island, BC V8K 2T3

250-537-4607



Better at Home is funded by the Government of British Columbia.



Salt Spring Island Seniors' Resources

HEALTH SERVICES

BC Poison Control Centre, 1 (800) 567-8911, www.dpic.org

24 hour phone line offering emergency advice and information on the treatment of poisoning or overdose of medication, chemicals, street drugs, or other hazardous or toxic substances.

Island Health, Home and Community Care, Central Intake 1 (888) 533-2273

***all services require referral through family physician or other care professionals**

Community Occupational Therapy

- assessment, treatment, consultation and education in clients' homes
- focused on activity, independence and safety issues

Home Care Nursing

- Registered Nurses teach, coordinate, & administer medications, change dressings and perform other nursing functions

Residential Care and Lady Minto Extended Care

- may include Home Support Services, Adult Day Care at Braehaven, respite in-home or facility (see Respite Bed, Greenwoods, p. 1), or residential care
- eligibility: BC residents of at least 3 months, 19 & older, with chronic and/or progressive illness of longer than 3 months' duration

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SORT: Seniors Outreach Team

short-term in-home or facility assessment from an outreach clinician and/or the multidisciplinary support team

- treatment and support for those generally 75+ experiencing mental health problems
- also, for older adults experiencing problems where alcohol, prescription drugs or other substances may be involved
- also, elder abuse, neglect or self-neglect issues
- access to geriatric psychiatric service
- clinician makes regular visits to the island

Home Health Monitoring, (250) 388-2273 (South island), (250) 739-5749 (Centre), (250) 951-9550 (Oceanside)

A free home health management service to support people living with heart failure or COPD. This Monday-Friday service monitors and looks for changes in health indicators. You are provided with tools such as: blood pressure monitor, weight scale, pulse oximeter, pedometer, education binder, daily log. Your results and responses to daily measurements are sent to the Home Health Monitoring nurse, who contacts you regularly to review results and answer questions, and who sends reports and communicates concerns to your physician.

Participation takes a few minutes a day. Requirements are to have a family doctor (or nurse practitioner) and a diagnosis for Heart Failure or COPD.

Community Bathing Program at Greenwoods, (250) 537-5520, Ext. 7

For those who cannot bathe themselves, this service operates 4 days a week, Tuesday-Friday, year round. A registered care aid provides support and transport as this is operated at the Braehaven residence, at spa room that is private and peaceful, in Arjo side entry jet-tub.

Access this program by assessment and referral from Island Health , Home & Community Care Case Manager. Once referred, client pays small fee (\$8.00) and Island Health subsidizes the balance. Private access is also possible, without a subsidy, the cost is \$33.

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Wheelchair access for individuals with limited mobility

Public Health Nursing: Community Health, (250)538-4880, (250 538-4884

- various functions in community, including health promotion, immunization for disease prevention and communicable diseases
- Open Monday to Friday, 8:30-4:30, closed 12-1
- Mental Health and Substance Abuse Program, **(250) 538-4849**, Leah McNinch, Lancer Building, Older Adult Mental Health and Addictions Services Intake

Lady Minto Hospital, (250) 538-4846, M-F, 8-4 vanessa.horel@viha.ca

A small community hospital of 50 beds, of which 19 are designated Acute Care and 31 Extended Care. Palliative care suite in both wards. 24 hour emergency services.

Now have telehealth, which needs a referral through physician, mental health, oncologists, geriatrics, dermatology. If interested, please suggest to physician that you would like telehealth.

- physiotherapy, laboratory, pharmacy and radiology (with ultrasound) departments
- midwifery services for in-house deliveries, through Salt Spring Midwifery
- internist, psychiatrists; endoscopy services
- visiting geriatric psychiatry outpatient clinic
- coronary monitoring services & care for cardiac patients
- Social Worker on site, **(250) 538-4890**
- dietitian - individual in-patient service & out-patient appointments on referral, **(250) 538-4802**, Tues, Wed, Thurs.
- After hours nursing **(250) 538-4840**

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Red Cross, in Lady Minto Hospital, (250) 538-4834, Audrey Denton, Monday, Wednesday, Friday, 10:00 am - 2:00 pm

- medical equipment loan service – over 400 items – wheelchairs, walkers, commodes, hospital beds, and more.
- Loans are for 3 months, can be extended
- Health Professional referral required

Medical Alert/Lifeline 1 (800) 832-6073

A personal response medical alert system for seniors that can help at home and on the go.

PharmaCare 1 (800) 464-4911 www.health.gov.bc.ca/pharmacare/index.html

BC Pharmacare helps British Columbians with the cost of eligible prescription drugs and designated medical supplies.

