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EMERGENCY NUMBERS

24/7 Information & Referrals

Phone: 211 / TTY: 1-888-340-1001

Ambulance Inquiry

Phone: 604-885-5191

BC Drug & Poison Control

Phone: 1-800-567-8911

Bounce Back B.C.

Phone: 1-866-639-0522

Canadian Mental Health Association (CMHC)

Phone: 604-688-3234

Directory Assistance

Phone: 411

Emergency – Fire, Ambulance, Police

Phone: 911

HealthLink B.C.

Phone: 811

Income Assistance Disability

Phone: 1-866-866-0800

Indian Residential Schools

Crisis Line

Phone: 1-800-721-0066

Mental Health Assistance

Phone: 310-6789 anywhere in B.C.

Medical Services Plan (MSP)

Phone: 1-866-663-7100

Office of the Seniors Advocate

Phone: 1-877-952-3181

Seniors Abuse & Information Line (SAIL)

Phone: 1-866-437-1940

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Sechelt shíshálh Hospital

Phone: 604-885-2224

Seniors Crisis Line

Phone 604-872-1234

Police Inquiry - non-emergency

Phone: 604-885-2266

Veterans Affairs

Phone: 1-866-522-2122

Wellness Together

Phone: 1-866-585-0445

put life back in your life

Self-Management BC programs are FREE

For adults living with Chronic Health Conditions, Chronic Pain or Diabetes.



Better Choices, Better Health® Online Program Web-based 6 week program

* Log in Online on own time once/twice per week * Identity protected

Health Coach Program One-to-one peer support

* Weekly phone support for 3 months

* Coach phones participants

Tool Kit for Active Living One-time mailed kit

* Suitable for independent approach * Includes: booklet and CD's

Tool Kit + Calls Kit plus 6 weekly calls

* Receive Kit from Active Living Program

* Small group (4-6) weekly guided tele-conference call * Includes:

booklet and CD's

Virtual Programs Web-cam 6 week program

- * Weekly 2.5 hr web-cam sessions
 - * Group format (max 6-12)
- * Available for all programs + Cancer: Thriving & Surviving



For more information please contact us: 1-866-902-3767 (toll-free) • selfmanagementbc.ca





Self-Management BC is supported by the Province of British Columbia



ADVOCACY & SUPPORT SERVICES

Alzheimer Society of BC Support Group

Dementia Caregiver Support Groups offered

Phone: 1-866-984-8348

First Link Dementia helpline: 1-800-936-6033 Mon-Fri 9 - 8

Email: info.northshore@alzheimerbc.org

https://northwestvancouver.cmha.bc.ca/programs-services/sunshine-coast/

BC Bereavement Helpline

Free & Confidential – connecting you to grief support services within B.C. Phone: (604) 738-9950 • Toll Free 1-877-779-2223 Email: contact@bcbh.ca • www.bcbh.ca

Dementia Caregiver Support Group

Contact VCH Mental Health lead for information on when this group

runs. • Phone: 604-885-6101

Seniors First BC

To prevent elder abuse and provide assistance and support. Includes Seniors Abuse & Information Line (SAIL); Victim Services Program; Legal Programs; Education & Workshops.

Phone: 604-437-1940 or 1-866-437-1940 TTY: 604-428-3359, or 1-855-306-1443

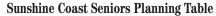
Email: info@seniorsfirstbc.ca • www.SeniorsFirstBC.ca

Sunshine Coast Lifeline

24HR Emergency Response at the push of a button. Locally monitored calls.

Phone: 604-885-9501 • www.comoxvalleylifeline.com





Organizations, service providers and individuals advocating for seniors. https://resourcecentre.ca/seniors-planning-table

SC Community Response Network

Working to prevent abuse, neglect, and self-neglect of vulnerable adults. • www.bccrns.ca







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We can help for short sessions, overnights or full days.

