

# Health Services

---

## **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

## **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](http://www.victoriahospice.org)



# Home Help

*Agencies providing services to assist people to live independently in their homes.*

---

## **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](http://www.companionservices.ca)

*See advertisement on page 56.*

Wendy's Support Services .... 250-216-6927  
[www.yourcaringsupport.ca](http://www.yourcaringsupport.ca)

## Home Support Services Live In – Private Pay

International Nannies  
& Homecare..... 1-800-820-8308  
[www.internationalnannies.com](http://www.internationalnannies.com)

Surework Solutions ..... 250-361-2028  
[www.sureworksolutions.com](http://www.sureworksolutions.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](http://www.allmanhomecare.com)

Bayshore Home Health  
Sidney ..... 778-749-0014  
Victoria ..... 250-370-2253  
[www.bayshore.ca](http://www.bayshore.ca)  
*See advertisement on page 63.*

Care and Company Ltd. .... 250-382-2328  
[www.seniorcarevictoria.ca](http://www.seniorcarevictoria.ca)  
*See advertisement on page 56.*

ComForCare  
Home Care..... 778-265-3393  
[www.comforcare.ca](http://www.comforcare.ca)

Comfort Keepers  
Victoria ..... 778-265-5999  
[www.victoria.comfortkeepers.ca](http://www.victoria.comfortkeepers.ca)

Community Plus  
Care Ltd..... 250-658-6508  
[www.co-care.ca](http://www.co-care.ca)

Harmony Health  
Care Ltd..... 250-475-2772  
[www.harmonyhealthcare.ca](http://www.harmonyhealthcare.ca)

Helping Hands  
Home Support ..... 250-881-0118  
[www.helpinghandspss.ca](http://www.helpinghandspss.ca)  
*See advertisement on page 64.*

Hilbre Home Support  
Services..... 778-433-0899  
[www.hilbresupport.ca](http://www.hilbresupport.ca)

Home Care Assistance  
Victoria ..... 250-592-4881  
[www.homecareassistance.com](http://www.homecareassistance.com)

Home Instead  
Senior Care..... 250-382-6565  
[www.homeinstead.com](http://www.homeinstead.com)  
*See advertisement on page 60.*

Luxcare Senior Care ..... 250-590-1689  
[www.luxcarelifestyle.com](http://www.luxcarelifestyle.com)  
*See advertisement on page 57.*

### TIP!

Phone **Seniors Serving Seniors** office at **250-413-3211** for names of individuals who provide 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.nursenextdoor.com](http://www.nursenextdoor.com)

*See advertisement on inside back cover.*

**Qualicare South Island ..... 250-220-0189**

[www.qualicare.com](http://www.qualicare.com)

**Retire at Home..... 250-412-1437**

[www.retireathomevictoria.com](http://www.retireathomevictoria.com)

*See advertisement on page 61.*

**RJ Angels Care Ltd ..... 250-479-7479**

[www.rj-angels.com](http://www.rj-angels.com)

**St. Elizabeth ..... 250-385-0444**

[www.saintelizabeth.com](http://www.saintelizabeth.com)

*See advertisement on page 66.*

**Serenity Home Care Ltd ..... 250-590-8098**

[www.serenityhomecare.ca](http://www.serenityhomecare.ca)

**Super Services for Seniors .... 250-592-0029**

[www.superservicesforseniors.com](http://www.superservicesforseniors.com)

*See advertisement on page 56 and 57.*

## **The SeniorCare Group**

**Oak Bay SeniorCare ..... 778-433-4784**

[www.oakbayseniorcare.ca](http://www.oakbayseniorcare.ca)

**Sidney SeniorCare..... 250-656-7176**

[www.sidneyseniorcare.ca](http://www.sidneyseniorcare.ca)

**Victoria SeniorCare.....250-589-0010**

[www.victoriaseniorcare.ca](http://www.victoriaseniorcare.ca)

*See advertisement on page 59.*

**We Care/CBI Home Health.... 250-389-0202**

[www.cbi.ca](http://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](http://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](http://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](http://www.sinfa.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](http://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](http://www.learninginmotion.uvic.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](http://www.beaconcs.ca)

**Capital City Volunteers (Victoria)..... 250-388-7844**  
[www.capitalcityvolunteers.org](http://www.capitalcityvolunteers.org)

**James Bay Community Project..... 250-388-7844**  
[www.jbcp.bc.ca](http://www.jbcp.bc.ca)

**Oak Bay Volunteer Services..... 250-595-1034**  
[www.oakbayvolunteers.bc.ca](http://www.oakbayvolunteers.bc.ca)

**Saanich Volunteer Services... 250-595-8008**  
[www.saanichvolunteers.org](http://www.saanichvolunteers.org)

### GULF ISLANDS

**Mayne Island Assisted Living Society ..... 250 539 2530**  
[www.mials.org](http://www.mials.org)

**Pender Island Community Support ..... 250-629-3346**  
[www.penderislandhealth.ca](http://www.penderislandhealth.ca)

**Salt Spring Community Services..... 250-537-4607**  
[www.saltspringcommunityservices.ca](http://www.saltspringcommunityservices.ca)