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Foot Care

The Foot Care Nurse, (778) 353-2115

Maureen Gix, Registered Nurse, foot care specialist certificate, offers in-home senior pedicure, \$50.00.

Feet First, (250) 537-0715

Certified foot care nurse, Heather Howard will visit at your office, \$30.00

Judith the Foot Lady, (250) 537-1624, dooleyblue@gmail.com

Senior foot care in her home or yours.

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Salt Spring Island Seniors' Resources

INDEPENDENT AND ASSISTED LIVING

Braehaven Assisted Living, Central Intake (IH) 1 (888) 533-2273

30 one-bedroom suites subsidized by IH, located up from Greenwoods

Croftonbrook Seniors Residence, (250) 537-2441, 132 Corbett Road, Salt Spring Island, BC V8K 1Z8

Croftonbrook is an affordable housing complex for seniors and people with disabilities supported by the Legion, and Rotary service clubs. It has 20 one bedroom units. It is operated by Island Women Against Violence with funding from BC Housing. A meeting room is for rent which can accommodate up to 20 people.

Greenwoods Eldercare, (250) 537-5561, 1 (888) 533-2273, Bob McWhirter, 133 Blain Road, Salt Spring Island, BC V8K 1Z9

A government subsidized facility with 50 beds and 1 short term respite bed & 1 respite care bed (private pay) for seniors who can no longer be cared for at home and require 24 hour/7 day a week nursing care. The cost depends on client income; affordable for those with a basic pension. Potential residents must be assessed by a Home & Community Care Case Manager (Island Health) in their home area and then may qualify for Greenwoods. Short term care (up to 5 weeks) room & care at Greenwoods for seniors who are normally cared for at home.

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Day Program

- program of social activities, health monitoring and lunch
- held at Braehaven Assisted Living, just beside Greenwoods
- Tuesdays, Wednesdays and Thursdays from 10:00 am to 3:00 pm; \$8.00/day
- may be attended 1, 2 or 3 days/week dependent upon individual need
- limited small bus transportation available

Heritage Place Senior Residence, (250) 537-8340, www.heritageplace.info

120 Crofton Road, Salt Spring Island, V8K 2Y4 office@heritageplace.info

This residence provides independent and assisted living for seniors age 65 or older.

Lautman Road Community Housing, (250) 537-9971,

www.saltspringcommunityservices.ca

Lautman House is a 6 unit rooming house style residence for low income individuals.

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Salt Spring Island Seniors' Resources

Meadowbrook Seniors Residence, (250) 538-1995, Monday - Friday

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

Murakami Gardens Community Housing, (250) 537-9971

www.saltspringcommunityservices.ca

A 27 unit apartment that provides affordable, secure, and safe housing for low to medium income individuals and families residing on Salt Spring Island.

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Salt Spring Island Seniors' Resources

Home Delivered Food

Meals On Wheels, (250) 537-5561 ext. 233, Catherine Bennett,
greenwoodsmow@gmail.com 133 Blain Road Salt Spring Island, BC V8K 1Z9

Hot nourishing meals delivered by volunteer drivers. This service is operated by Greenwoods and subsidized by Island Health. Delivered Monday – Friday at lunchtime; may order extra (frozen) meals for the weekend. Modified meals to suit dietary needs, if necessary.

\$6.25 per person per meal. You pay for the previous months meals, not in advance and you are charged only for the meals you have; this is not a regular charge. The payment must be made by direct payment method before the meals are sent out.

Self or family referral, or access via family physician or Home & Community Care Case Manager. This is not a delivery service, we are usually able to send meals out with 24-48 hours if it is needed quickly.

Chef On The Run, toll-free 1 (877) 704-2433 or www.chefontherun.net

A private company offering home delivery of fresh, frozen main course dishes

- one dish costs approximately \$9
- delivery cost for home delivery (1 or many dishes) \$5.00

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Salt Spring Island Seniors' Resources

Food Shopping Services

Thrifty Foods Sendial Service, (250) 537-1529 to register (mandatory) M-F 8-6 pm, Sat 8-4

A volunteer shopping service & delivery to your home. \$5.00 min \$25 order. Call on Monday for food delivery on Tuesday

Country Grocer, (250) 537-4144

\$5.00 paid for seniors toward cab service to your home, minimum order of \$25.00

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Salt Spring Island Seniors' Resources

SUPPORT SERVICES

Alcoholics Anonymous, (250) 221-1559

- support & information in confidence
- meetings are noon at Central Hall
- for the Victoria area: **1 (250) 519-3566**, Victoria Innovative Services Treatment Approach (VISTA) Alcohol and drug services for seniors 55 and older.