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604.740.1993 • info@homehealthcarenetwork.ca • homehealthcarenetwork.ca



BEAUTY & STYLE

Country by Design

Stained Glass Creation & Repair Phone: 604-885-9684 or 604-885-1575

Email: dj123@dccnet.com

Health Access NP Foot Care

Location: 5798 Neptune Rd, Sechelt

Phone: 604-747-4757 • www.HealthAccessNP.ca



Perfect fit and style to suit you. Phone: 604-885-9684 or 604-885-1575

Email: thewigstop@gmail.com

Time to Glow Spa

Foot care and pedicures in the comfort of your home.

Phone: 604-989-4255 • www.timetoglowspa.com





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Sunshine Coast Hospice Society

Compassionate end-of-life and bereavement support. Location: 4602 Simpkins Rd., Sechelt • Phone: 604-740-0475 Email: info@coasthospice.com • www.coasthospice.com

see ad page 7

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page 11



Helping orient and settle new Canadians on the Coast. Location: 107A - 5710 Teredo St., Sechelt • Phone: 604-885-4088 Email: info@resourcecentre.ca • www.resourcecentre.ca

COMMUNITY SUPPORT SERVICES

Sunshine Coast Community Services

Programs to promote an engaged, healthy, thriving community. Location: 5520 Trail Ave., Sechelt • Phone: 604-885-5881 • www.sccss.ca

Sunshine Coast Foundation

A legacy gift ensures your vision for our community lives on. Phone: 604-741-7360 • www.sunshinecoastfoundation.org



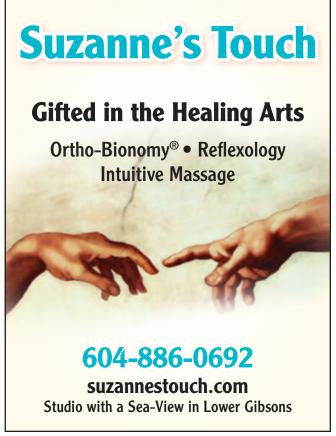
Rightsizing Solutions

Location: 1877 Field Rd., Wilson Creek

Phone: 604-741-4424 • Email: tricia@rightsizingsolutions.ca

www.rightsizingsolutions.ca





FINANCIAL SERVICES

Community Volunteer Income Tax Program

Assist with financial forms and provide connections to services to help further.

Phone:604-885-4088

Email: help@resourcecentre.ca

Mortgage Alliance - Darnelda Siegers

Location: 5561 Wharf Ave., Sechelt Phone: 604-885-5881 ext. 240

Email: darnelda@theMORTGAGEconsultant.ca

www.TheMortagageConsultant.ca

Service BC

Information and support with Old Age Security, Guaranteed Income Supplement, Canada Pension Plan, Disability Benefits, Retirement Pension, Survivor Benefits, Employment Insurance, and Veterans Programs.

Location: 5498 Wharf Ave, Sechelt

Phone: 604-885-5187

For website search: Service BC Sechelt

Sunshine Coast Credit Union

Gibsons - 985 Gibsons Way Sechelt - 5655 Teredo St.

Pender Harbour - 12887 Madeira Park Rd



see ad

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SUNCU Financial Services, Inc.

2nd Floor, 5655 Teredo St., Sechelt

Phone: 604.740.2662

Email: inquiries@sunshineccu.net Email: suncu@sunshineccu.net

www.sunshineccu.com

Talbot Insurance

Location: #112 Gibsons Park/IGA Plaza

Phone: 604-886-2555

Email: ContactUs@TalbotInsurance.ca

www.TalbotInsurance.ca





FOOD & FOOD BANKS

Claytons Heritage Market

Location: Trail Bay Centre, Sechelt Phone: 604-885-2025 • www.claytons.ca



Harvest of Hope - Salvation Army

Bread & Produce; Community Lunch; Food Hampers Location: 5-682 Gibsons Way, Gibsons • Phone: 604-886-3665

Pender Harbour Community Food Bank

Location: 12891 Lagoon Rd., Madeira Park

Phone: 604-883-9773 • Email: penderharbourfoodbank@gmail.com https://penderharbourcc.com/food-bank/

