Pneumococcal Vaccine
This vaccine is provided free of charge to anyone 65 years of age and older. Needed once in a lifetime only, and is available all year, don't wait until Fall. Call the numbers listed below for more information.

**Esquimalt** ..................... 250-519-5311
530 Fraser Street

**Peninsula** ...................... 250-544-2400
2170 Mt. Newton X Road

**Saanich** ....................... 250-519-5100
3995 Quadra Street

**Salt Spring Island** ........... 250-538-4880
1-137 Crofton Road

**Sooke** .......................... 250-519-3487
104-6672 Wadams Way

**Victoria** ....................... 250-388-2200
1947 Cook Street

**Westshore** ..................... 250-519-3490
345 Wale Road

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**Seniors’ Services**

**Island Health (South)**
Referrals to Geriatric Specialty Services need to be made by a physician. The Seniors program provides interdisciplinary services to frail seniors with complex medical and psychiatric needs. Outpatient Clinics are located at Royal Jubilee Hospital, and the Peninsula Health Unit to offer comprehensive assessments and short term treatment programs.

**Victoria Hospice** 250-370-8715
3rd Floor, Richmond Pavilion
1952 Bay Street
Victoria, BC V8R 1J8
Provides end-of-life care focused on symptom management and comfort care. For a referral to Victoria Hospice call the Community Access Line at 250-388-2273 or 1-888-533-2273. www.victoriahospice.org

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**Better at Home**
The Better at Home program is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland. It offers non-medical services to seniors such as light housekeeping, transportation, and friendly visiting. Some services may be free or fees may be subsidized according to the senior’s income. Contact your local program to learn what services are available in your area.

**Esquimalt** ............... 250-385-2635 ext. 201

**Galiano Island** ............... 250-539-0970

**Langford, Colwood** ........... 778-677-3540

**Metchosin** ..................... 250-478-5150

**Pender Island** ............... 250-629-3346

**Saanich** ....................... 250-595-8008

**Saanich Peninsula** .......... 250-656-5537

**Salt Spring Island** .......... 250-537-4607

**Saturna Island** ............... 780-994-9124

**Victoria & Oak Bay** .......... 250-388-7844
...................................... ext. 334
**Companion Services**

Companion Services .......... 250-477-7755  
www.companionservices.ca  
See advertisement on page 56.

Wendy’s Support Services .... 250-216-6927  
www.yourcaringsupport.ca

**Home Support Services**

**Live In – Private Pay**

International Nannies  
& Homecare...................... 1-800-820-8308  
www.internationalnannies.com

Surework Solutions ............ 250-361-2028  
www.sureworkssolutions.com  
See advertisement on page 58.

**Home Support Services – Private Pay**

Allman Home Care  
Services Inc ..................... 250-642-3411  
Western Communities and Sooke only.  
www.allmanhomecare.com

Bayshore Home Health  
Sidney ............................ 778-749-0014  
Victoria .......................... 250-370-2253  
www.bayshore.ca  
See advertisement on page 63.

Care and Company Ltd. ....... 250-382-2328  
www.seniorcarevictoria.ca  
See advertisement on page 56.

ComForCare  
Home Care.......................... 778-265-3393  
www.comforcare.ca

Comfort Keepers  
Victoria ............................ 778-265-5999  
www.victoria.comfortkeepers.ca

Community Plus  
Care Ltd......................... 250-658-6508  
www.co-care.ca

Harmony Health  
Care Ltd............................ 250-475-2772  
www.harmonyhealthcare.ca

Helping Hands  
Home Support .................... 250-881-0118  
www.helpinghandspss.ca  
See advertisement on page 64.

Hilbre Home Support  
Services............................ 778-433-0899  
www.hilbresupport.ca

Home Care Assistance  
Victoria ............................ 250-592-4881  
www.homecareassistance.com

Home Instead  
Senior Care....................... 250-382-6565  
www.homeinstead.com  
See advertisement on page 60.

Luxcare Senior Care .......... 250-590-1689  
www.luxcarelifestyle.com  
See advertisement on page 57.

**TIP!**

Phone Seniors Serving Seniors office at  
250-413-3211 for names of individuals who pro- 
vide fee-based services such as housecleaning,  
home support, companionship, mobile optical  
services, mobile massage services, in-home  
bathing services, and in-home hair care.
Nurse Next Door
Esquimalt, Western Communities .............. 250-590-6141
Saanich & Sidney .................. 250-665-4535
Victoria ................................ 250-590-5519
www.nursesnextdoor.com
See advertisement on inside back cover.