Alzheimer's Caregivers Support Group, (250) 537-5004,

379 Lower Ganges Road, SSI, BC V8K 2V4 Contact: **Margaret Monro**

This group is a volunteer initiative of Salt Spring Seniors Services Society. We meet on Wednesdays from 11-noon. All are welcome.

Beacon Community Services, 1 (877) 658-6407, apply via physician or Island Health Central Intake, 1 (888) 533-2273.

A non-profit organization providing bonded personal care attendants to assist elderly or handicapped residents to maintain their independent lifestyle in their own home. An in-home assessment will be conducted by a Case Manager to evaluate needs and offer relevant community resource information

Seven days per week service supervised by Registered Nurse Services include: personal care, respite care and possible laundry assistance.

Subsidized: per diem rates are calculated by Home & Community Care Case Manager using the previous year's Income Tax return

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Salt Spring Island Seniors' Resources

BC Bereavement Helpline, 1 (877) 779-2223, www.bcbereavementhelpline.com

The BC Bereavement Helpline is dedicated to the recovery of individuals experiencing grief through referral and a community network of support and information.

Grandparents Raising Grandchildren, Parent Support Services Society of BC, 1 (250) 384-8042

Grandparents Raising Grandchildren Support Circles: A safe supportive place to meet others in a similar situation and to share information and resources. We also offer a province wide toll free information and support line for Grandparents Raising Grandchildren. Call **1 (855) 474-9777** or email grgline@parentsupportbc.ca

Parent Support Circles: Parenting isn't always easy. Sometimes it helps to talk things through with other parents. At the Parent Support Services Society of BC we believe that every parent is the expert of their own family. Any person in a parenting role is welcome! For more information about groups near you please call **1 (877) 345-9777** or visit us online at www.parentsupportbc.ca

Island Health Elderly Outreach, 1 (250) 388-2273

Mental health services for seniors. This Victoria-based service does some outreach to Salt Spring Island and can provide referral for home care as well

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Salt Spring Island Seniors' Resources

IWAV – Island Women Against Violence

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

Women's Outreach Services, (250) 537-0717 or outreach@iwav.org

- info and support to help with income assistance, housing, health & wellness services, safety planning, etc.

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

- 24 hours/7 days/week

Stopping the Violence Counselling for Women, (250) 537-0717 or stv@iwav.org

Croftonbrook Housing for seniors, (250) 537-2441

- call for more info or application

Old Age Pensioners Organization Branch, (South Salt Spring Seniors) (250) 653-4710, Contact: C J Hughes, 170 Fulford-Ganges Road Salt Spring Island, BC V8K 2T8

Meeting are held the last Wednesday of every month in the OAP Room (attached to Fulford Hall) at 2pm. New members are most welcome. Meetings may feature speakers, art exhibits, and activities, such as armchair and seniors' yoga, carpet bowling, painting, bridge.

- socializing a focus – drop-in – coffee & crafts/activities, Monday, 10:00 am
- Senior Fit: Monday & Wednesday, 9:00 am - 10:00 am; Chair Yoga: Tuesday pm
- carpet bowling, Friday, 10:00 am
- special spring dinner

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Salt Spring Island Seniors' Resources

Salt Spring Island Community Services, (250) 537-9971

www.saltspringcommunityservices.ca

A charitable organization dedicated to strengthening and supporting individuals, families and communities. Monday–Friday, 9:00 am–4:00 pm. We provide a broad range of services and supports to the communities of the Southern Gulf Islands. Services offered include Counselling and Family Development; services for people with Developmental Disabilities; Shelter and Housing; Outreach and Mental Health support; Seniors' Wellness; Family Place; Food Security; Victims services; Core Inn Youth Centre; Recycle Depot; Restorative Justice; Climbing Wall; Community Directory.

Seniors' Wellness Programs, (250) 537-4607, 129 Hereford Avenue, Salt Spring Island, BC V8K 2T3

Monday - Thursday, 10:00 am - 2:00 pm, or leave a message at any time. Contact Program Coordinator Shellyse Szakacs. We offer health-related programs, consultations, referral and sharing of community health & social support information for seniors, including:

- Arthritis and Chronic Pain Self-Management Programs, & Screening Mammography Clinic
- Peer Support from Senior Peer Counsellors, Friendly Visitors, Friendly Voices, and Friendly Reader programs
- Better At Home Program; we assist seniors in their homes with light housekeeping, yardwork, simple home repairs, transportation to appointments (excluding medical appointments). Subsidies are available.
- Seniors' Van Excursions. Off- and on-island trips to points of interest. Subsidies are available.

