



# Health-Related Resources for Seniors On Salt Spring Island



**SENIORS'  
WELLNESS**

islandcommunity  
services

## Health Services

### Island Health

Central Intake 1 (888) 533-2273

#### **Home Care Nursing**

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

#### **Home Support Community Services**

(250) 537-9955

Provides bonded personal care attendants to assist elderly or handicapped residents to maintain their independent lifestyle in their own home.

**Residential Care and Lady Minto Extended Care** may include Home Support Services, Adult Day Care at Braehaven, respite in-home or facility or residential care

#### ***SORT (Seniors Outreach Team)***

Short-term assessment from an outreach clinician and/or the multidisciplinary support team for treatment and support for those generally 75+ experiencing mental health problems, for older adults experiencing problems where alcohol, prescription drugs or other substances may be involved, elder abuse, neglect or self-neglect issues and access to geriatric psychiatric service

### Community Bathing Program at Greenwoods

(250) 537-5520

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 in a private spa room with a side entry jet-tub.

### Medical Alert/Lifeline

1 (800) 832-6073

### The Foot Care Nurse

(778) 353-2115

## Financial

### Government of Canada Benefits Finder

<https://benefitsfinder.services.gc.ca/hm>

#### Benefits for seniors:

Benefit	Age	You can qualify if
Canada Pension Plan retirement pension	60+	You worked and you retired
CPP survivor's pension	Any adult	Your partner worked and died
Income Tax Credits	65+	You file income tax returns in Canada
Old Age Security pension	65+	You lived in Canada
Veterans Benefits	65+	You are a veteran.

#### Benefits for low income seniors:

Benefit	Age	You can qualify if
Guaranteed Income Supplement (GIS)	65+	You have a low income
Allowance	60-64	You have a low income and your partner is on GIS
Allowance for survivor	60-64	You have a low income and your partner died
Senior's Supplement (BC)	60+	You live in BC and have a low income

#### SAFER Program

[www.bchousing.org/Initiatives/Providing/SAFER#sthash.a4xFXZ10.dpuf](http://www.bchousing.org/Initiatives/Providing/SAFER#sthash.a4xFXZ10.dpuf)

The Shelter Aid for Elderly Renters (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 Ferries

BC Seniors are free Monday to Thursday

#### BC Transit

The British Columbia provincial government offers a universal bus pass for low-income seniors and persons with disabilities, providing unlimited access on any scheduled BC Transit bus.

## Support Services

### **Salt Spring Island Community Services**

(250) 537-9971

[www.saltspringcommunityservices.ca](http://www.saltspringcommunityservices.ca)

The **Seniors' Wellness Program** includes Arthritis and Chronic Pain Self-Management Programs, Screening Mammography Clinic, Peer Support from Senior Peer Counsellors, Friendly Visitors, Friendly Voices, and Friendly Reader programs

The provincially funded **Better At Home Program** assists seniors in their homes with light housekeeping, yardwork, simple home repairs and transportation to appointments

The **Harvest Kitchen Home Meals** is operated by Salt Spring Island Community Services and provides meal delivery to low income seniors and families

<https://www.harvestsaltspring.ca/sign-up#home-meals>

### **Salt Spring Seniors Services Society**

(250) 537-4604

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

Resources, information, and outreach programs for seniors including home visits, telephone contacts, drivers, peer counselling, caregiver support and drop-in centre.

### **Fulford Seniors**

(250) 653-9985

2591 Fulford-Ganges Road SSI

### **Meals on Wheels**

(250) 537-5561

[greenwoodsmow@gmail.com](mailto:greenwoodsmow@gmail.com)

### **Grandparents Raising Grandchildren**

Parent Support Services Society of BC

1 (250) 384-8042 1 (855) 474-9777

[grgline@parentsupportbc.ca](mailto:grgline@parentsupportbc.ca)

### **Salt Spring Hospice Society**

(250) 537-2770

[www.saltspringhospice.org](http://www.saltspringhospice.org)

[office@saltspringhospice.org](mailto:office@saltspringhospice.org)

Support for people and their families in the palliative stage as well Grief Support

## Residential Facilities

### **Braehaven Assisted Living**

Central Intake (IH) 1 (888) 533-2273

### **Croftonbrook Seniors Residence - Independent Living**

(250) 537-2441

32 Corbett Road, Salt Spring Island, BCV8K 1Z8

### **Greenwoods Eldercare**

(250) 537-5561

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.

### **Heritage Place Senior Residence**

(250) 537-8340

120 Crofton Road, Salt Spring Island, V8K 2Y4

[www.heritageplace.info](http://www.heritageplace.info)

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

### **Meadowbrook Seniors Residence**

(250) 538-1995

Affordable, supported living and assisted living rental facility owned & operated by Gulf Islands Seniors Residence Association (GISRA)

## RESOURCE INFORMATION

### **FETCH (For Everything That's Community Health) Online Resource Directory**

Seniors Resources

<https://saltspring.fetchbc.ca/index.html?c=sen>

### **Information for Seniors - Healthy Aging**

<http://www.seniorsbc.ca>

Information on health care, finances, benefits, housing, transportation and much more!

### **Seniors Advocate BC**

1-877-952-3181

[info@seniorsadvocatebc.ca](mailto:info@seniorsadvocatebc.ca)

[www.seniorsadvocatebc.ca](http://www.seniorsadvocatebc.ca)

An office that monitors and analyzes seniors' services and issues and provide information and referrals for individuals who are navigating seniors' services.

### **Seniors First BC**

1-866-437-1940

Provides services to older adults with barriers to access legal help elsewhere

### **Advance Care Planning**

Advance Care Planning is the process a capable adult follows to identify their wishes and instructions for present or future health care treatment in the event of becoming incapable of deciding at the time.

BC Ministry of Health: Advance Care Planning

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>

### **Island Health Seniors Services Directory**

<https://sssbcc.org/service-directory/>

### **Pathways Community Service Directory | Victoria-South Island**

[https://victoria-southisland.pathwaysbc.ca/service\\_categories/26](https://victoria-southisland.pathwaysbc.ca/service_categories/26)