St. Bart's Food Bank

Location: 659 North Rd., Gibsons • Phone: 604-886-7410



Sunshine Coast Food Bank

Location: 5657 Lamprey Lane, Sechelt • Phone: 604-885-5881 ext. 240 Email: scfoodbank@sccss.ca • www.sccss.ca

FOOT CARE

Health Access NP Foot Care

Location: 5798 Neptune Rd., Sechelt





Time to Glow Spa

Foot care and pedicures in the comfort of your home. Phone: 604-989-4255 • www.timetoglowspa.com





Gibsons & District Public Library Offering many programs for older adults, including:

- Language groups, open mic nights, game days, author events & more
 - Technology support to learn how to use your device or complete online documents
- Amazing collection of print, digital & large print books, DVDS, audiobooks, magazines & more
- Services for print-impaired patrons
- Database access Ancestry.ca, Mango Languages, Kanopy films, online learning courses & more
- Access to computers, printing, and scanning
- Free income tax support

All for free at the Library!



Contact us: (604) 886-2130 gdplinfo@gibsons.bclibrary.ca www.gibsons.bclibraries.coop





GOVERNMENT

FEDERAL

Canada Pension Plan

Toll Free: 1-800-255-4786

Enquiry BC

Phone: 1-800-663-7867

Environmental Health Program

Call immediately if you touch or are bit by a bat, tick or

dead crow.

Phone: 604-885-5164

Email: healthprotectioncg@vch.ca • www.vch.ca

Government of Canada

Toll Free: 1-800-926-9105 • www.canada.gc.ca

Office of the Seniors Advocate

Phone: 1 877 952-3181

Ombudsman

Phone: 1-800-567-3247

LOCAL

District of Sechelt

Location: 2nd floor - 5797 Cowrie St., Sechelt

Phone: 604-885-1986 www.sechelt.ca

SCRD Sunshine Coast Regional District

Location: 1975 Field Rd., Wilson Creek Phone: 604-885-6800 • www.scrd.ca

shíshálh Nation

Location: 5555 SC Hwy., Sechelt

Phone: 604-885-2273 • https://shishalh.com/

Town of Gibsons

Location: 474 South Fletcher Rd., Gibsons Phone: 604-886-2274 • www.gibsons.ca

MP, Patrick Weiler

Phone: 604-913-2660 • Email: Patrick.Weiler@parl.gc.ca





HOUSING

ASSISTED HOME SUPPORT SERVICES

Better at Home

Phone: 604-885-5881

Email: betterathome@sccss.ca • www.sccss.ca

see ad page 11

Help on the Way

Phone: 604-885-4337

Email: helpontheway@telus.net • www.helpontheway.ca

see ad page 14

Home Healthcare Network

Phone: 604-740-1993

Email: info@homehealthcarenetwork.ca www.homehealthcarenetwork.ca

see ad page 5





ASSISTED HOME SUPPORT CONT'D

Nurse Next Door

Phone: 604-747-2847 • www.nursenextdoor.com



Sunshine Coast Senior Care

Phone: 604-886-0095

Email: donnajoh@sunshinecoastseniorcare.com

www.sunshinecoastseniorcare.com



EMERGENCY & SHORT-TERM HOUSING

BC Care Providers Association

Representing the seniors' care sector in residential care, assisted living, home care and home support.

Phone: $604-736-4233 \bullet$ www.bccare.ca

Homeless Outreach Worker

Phone: 778-987-6092

Rental Assistance Program (RAP)

Financial assistance for low income families to assist with rent.

Phone: 604-433-2218 www.bchousing.org

SAFER - Shelter Aid For Elderly Renters

A rent subsidy program for seniors ages 60+ with low income.

Phone: 604-433-2218

HOUSING PROGRAMS

Residents for Independent Living Society

Providing residential housing and supportive care for adults

with disabilities.