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Salt Spring Island Seniors' Resources

Salt Spring Hospice Society, (250) 537-2770, Executive Director: Erin Pauch

www.saltspringhospice.org or email: office@saltspringhospice.org

129 Hereford Avenue, Salt Spring Island, BC V8K 2T3

A registered non-profit organization with charitable status providing emotional and vigil support for people and their families in the palliative stage.

Confidential vigil sitting, one-to-one visits, follow up bereavement care, bi-annual grief groups are available from trained community volunteers. Community education workshops are offered through the year and the Hospice Resource Centre is available without charge. The non-profit offers training, support and ongoing education for volunteers who visit terminally ill patients at home or in the hospital.

Hospice also runs a Grief Support Program: This is a life enhancing program for people coping with the death of a loved one. Six two-hour group sessions provide opportunities to make contact with others experiencing loss and to discuss ways to cope with your loss in a non-judgmental, confidential, supportive environment. The non-denominational program is offered twice a year and led by trained facilitators.

Salt Spring Seniors Services Society, (250) 537-4604

379 Lower Ganges Road, Salt Spring Island, BC V8K 2V4

A volunteer-based, charitable organization with 450 members who provide resources, information, and outreach programs for seniors, including home visits, telephone contacts, drivers, peer counselling, caregiver support.

Drop-in centre services include weekly luncheons, monthly meetings, games afternoons, computer instruction, choir, French and Spanish classes, yoga and art groups.

No charge for membership but donations always appreciated.

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Salt Spring Island Seniors' Resources

- **Senior Peer Counsellors:** trained volunteer seniors helping support other seniors with mild to moderate social or emotional issues, weekly, in their homes; confidential
- **Friendly Visitors/Friendly Voices:** warm and friendly volunteers who make weekly social visits to lonely or isolated seniors, to brighten their week
- **Social Activities:** include: art club, choir, chess, stamp club, Readers' Theatre, bridge & mahjong
- **Driver Program:** volunteer seniors drive to medical, dental, and limited social appointments, or shopping (on island), or medically-related appointments to Vancouver Island, when senior has no other means of transportation and with advance notice
- **Thursday Members' Luncheon:** a tasty and social gathering at noon most weeks (except during July - September) at a cost of \$6.00 - reserve by Wednesday before noon
- **Friday Friendly Get-Togethers:** 10:00 am - 11:00 am, coffee, goodies & conversation
- **Monthly Program:** 4th Wednesday of the month
- **Caregivers' Support Group:** meets Wednesdays 11:00 am - noon; mutual support for those in caregiving roles; library of current related information available, facilitated by Marg Monro, B.Sc. Nursing, 250-537-5004

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Salt Spring Women Opposed to Violence and Abuse (SWOVA)

(250) 537-1336 info@swova.org 344 Lower Ganges Road, SSI, BC V8K 2V3

SWOVA develops and delivers innovative, evidence-based social-emotional education programs for children, youth and adults.

They also train others to deliver their program models to foster violence-free communities through education, research, awareness-building and collaborative action.

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ADDITIONAL HELPFUL RESOURCE INFORMATION

Provincial Government - HealthLink BC, (250) 537-7573,
www.healthlinkbc.ca

- speak with a Registered Nurse any time, day or night
- dietitians available, Monday - Thursday, 5:00 pm - 9:00 pm, and Friday, 8:00 am - 5:00 pm
- pharmacists available Monday - Friday, 5:00 pm - 9:00 pm
- phone **811** (then option 2) or **711** for those deaf & hearing-impaired

Information for Seniors - Healthy Aging, www.seniorsbc.ca

Extremely useful information on health care, finances, benefits, housing, transportation and much more!

Local Resource Info, (250) 537-4448, Parks & Recreation

For health, fitness, relaxation and leisure activities for seniors, consult the free, most recent yearly edition of PARC's "Saltspring Unlimited"

FETCH (Community Health resources website):

www.saltspring.fetchbc.ca

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Salt Spring Island Seniors' Resources

Gulf Island Health Units:

Galiano Island:

908 Burrill Road, RR2, Galiano Island, BC V0N1P0

Phone: (250) 539-5103, Fax: (250) 544-2506

Mayne Island:

526 Felix Jack Rd, Mayne Island, BC, V0N2J2

Phone (250) 539-3645, Fax: (250) 539-5174

Health Centre: 466 Felix Jack Road, Mayne Island BC

Phone (250) 539-2312

Pender Island:

