A listing of public and private agencies providing health care and health education.

Aboriginal Health Services

Island Health (South) Aboriginal Health 250-370-8914
Services include Aboriginal Liaison Nurse, Diabetes Nurse Educator, and a Community Nutritionist.
www.islandhealth.ca

Saanich First Nations Adult Care Society 250-544-1627
Offers home care nursing, home support, and medical transportation for First Nations on the Saanich Peninsula.

Victoria Native Friendship Centre 250-384-3211
231 Regina Avenue
Victoria, BC V8Z 1J6
Services include Mental Health Liaison, Outreach workers and a Health Clinic.
www.vnfc.ca

Dental Care

BC Dental Association 1-888-396-9888
Assists seniors in finding dentists in their area. Some will offer seniors’ discount.
www.bcdental.org

Camosun College Dental Clinic Booking line 250-370-3184
3100 Foul Bay Road
Victoria, BC V8P 5J2
Provides oral health checkup, treatments that protect tooth enamel from decay, and preventing and treating gum disease. New clients are taken in from September to March. Continuing care clients whom have been seen previously for care are seen until April. Dental hygiene students provide personalized treatment at a cost of $60.
www.camosun.ca/smile

Health Centres

Arthritis Centre 250-598-2277
2680 Richmond Road
Victoria, BC V8R 4S9
Treatment available on referral from a doctor. Treatment includes physical therapy, occupational therapy, nursing, and social work counselling. The Centre offers various programs including rehabilitation for osteoarthritis and inflammatory arthritis, fibromyalgia self-management, pain and stress management, and a variety of education classes.
www.pmpap.vch.ca
Health Services

Hillside Seniors Health Centre
1454 Hillside Avenue
Victoria, BC V8T 2B7
Hillside Seniors Health Centre Programs are listed below:

Health Point
Care Centre  250-370-5637
Provides primary health care services to clients who are 55 years of age and older, who live within a defined geographic area, and who do not have a family physician. The Centre is an interdisciplinary primary health care team with physicians, nurses and nurse practitioners.
www.islandhealth.ca

Piercy Respite  250-370-5641
Hotel  Press 1
Offers spacious, private rooms for overnight respite. Care receivers can reside at the hotel for 1 to 35 days, while their family caregivers plan a scheduled break from caregiving responsibilities. The program serves those 55 and over who are medically stable. An Island Health (South) community health assessment is necessary to determine eligibility.

Yakimovich Wellness  250-370-5641
Centre  Press 2
Offers a variety of health education programs open to adults who want to learn about health and community resources focusing on healthy aging. A program schedule comes out once every two months. All sessions are free and advance registration is required. The monthly schedule of events is posted at:
www.islandhealth.ca

TIP!
Phone Seniors Serving Seniors at 250-413-3211 or go to www.bcphysio.org for the names of individuals who provide home-based physiotherapy.

Health Education

Self-Management
British Columbia  1-866-902-3767
University of Victoria Institute on Aging & Lifelong Health offers free self-management six-session workshops including all course textbooks; for Chronic Disease (including online workshops), Chronic Pain, Diabetes & Cancer. Also, offers The Self-Management Health Coach Program.
www.selfmanagementbc.ca

Yakimovich Wellness  250-370-5641
Centre  Press 2
1454 Hillside Avenue
Victoria, BC V8T 2B7
For information on programs and registration, phone in advance. The monthly schedule of events is posted at:
www.islandhealth.ca

Community Health Services

Island Health (South)
Community Access  250-388-2273
Line  1-888-533-2273
Community Health Services Program provides community-based health services intended to support persons with acute or chronic illnesses or physical disabilities to remain at home as independently as possible. Services are offered by interdisciplinary Health Teams which consist of the following services:

Community Nursing
Services include assessment, treatment teaching health promotion, coordination of services and end of life care in collaboration with the Victoria Hospice Program.
Case Management
Services include assessment, consultations, referrals and monitoring. Case Managers, in the community and hospitals, coordinate a variety of services to assist people to live at home independently and safely. These include subsidized home support service, caregiver relief (Respite) available in facility or home, and adult day programs. Facility placement and admission to Assisted Living are also arranged when required.

Nutrition
Provides a continuum of clinical nutritional services for homebound persons in order to maintain optimum client health.

Rapid Response
Services include urgent assessment, treatment and consultation through an interdisciplinary team including physiotherapy, occupational therapy, respiratory therapy, social work, nursing, pharmacy and home support services.

Rehabilitation
Services include physiotherapy and occupational therapy, assessment, perceptual and cognitive testing, treatment, consultation and education. Recreation therapy services are provided individually and in group settings.

Respite
An Island Health community health services assessment is necessary for subsidized respite care at Island Health facilities.

Social Work
Support of community health services clients, their families, caregivers and/or friends to resolve, prevent or lessen the impact of psychological, spiritual, physical and mental health related issues. Social workers are also delegated to respond to issues of neglect and abuse.

Community Health Services Teams

Esquimalt/Westshore/
Sooke .................................. 250-519-3492
Gordon Head/ Oak Bay .......... 250-519-6945
Saanich ................................ 250-519-5200
Peninsula ............................. 250-544-2500
Victoria .............................. 250-388-2395
Outer Gulf Islands ............... 250-539-3099
Salt Spring Island ............... 250-538-4820

Physicians’ Services

Victoria Medical Society 250-598-6021
Eric Martin Pavilion
190-2334 Trent Street
Victoria, BC V8R 4Z3
Provides information for physicians in the Greater Victoria and surrounding areas. Phone for a listing of physicians who are accepting new patients. If you are unable to find a family doctor go to the website for a listing of walk-in clinics and maps to show you how to get there.
www.victoriamedicalsociety.org

Public Health Units
Island Health (South)

Flu Vaccine 250-544-7676 ext. 27545
Each Fall, flu vaccine is provided free of charge to anyone 65 years of age and older. Clinics begin in mid-October. All Flu Clinics are drop-in. For Flu Clinic Schedules phone Health Link BC at 811 or visit the website below.
www.islandhealth.ca