



# 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 ..... 250-539-0811
- 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 61.*

Gracious Companionship  
 Care.....250-937-1332  
[www.graciouscompanionshipcare.com](http://www.graciouscompanionshipcare.com)

## 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 66.*

## 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 61.*

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)

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**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 61.*

**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 57.*

**Luxcare Senior Care** .....250-590-1689  
[www.luxcarelifestyle.com](http://www.luxcarelifestyle.com)  
*See advertisement on page 62.*

**Pacific Coast Health Services** .....250-389-0202  
[www.pacificcoasthealthservices.ca](http://www.pacificcoasthealthservices.ca)  
*See advertisement on inside back cover.*

**Qualicare South Island** .....250-220-0189  
[www.qualicare.com](http://www.qualicare.com)

**RJ Angels Care Ltd.** .....250-479-7479  
[www.rj-angels.com](http://www.rj-angels.com)

**SE Health**.....250-385-0444  
[www.sehc.com](http://www.sehc.com)  
*See advertisement on page 67.*

**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** ..... 250-589-0010  
[www.oakbayseniorcare.ca](http://www.oakbayseniorcare.ca)

**Sidney SeniorCare** ..... 250-589-0010  
[www.sidneyseniorcare.ca](http://www.sidneyseniorcare.ca)

**Victoria SeniorCare** ..... 250-589-0010  
[www.victoriaseniorcare.ca](http://www.victoriaseniorcare.ca)

*See advertisement on page 59.*

**Van Isle Home Care** .....250-519-2984  
[www.vanislehomecare.ca](http://www.vanislehomecare.ca)  
*See advertisement on page 65.*

**We Care Home Health Services see  
Pacific Coast Health Services** .....250-389-0202  
[www.pacificcoasthealthservices.ca](http://www.pacificcoasthealthservices.ca)  
*See advertisement on inside back cover.*

## 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 and Malahat. 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)

## Prepared Meals Delivery

### Coordinated Meals Program Beacon Community Services

250-656-5537

Three meals each week are home delivered by volunteers, hot and/or freezer-to-table meals. Sliding scale based on income with free delivery. Beacon Community Services, in partnership with the United Way of Greater Victoria and multiple agencies throughout the CRD, is happy to offer this new program for seniors.

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

### Better Meals 1-888-838-1888

Home delivered freezer-to-table meals. 3 course dinner for \$7.50. Also available diabetic, bland low sodium and pureed diet menus. Free weekly delivery with minimum order of \$30. Better Meals is a registered service provider of Veterans Independent Program.

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

### Casalinga Food Services 1-855-768-1994

Home delivered meals, heat and serve. Special orders from \$5.00. Free delivery for orders over \$40.00. Delivery to Victoria once a month. VAC Health ID Cards accepted.

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

### Chef on the Run Sidney 250-655-3141

9781b Second Street  
Sidney, BC V8L 4P8

Dinners delivered to your home or pick up. Menu changes weekly. Small delivery charge.

[www.chefontherun.net](http://www.chefontherun.net)

### Meals on Wheels Pender Island 250-629-3346

Meals on Wheels delivers a hot meal on Monday, Wednesday, and Friday. Additional meals can be ordered. Costs vary up to \$10 per meal.

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

### Meals on Wheels Salt Spring Island 250-537-5561 ext. 223

Meals on Wheels delivers a hot meal between 12 noon and 2 p.m. \$6.25 per meal. Monday to Friday except on statutory holidays.

[www.greenwoodseldercare.org](http://www.greenwoodseldercare.org)

## Shopping & Grocery Delivery by Phone

### Beacon Community Services 250-656-5537

A shopping and home delivery service is offered to Saanich Peninsula Residents. Dedicated volunteers call weekly to take orders, volunteers shop then deliver groceries directly to your home while practicing physical distancing and contactless delivery protocols. Seniors pays for their groceries, but shopping and delivery services are free.

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

## **Sendial 250-544-1234 press #2**

A shopping and home delivery service is offered by Thrifty Foods and dedicated volunteers. A volunteer calls weekly to take your order. The next business day, a volunteer shops your order. Thrifty Foods then sends it out for delivery in a refrigerated truck. A \$5 fee is charged for this service.

[www.thriftyfoods.com/sendial](http://www.thriftyfoods.com/sendial)

## **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, pet care and odd jobs. Minimum wage per hour and minimum 2-hour visit.

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

#### **TIP!**

Local grocery stores may offer phone order shopping and delivery services in your area. Check with the store in your neighborhood.

## **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.*

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### **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)