5715 Canal Rd, RR1, Pender Island, BC, V0N 2M1

Phone: (250) 629-3242, Fax: (250) 629-0001

Salt Spring Island:

1-137 Crofton Road, Salt Spring Island, BC V0N 2M1

Phone: (250) 538-4820, Fax: (250) 538-4899

Saturna Island:

Box 39, Saturna Island, BC, V0N 2Y0

Phone: (250) 539-5435, Fax: (250)544-2506

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SENIORS SERVICES IN VICTORIA AND GVA:

Community and Social Associations

Burnside Gorge Community Association <http://www.burnsidegorge.ca/>
- 50+ Programs
471 Cecelia Road
Victoria, BC
250-388-5251

Cedar Hill Recreation Centre www.saanich.ca
- New Horizons Senior's Club
3220 Cedar Hill Road
Victoria, BC
250-475-7121

Central Saanich Senior Citizens Association - Centre for Active Living 50+ <http://www.centralsaanichseniorscentre.org/>
1229 Clarke Road
Brentwood Bay, BC
250-652-4611

Cook Street Village Activity Centre www.cookstreetvillageactivitycentre.com
Unit 1-380 Cook Street
Victoria, BC
250-384-6542

Cordova Bay 55 Plus Association www.cordovabay55plus.org
5238 Cordova Bay Road
Victoria, BC
250-658-5558

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Salt Spring Island Seniors' Resources

Cridge Transition House for Women
Victoria, BC
250-479-3963

<http://cridge.org/cthw/>

Cridge Village Seniors' Centre
- Assisted Living
1307 Hillside Avenue
Victoria, BC
250-384-8058
Seniors' Program: 250-220-2301

<http://cridge.org/seniors-services/>

Crystal Pool
2275 Quadra Street
Victoria, BC
250-361-0732

www.victoria.ca/recservices

Downtown Community Centre
755 Pandora Avenue
Victoria, BC
250-383-0076

<https://coolaid.org/our-services/community/downtown-community-centre/>

Fernwood Community Centre
1240 Gladstone Avenue
Victoria, BC
250-381-1552

<http://fernwoodnrg.ca>

Friends of Music
2328 Trent Street
Victoria, BC
250-592-5114

www.friendsofmusic.ca

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Galiano Community Hall

141 Sturdies Bay Road

Galiano Island, BC

250-539-2175

<http://galianoclub.org>

Gordon Head Recreation Centre

4100 Lambrick Way

Saanich, BC

250-475-7100

www.saanich.ca

Goward House Society

2495 Arbutus Road

Victoria, BC

250-477-4401

www.gowardhouse.com

Henderson Recreation Centre

2291 Cedar Hill X Road

Victoria, BC

250-370-7200

www.recreation.oakbay.ca

Inter-Cultural Association

of Greater Victoria

930 Balmoral Road

Victoria, BC

250-388-4728

www.icavictoria.org

James Bay Community Project

547 Michigan Street

Victoria, BC

250-388-7844 ext. 0

<http://jbcp.bc.ca>

James Bay New Horizons Society

234 Menzies Street

www.jamesbaynewhorizons.ca

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Salt Spring Island Seniors' Resources

Victoria, BC
250-386-3035

Juan de Fuca 55+ Activity Centre
1767 Island Highway
Colwood, BC
250-474-8618

www.jdfrecreation.com

Metchosin Community House
4430 Happy Valley Road
Metchosin, BC
250-478-5155

www.metchosincommunityhouse.com

Metchosin Seniors' Information
Resource Centre; West Shore
Community Resources Network
4495 Happy Valley Road
Metchosin, BC
250-478-5150

www.metchosinseniors.ca

Monterey Recreation Centre
Oak Bay Seniors Activity Association
1442 Monterey Avenue
Victoria, BC
250-370-7300

www.recreation.oakbaybc.org

Oaklands Community Centre
2827 Belmont Avenue
Victoria, BC
250-370-9101

www.oaklandscommunitycentre.com

Panorama Recreation
1885 Forest Park Drive

www.panoramarecreation.ca

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Salt Spring Island Seniors' Resources

North Saanich, BC
250-656-7271

Pearkes Recreation Centre
3100 Tillicum Road
Victoria, BC
250-475-5400

www.saanich.ca

Pender Island Community Support Program www.penderislandhealth.ca/community-support
5715 Canal Road
Pender Island, BC
250-629-3346

