

Services for Seniors in Oceanside

SOS - <https://www.sosd69.com/> 250-248-2093

- Oceanside Better at Home
 - Transportation to appointments and other supports
- Meals on Wheels
- Seniors Advocacy Services
- Seniors Connecting
- Medical Appointment Transportation
- Income Tax Assistance
- Homeless Prevention Program

Oceanside Community Safety Office - <https://www.oceansidecsv.org> 250-752-2949

- Keeping in Touch
- Block Watch
- Neighbourhood Emergency Preparedness

BC Seniors' Guide – A comprehensive collection of information

To get your own copy: call 1-877-952-3181 or download from: www.seniorsbc.ca

RDN Transit – bctransit.com 1-877-607-4111

Advanced Care Planning – www.gov.bc.ca/advancecare - this link takes you directly to the web page that you can print out “My Voice”. My Voice is a tool, that if filled out properly, will be a legally valid expression of your wishes should you become unable to do this. You may be required to fill out legal forms depending on directives you choose. You may need to consult a lawyer or notary in some situations.

Vancouver Island Crisis Line – 1-888-494-3888

BC211.ca – An easy to navigate information system for many different inquiries/topics

Veterans Affairs Canada – 1-866-522-2122

BC Nurse and Pharmacist Line – 811

Wheels for Wellness – Freemason Cancer Car Program. Offers transportation to and from Cancer Treatment Facilities – 1-800-299-0188

Seniors First BC – www.seniorsfirstbc.ca - Call the Seniors Abuse & Information Line if you: have in the past or are presently experiencing abuse, need emotional or practical support, are concerned about a legal issue related to abuse, have questions regarding your rights, or would like to learn more about how you can help prevent and stop elder abuse. Call: **604-437-1940** or Toll Free: **1-866-437-1940** 7 days a week (excluding holidays), 8am to 8pm.

Island Health – Home and Community Care:

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 Community Health Services, and will make adjustments if your care needs change.

If you are in the hospital, your Case Manager will work with you and your family to enable a smooth transition between hospital and home, assisted living, or residential care. **See below for your inquiries:**

Nanaimo Community Access Centre (for Central Island):

All communities from Mill Bay to Deep Bay, including Gabriola Island, and from Parksville on the east coast to beyond Tofino/Ucluelet on the west coast.

250-739-5749

1-877-734-4101

BC Housing - Shelter Aid for Elderly Renters (SAFER) - Lower income seniors renting in the private market may be eligible for a rent supplement through SAFER. <https://www.bchousing.org/housing-assistance/rental-assistance/SAFER>

For information: 604-433-2218, or toll-free from anywhere in B.C. 1-800-257-7756

Mental Health/Geriatric Outreach – 250-951-9550 Oceanside Health Centre

MSP and PharmaCare – 1-800-663-7100

Canadian Mortgage and Housing Corporation - <https://www.cmhc-schl.gc.ca/en/data-and-research/publications-and-reports/maintaining-seniors-independence-through-home-adaptations-a> . Designed for seniors, this large-print Guide identifies the types of difficulties seniors can experience in the home and describes adaptations to overcome these difficulties. This Guide helps seniors assess their own unique circumstances including using stairs, moving around the house, doing laundry and answering the door.

Province of British Columbia - <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/housing/home-improvement-assistance-programs> - The following programs help seniors make their homes safer, more accessible, and more energy efficient:

Home Adaptations for Independence and BC Seniors' Home Renovation Tax Credit



Thank you to the BC Community Response Network for their financial support of this project.