Phone: 604-731-0401 • Email: info@rils.ca • www.rils.ca



Free to All

- Friendly Staff Assistance
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- Programs & Classes
- Genealogy Tutoring
- Accessibility Assistance
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- eMagazines & eNewspapers
- Books (incl: Large Print)
- Newspapers & Magazines
- DVD's
- Public Computers
- Samsung Tablets
- Scanning
- Printing & Faxing(Small Fee)

(604) 885-3260 | info@sechelt.bclibrary.ca

Pender Harbour Seniors Housing Society

Creating appropriate housing for seniors in the Pender Harbour area. • Phone: 604-883-2819 or 604-883-0704 phseniors.weebly.com

MOVING & DOWNSIZING SERVICES

Rightsizing Solutions

Location: 1877 Field Rd., Wilson Creek

Phone: 604-741-4424 • Email: tricia@rightsizingsolutions.ca

www.rightsizingsolutions.ca

SENIORS' HOUSING

Christenson Village - Good Samaritan Society

Location: 585 Shaw Rd., Gibsons • Phone: 604-886-8747

Greenecourt Housing

Location: 5583 Ocean Ave., Sechelt • Phone: 604-885-5962

Kiwanis Heritage Apartments

Location: 824 Kiwanis Way, Gibsons • Phone: 604-886-3432

Shorncliffe Intermediate Care Home

Location: 5847 Medusa St., Sechelt • Phone: 604-741-0726

Totem Lodge, Sechelt

Location: 5544 SC Hwy., Sechelt • Phone: 604-741-0726

REAL ESTATE

Deb Mowbray, Re/Max City Sunshine Coast

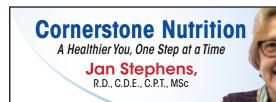
Location: 101-938 Gibsons Way, Gibsons

Phone: 604-740-6608

Email: debmowbray@gmail.com • www.debmowbray.com



see ad



As a registered dietitian, Jan tailors a nutrition plan that fights chronic disease, improves blood glucose, acid reflux, and gut function, tailored to your genetic makeup, which will maximize your health potential.



604 741-7307 | By appointment only Coast Physiotherapy - 5691 Mermaid Street, Sechelt jan@cornerstonenutrition.ca | cornerstonenutrition.ca A taxable expense & covered by some health plans





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- RENTAL & VACATION RENTAL
- · COURSE OF CONSTRUCTION
- · SENIORS' DISCOUNTS
- · WATERCRAFT
- · PAYMENT PLANS

Monday thru Saturday, 8:30am-6:00pm #112 Gibsons Park/IGA Plaza 604-886-2555

ContactUs@talbotinsurance.ca

INFORMATION SERVICES

FetchBC

A comprehensive online directory of local community health resources for all ages. • http://sc.fetchbc.ca/

Halfmoon Bay Information & Referral Centre

Phone: 604-551-8461 • Email: halfmoonbayinfo@gmail.com http://www.halfmoonbayinformationcentre.wordpress.com

Indigenous Nations Educational Resources & Information

www.allnationscoast.net • www.metisnation.ca www.shishalh.com • www.squamish.net

Pender Harbour Information & Referral Centre

Location: 5012 Gonzales Rd., Madeira Park • Phone: 604-883-2826 Email: hello@pendercommunity.ca • www.pendercommunity.ca

Sunshine Coast Resource Centre

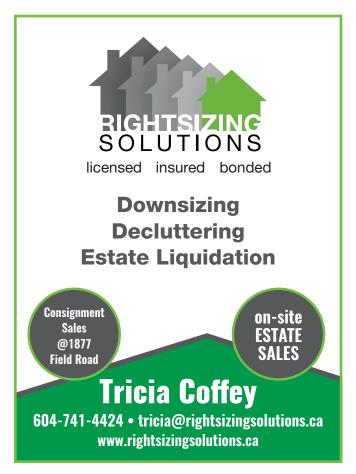
Information & referral to community, social, legal & government services
Location: 107A – 5710 Teredo St., Sechelt • Phone: 604-885–4088
Email: help@resourcecentre.ca • www.resourcecentre.ca