Quadra Village Community Centre
901 Kings Road
Victoria, BC
250-388-7696

www.quadravillagecc.com

Saanich Commonwealth Place
4636 Elk Lake Drive
Victoria, BC
250-475-7600

www.saanich.ca

Saanich Parks & Saanich Community
Services, Active Aging Strategy Liaisons
780 Vernon Avenue
Victoria, BC
250-475-5424

www.saanich.ca

Saturna Recreation & Cultural Centre
104 Harris Road
Saturna Island, BC
250-539-2452

www.saturnarec.org

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SEAPARC Leisure Complex
2168 Phillips Road
Sooke, BC
250-642-8000

www.crd.bc.ca/seaparc

Seniors Serving Seniors
St. 109-1022 Pandora Avenue
Victoria, BC
250-382-4331

www.seniorsservingseniors.bc.ca

SHOAL Activity Centre
10030 Resthaven Drive
Sidney, BC
250-656-5537

www.beaconcs.ca

Silver Threads – Victoria
2340 Richmond Road
Victoria, BC
250-388-4268

www.silverthreads.ca

- Saanich
286 Hampton Road
250-382-3151

Sooke Loan Cupboard Community
Assistance Society
2037 Shields Road
Sooke, BC
250-389-4607

www.sookeregionresources.com/contact-community-assistance-society

Sooke Transportation Community
Assistance Society

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2037 Shields Road

Sooke, BC

250-389-4661

www.sookeregionresources.com/contact-community-assistance-society

South Island Centre for Counselling
and Training

3821A Cedar Hill X Road

Victoria, BC

250-472-2851

www.southislandcentre.ca

Victoria Native Friendship Centre

231 Regina Avenue

Victoria, BC

250-384-3211

Victoria West Community Centre

521 Craigflower Road

Victoria, BC

250-590-8922

www.victoriawest.ca

Westshore Adult Day Centre

567 Goldstream Avenue

Victoria, BC

250-370-5787

West Shore Parks & Recreation

Juan De Fuca Society

1767 Island Highway

Colwood, BC

250-478-8384

www.jdfrecreation.com

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250-537-4607



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Salt Spring Island Seniors' Resources

YM/YWCA

www.victoriay.com

851 Broughton Street

Victoria, BC

250-386-7511

-View Royal

#110-25 Helmken Road

-Langford

1319 Well Hills Drive

Health

Beckley Farm Lodge – 24/7 Care

<http://www.beckleyfarmlodge.com/about.html>

530 Simcoe Street

Victoria, BC

250-381-4421

Camosun College Dental Health

www.camosun.ca/smile

Education Centre Information Line

3100 Foul Bay Road

Victoria, BC

250-370-3191

Canadian Red Cross Society Victoria

www.redcross.ca

909 Fairfield Road

Victoria, BC

250-382-2043

Esquimalt/West Shore Health Centre

102-940 Goldstream Ave

West Shore, BC

250-519-3292

<http://www.immunizebc.ca/public-health-unit/esquimalt-health-unit>

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Salt Spring Island Seniors' Resources

Health Point Care Centre

1454 Hillside Avenue

Victoria, BC

250-370-5637

www.viha.ca/heath_point_care_centre

Island Health (South)

Patient Care Quality Office

1952 Bay Street

Victoria, BC

250-370-8323

www.viha.ca

Mount Newton Centre

2158 Mt. Newton X Road

Saanichton, BC

250-652-3432

(equip loans): 250-652-2112

www.mountnewtoncentre.org

Mount St. Mary Hospital

861 Fairfield Road

Victoria, BC

250-480-3100

Ext. 3214 (Community Bathing program)

www.mountstmary.ca

Peninsula Community Health Unit

2170 Mt. Newton X Road

Victoria, BC

250-544-2400

www.viha.ca

Royal Jubilee Hospital

1952 Bay Street

Victoria, BC

250-370-8000

www.viha.ca

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Salt Spring Island Seniors' Resources

Saanich Community Health Unit

3995 Quadra Street

Victoria, BC

250-519-5100

www.viha.ca

Saanich Peninsula Hospital

2166 Mt. Newton X Road

Saanichton, BC

250-544-7676

www.viha.ca

Sooke Medical Equipment Loan

PO Box 572

Sooke, BC

250-389-4607

Transportation to Medical apts: 250-389-4661

www.sookecontact.com

Victoria Health Unit

1947 Cook Street

Victoria, BC

250-388-2200

Victoria General Hospital

1 Hospital Way

Victoria, BC

250-727-4212

Independent and Assisted Living

Broadmead Care Society, The Lodge

4579 Chatterton Way

Victoria, BC

250-658-0311

<http://www.broadmeadcare.com/>

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Salt Spring Island Seniors' Resources

