



Health Services

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

Acute Care Hospitals Island Health (South)

Lady Minto Hospital 250-538-4840

135 Crofton Road
Salt Spring Island, BC V8K 1T1

Royal Jubilee Hospital 250-370-8000

1900 Fort Street
Victoria, BC V8R 1J8

Saanich Peninsula Hospital

250-544-7676

2166 Mt. Newton Cross Road
Saanichton, BC V8M 2B2

Victoria General Hospital

250-727-4212

1 Hospital Way
Victoria, BC V8Z 6R5

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

Hotel

250-370-5641

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

Centre

250-370-5641

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

Centre

250-370-5641

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