Qualicare South Island ............ 250-220-0189
www.qualicare.com

Retire at Home............... 250-412-1437
www.retireathomevictoria.com
See advertisement on page 61.

RJ Angels Care Ltd .................. 250-479-7479
www.rj-angels.com

St. Elizabeth ......................... 250-385-0444
www.saintelizabeth.com
See advertisement on page 66.

Serenity Home Care Ltd............ 250-590-8098
www.serenityhomecare.ca

Super Services for Seniors ....... 250-592-0029
www.superservicesforseniors.com
See advertisement on page 56 and 57.

The SeniorCare Group
Oak Bay SeniorCare............. 778-433-4784
www.oakbayseniorcare.ca
Sidney SeniorCare............... 250-656-7176
www.sidneyseniorcare.ca
Victoria SeniorCare............. 250-589-0010
www.victoriaseniorcare.ca
See advertisement on page 59.

We Care/CBI Home Health.... 250-389-0202
www.cbi.ca
See advertisement on page 65.

Home Support Services
Subsidized

Island Health (South)
Individuals with a high level of need for personal care such as bathing, dressing, toileting, and medication administration may be eligible for subsidized home support through an approved Home Support Agency. The agency is contracted by Island Health (South). Beacon participates in an ongoing Quality Assurance Program and adheres to provincial standards. Phone the Island Health (South) Community Health Services Community Access Line at 250-388-2273 to ask about eligibility.

Beacon Community Services 250-658-6407
2723 Quadra Street
Victoria, BC V8T 4E5
Provides home support services for Island Health (South) to subsidized and private pay clients.
www.beaconcs.ca

Medication Administration Program (MAP)

Cridge Family Pharmacy 250-686-7104
641 Fort Street
Victoria, BC V8W 1G2
Nurses provide in-home support for medication administration which includes: insulin, blood glucose monitoring, transdermal patches, oral medication administration, and injections. We provide our patients a medication dispensing machine (Spencer) which dispenses the correct medication throughout the day. Caregivers can also track medication adherence in real-time through a cell phone application. Both programs are covered by the provincial drug insurance program and private third party insurance which may be subject to income based deductibles. www.cridgepharmacy.com
Mobile Foot Care

South Island Nursing Footcare Associates (SINFA) 250-413-3128
SINFA is a group of RNs and LPNs with post graduate training in foot care, who each manage a private practice. Together, members maintain a web site and phone line to provide the public with easy access to a foot care nurse. A SINFA nurse provides non-invasive foot care during a friendly visit to your home. Members serve all areas of greater Victoria, Malahat, Mill Bay, Duncan and Cowichan. Nursing foot care is a recognized medical expense by Veterans Affairs and Revenue Canada. For more information, visit our web site or leave a phone message and a nurse in your area will return your call. This is a private pay service. www.sinfa.ca

Volunteers Who Assist People to Live Independently

Volunteer services may include: rides to medical appointments or social activities, income tax returns, odd jobs, gardening, good day/reassurance phone calls, visiting, shopping, walking, dog walking, legal/financial information, filling out forms, reading and correspondence.

CAPITAL REGION

Beacon Community Services (Saanich Peninsula) ............. 250-656-5537 www.beaconcs.ca

Capital City Volunteers (Victoria)......................... 250-388-7844 www.capitalcityvolunteers.org

James Bay Community Project............. 250-388-7844 www.jbcp.bc.ca

Oak Bay Volunteer Services.............. 250-595-1034 www.oakbayvolunteers.bc.ca

Saanich Volunteer Services... 250-595-8008 www.saanichvolunteers.org

GULF ISLANDS

Mayne Island Assisted Living Society ........ 250 539 2530 www.mials.org

Pender Island Community Support ........ 250-629-3346 www.penderislandhealth.ca

Salt Spring Community Services...................... 250-537-4607 www.saltspringcommunityservices.ca

Student Employment Services

Beacon Community Services Youth Employment Program 250-656-5537
High school students between the ages of 14 to 18 help with yard and garden maintenance, pet care, household painting, indoor cleaning, moving or packing and odd jobs at a reasonable cost. The program is monitored by BCS and serves residents of the Saanich Peninsula. www.beaconcs.ca

University of Victoria Casual Job Board 250-721-8421
Student Employment Centre offers help with computer assistance, yard work, cleaning, shopping, social activities, gardening, household maintenance and odd jobs. Minimum wage per hour and minimum 2 hour visit. www.learninginmotion.uvic.ca

South Island Nursing Footcare Associates (SINFA) 250-413-3128
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