Canadian Senior Cohousing Society

8274 West Coast Road

Sooke, BC

250-642-7966

<http://canadianseniorcohousing.com/>

Gorge Road Hospital

63 Gorge Road East

Victoria, BC

250-519-3500

Harriet House - Nigel Program

for Adults with Disabilities

3272 Harriet Road

Victoria, BC

250-658-0311

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

Nigel House - Nigel Program

for Adults with Disabilities

846 Nigel Avenue

Victoria, BC

250-475-2050

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

The Priory (Hiscock & Heritage Woods)

- Residential Care

567 Goldstream Avenue

Victoria, BC

250-370-5626

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

Trillium at Douglas Care

657 Niagara Street

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Salt Spring Island Seniors' Resources

Victoria, BC
250-383-9011

Support Services

Access Health Centre
AIDS Vancouver Island
713 Johnson Street
Victoria, BC
250-385-1466, Fax: 250-383-1327

[https://coolaid.org/our-services/lives/health-dental/
www.avi.org](https://coolaid.org/our-services/lives/health-dental/www.avi.org)

Action Committee of
People with Disabilities
948 View Street
Victoria, BC
250-383-4105

[http://actioncommittee.ca/about-us/
actioncommittee@shaw.ca](http://actioncommittee.ca/about-us/actioncommittee@shaw.ca)

Alzheimer Resource Centre –
Alzheimer Society of BC
306 Burnside Road West
Victoria, BC
250-382-2052

www.alzheimerbc.org

Arthritis Society
2680 Richmond Road
Victoria, BC
250-519-4000

www.arthritis.ca/bc

BC Cancer Agency Vancouver Island
2410 Lee Avenue
Victoria, BC
250-519-5500

www.bccancer.bc.ca

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Salt Spring Island Seniors' Resources

BC Families in Transition
1004 North Park
Victoria, BC
250-386-4331 or 1-877-386-4333

www.fsgv.org

BC Schizophrenia Society Victoria Branch
941 Kings Road
Victoria, BC
250-384-4225

www.bcsvgvictoria.ca

BC Transit Community Travel
Training Victoria
Victoria, BC
250-384-7723

<http://bctransit.com/vernon/riderinfo/accessibility/travel-training>

Better at Home
-Esquimalt: 511 Constance Avenue
Victoria, BC
250-385-2635 Ext. 201

<http://www.enh.bc.ca>

- Saanich: 1445 Ocean View Road
250-595-8008 ext. 124 (Reception), ext. 126 (Better @ Home)

- Southern Gulf Islands
5715 Canal Road
Pender Island, BC
250-629-3346

- Victoria
547 Michigan Street
Victoria, BC
250-388-7844 ext. 334

<http://jbcp.bc.ca/seniors/victoria-better-at-home/>

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Salt Spring Island Seniors' Resources

- West Shore, Langford/Colwood

200-324 Goldstream Ave

Victoria, BC

778-677-3540

www.pacificcentrefamilyservices.org

Canadian Diabetes Association of Victoria www.diabetes.ca

3643 Shelbourne Street (inside the Heart pharmacy)

Victoria, BC

250-382-5454

Canadian National Institute for the Blind

(CNIB)

2340 Richmond Road

Victoria, BC

250-595-1100

www.cnib.ca

Family Caregivers of BC

Unit 6, 3318 Oak Street

Victoria, BC

250-384-0408, 1 877 520 3267

www.familycaregiversbc.ca

First Open Heart Society of BC

1580 Pembroke Street

Victoria, BC

250-595-2123

Also: Heart House (non-profit bnb for heart-related issues)

250-595-1931

www.fohs.bc.ca

Garth Homer Society

813 Darwin Avenue

Victoria, BC

250-475-2270

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

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Salt Spring Island Seniors' Resources

Goldstream Food Bank

761 Station Avenue

Victoria, BC

250-474-4443

www.foodbank.islandnet.com

Greater Victoria Police Victim Services

1-57 Cadillac Avenue

Victoria, BC

250-995-7351

www.gvpvs.org

HeadWay Victoria Epilepsy &

Parkinson's Centre

202-1640 Oak Bay Ave

Victoria, BC

250-475-6677

www.headwayvictoria.com

Island Deaf and Hard of Hearing Centre

754 Broughton Street

Victoria, BC

250-592-8144 or TTY: 250-592-8147

www.idhhc.ca

MS Society of Canada

Ste. 306 – 3301 Douglas Street

Victoria, BC

250-388-6496

www.mssociety.ca

Mustard Seed Food Bank

625 Queens Avenue

Victoria, BC

250-953-1575

www.mustardseed.ca

Pacific Animal Therapy Society

#550-2950 Douglas St

www.patspets.ca

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Salt Spring Island Seniors' Resources

