

Medical Equipment and Supplies

Vancouver Island Medical Supply Ltd. 250-384-4060

3534 Quadra Street
Victoria, BC V8X 1H2

Wheelchairs, scooters, walkers, bath safety equipment, daily living aids, hospital beds, stair lifts, bath lifts, power chairs, ceiling lift systems, and transport chairs. Sales, service and rentals.

www.vimedi.ca

Specialized Clothing

Just You Boutique 250-384-1791

210-2250 Oak Bay Avenue
Victoria, BC V8R 1G5

Specializing in mastectomy fittings, specialty and regular bras.

www.justyouboutique.com

Silvert's 1-800-387-7088

Specially adapted clothing solutions. Phone for a free catalogue.

www.silverts.com

TIP! When to go to the Emergency Department

- Dial 811 if unsure
- Persistent chest pain or pressure
- Difficulty breathing
- Bleeding that does not stop
- Severe abdominal pain
- Numbness or weakness-one sided
- Fainting or loss of consciousness
- Unable to walk, get out of bed sudden severe headache
- Sudden change in speech or vision
- Repeated vomiting or diarrhea
- Sudden change in mental status



Safety & Security

Contacts for crime prevention, disaster preparedness, alarm systems and victim services.

Crime Prevention

Canadian Anti-Fraud Centre 1-888-495-8501

Provides a central source for complaints against telemarketing fraud in Canada. Phone the number above to report your complaint or go to their website to view reports of scam types and fraud warnings.

www.antifraudcentre.ca

Disasters (Community)

Provincial Emergency Program Information 1-800-663-3456

Provides information on Emergency Planning in advance of a disaster. During a community disaster such as a blizzard, flood, or earthquake, telephone services may be disrupted. Be prepared by making emergency plans with your family, friends or neighbours.

www.pep.gov.bc.ca

Victoria Emergency Management Agency (VEMA) 250-920-3373

VEMA is the City of Victoria's resource for helping our community prepare for an emergency. Learn how you can be prepared for an emergency by registering to attend a free workshop offered throughout the year.

Elder Abuse

Island Health (South) 250-388-2273
Community Access Line 1-888-533-2273

Island Health is a designated agency for accepting reports of elder abuse and neglect. Anonymous calls are accepted. Report concerns of physical, sexual, financial, or emotional abuse or neglect of a person over 19 years of age. Concerns will be directed to a delegated health care provider for investigation if required.

www.islandhealth.ca

Fire

Fire departments in your area can provide education and assistance to seniors through public lectures or one-on-one consultations. To learn more about the fire prevention and safety services, call the non-emergency number listed in the front of the TELUS Phone Directory.

Medical Alarm/Alert Systems

Canadian Medic-Alert Foundation 1-800-668-1507

Application forms for ID bracelets available at most pharmacies or at the number above. www.medicalert.ca

Price's Alarms 250-384-4104

100-4243 Glanford Avenue
Victoria, BC V8Z 4B9

Provides dispatch monitoring station located in Victoria with local customer service. By pushing the emergency button you will be in voice to voice communication with our staff who will summon assistance. Fall detection, location technology, security systems and fire monitoring are also available.

www.pricosalarms.ca

www.PricesMedicalAlert.com

Philips Lifeline 250-475-6415
1-888-832-6073

Get access to help 24 hours a day, 365 days a year either at home or on the go. With a simple push of your Lifeline help button, you're connected to our Response Centre who will send the help you need fast. With our advanced services, you have the option to include fall detection or locating technology.

www.lifeline.ca

See advertisement on page 58.

Poison Control

Poison Control Centre 1-800-567-8911

Provides information on poisons and treatment of poisoning.

Police Services

Crime Prevention, Community Policing, Victim Services

Municipal police and the Royal Canadian Mounted Police (RCMP) coordinate a number of programs such as Block Watch, Personal Safety, Fraud Prevention, and Residential and/or Apartment Security Audits that help seniors protect themselves and their homes. For more information on the programs in your community please contact the non-emergency number at the police department or RCMP office listed in the front of the TELUS Phone Directory.

TIP!

- To prevent falls use night lights
- Use an electronic medical alert system
- Phone Island Health (South) at **250-388 2273** for an assessment for home safety, and falls prevention strategies