Victoria, BC
250-590-9082

Return to Health
109-1022 Pandora Avenue
Victoria, BC
250-382-4331 or 778-265-4781

<http://seniorsservingseniors.bc.ca/return-to-health/>

Saanich Community Health Services
4243 Glanford Avenue
Victoria, BC
250-519-5200

Saanich Peninsula Lions Food Bank
9586 Fifth Street
Sidney, BC
250-655-0679

www.splfoodbank.com

Sooke Crisis & Referral Centre
2043 Church Road
Sooke, BC
250-642-0215

Sooke Family Resource Society
100-6672 Wadams Way
Sooke, BC
250-642-5152

www.sfrs.ca

Sooke Food Bank Society
2037 Sheilds Road
Sooke, BC
250-642-7666

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Salt Spring Island Seniors' Resources

The Prostate Centre
100-1900 Richmond Road
Victoria, BC
250-388-0214

www.islandprostatecentre.com

The Salvation Army Stan Hagen Centre
for Families, incl. Emergency Food Bank
2695 Quadra Street
Victoria, BC
250-386-8521

www.sashcf.com

The Veterans Health Centre
4579 Chatterton Way
Victoria, BC
250-658-3270

www.broadmeadcare.com

Together Against Poverty Society
895 Fort Street
Victoria, BC
250-361-3521

www.tapsbc.ca

Vancouver Island Human Rights Coalition
620 View Street
Victoria, BC
250-382-3012

www.vihrc.org

Vancouver Island Persons Living
With HIV/AIDS Society
1139 Yates Street
Victoria, BC
250-382-7927

www.vpwas.org

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Salt Spring Island Seniors' Resources

Victoria Brain Injury Society

830 Pembroke Street

Victoria, BC

250-598-9339

www.vbis.ca

Victoria Home Health Unit

2nd floor, 1947 Cook Street

Victoria, BC

250-388-2395 or 250-388-2396

Victoria Immigrant and

Refugee Centre Society

1004 North Park Street

Victoria, BC

250-361-9433

www.vircs.bc.ca

Victoria Justice Access Centre

255-850 Burdett Avenue

Victoria, BC

250-356-7012

Victoria Women's Transition House

3060 Cedar Hill Road

Victoria, BC

250-592-2927

www.transitionhouse.net

Volunteering

Capital City Volunteers

547 Michigan Street

Victoria, BC

250-388-7844 Ext. 0

www.capitalcityvolunteers.org

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Salt Spring Island Seniors' Resources

Esquimalt Parks & Recreation,
Esquimalt Volunteer Services
527 Fraser Street
Victoria, BC
250-412-8500

www.esquimalt.ca

Oak Bay Volunteer Services
2167 Oak Bay Avenue
Oak Bay, BC
250-595-1034

www.oakbayvolunteers.bc.ca

Saanich Volunteer Services
1445 Ocean View Road
Saanich, BC
250-595-8008

www.saanichvolunteers.org

Sooke Hospice Volunteers
6669 Goodmere Road
Sooke, BC
250-642-4345

<http://www.sookehospice.com/>

Additional Resource Information

Better Business Bureau
1175 Cook Street
Victoria, BC
250-386-6348

www.bbb.org/vancouver-island

Centre on Aging (COAG)
University of Victoria
Alexander Avenue
Victoria, BC
250-721-6369

www.coag.uvic.ca

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Salt Spring Island Seniors' Resources

Greater Victoria Public Library – Central

735 Broughton Street

Victoria, BC

250-940-4875

<https://gvpl.ca/using-the-library/branches-hours/central>

Legal Services Society

852 Fort Street

Victoria, BC

250-388-4516

www.lss.bc.ca

Metchosin Seniors Information

& Resource Centre

4495 Happy Valley Road

Victoria, BC

250-478-5150

www.metchosinseniors.ca

Public Guardian and Trustee of

British Columbia

1215 Broad Street

Victoria, BC

250-356-8160

www.trustee.bc.ca

Service Canada

1401 Douglas Street

Victoria, BC

1-800-O-CANADA [1-800-622-6232]

www.seniors.gc.ca

The Law Centre Legal Services

850 Burdett Avenue

Victoria, BC

250-385-1221

www.thelawcentre.ca

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Salt Spring Island Seniors' Resources

Victoria Disability Resource Centre
817 Fort Street
Victoria, BC
250-595-0044

www.drcvictoria.com

Victoria Medical Society
2334 Trent Street
Victoria, BC
250-598-6021

www.victoriamedicalsociety.org

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