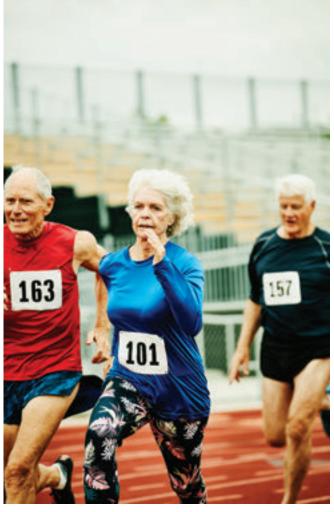
Directory of Local Seniors' Services

https://resourcecentre.ca/category/directory-of-services

Map of Seniors' Services on the Coast

https://resourcecentre.ca/directory/maps







BETTER AT HOME provides Seniors with simple, non-medical home support services so they can continue to live independently in their own homes and remain connected to their communities.

Services include light housekeeping, Connect Thru Tech, transportation, grocery delivery, friendly visiting, light yard work, minor home repair, and library service.

Contact us to register or for more information.

Call: 604-885-5881 Email: betterathome@sccss.ca Website: sccss.ca

Better at Home is funded by the Government of B.C. and managed by the United Way.







LIBRARIES

Davis Bay Community Library

Location: Community Hall - 5123 Davis Bay Rd.

Email: library@davisbaybc.com

www.davisbaybc.com

Gibsons & District Public Library

Location: 470 Fletcher Rd., Gibsons

Phone: 604-886-2130

https://gibsons.bc.libraries.coop

Pender Harbour Reading Centre

Location: 12952 Madeira Park Rd., Madeira Park

Phone: 604-883-2983

Email: phrclibrary@gmail.com www.penderharbourlibrary.ca

Roberts Creek Community Library

Location: 1044 Roberts Creek Rd

Phone: 604-885-9401

https://www.robertscreekcommunity.com/the-library

Sechelt Public Library

Location: 5795 Cowrie St., Sechelt

Phone: 604-885-3260

Email: info@sechelt.bclibrary.ca https://sechelt.bc.libraries.coop



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executivedirector@resourcecentre.ca

The Sunshine Coast Seniors Planning Table (SPT) is a community collaboration between 100+ people representing seniors, service providers, community organizations and local government. We work together to ensure that supports and programs are available for older adults living on the Sunshine Coast to be healthy, valued, and involved members of the community. Read more about our work at www.resourcecentre.ca under "Programs."

MEDICAL CLINICS

Cowrie Medical Clinic

Location: 102-5699 Cowrie St., Sechelt • Phone: 604-670-6222

Gibsons Medical Clinic

Location: 211-1100 SC Hwy., Gibsons

Phone: 604-886-2868 • www.gibsonsmedicalassociates.net

Pender Harbour Health Centre

Location: 5066 Francis Peninsula Rd., Madeira Park Phone: 604-883-2764 • Doctors: 604-885-2257 Dentists: 604-883-2997 • Foot Care: 604-740-2890

Nurse Practitioner: 604-883-2764

Email: phhc@dccnet.com • www.penderharbourhealth.com

Sechelt Medical Clinic

Location: 5531 Inlet Ave., Sechelt • Phone: 604-885-2257

Community Nutrition Program

Promoting healthy eating and active living.

Phone: 604-984-5070

Email: Meghan.Molnar@vch.ca • www.vch.ca

MENTAL HEALTH SUPPORT

Bounce Back B.C.

Free skill-building program for adults and youth 15+. To help manage low mood, mild to moderate depression, anxiety, stress

Phone: 1-866-639-0522 • https://bouncebackbc.ca/

FUN FUNCTIONAL SOLUTIONS FOR YOUR HAIR NEEDS

FREE In-Home Consultation • Perfect Fit & Style To Suit You Extensions • Full & Partial Wigs • Extended Medical Coverage **Satisfaction Guaranteed**

I couldn't believe I was the only woman to enjoy an easy care wig. It has given me the chance to get out and meet people. Debi has always been honest and fair with me.



Contact Debra James 604.885.9684 604.885.1575 thewigstop@gmail.com





Canadian Mental Health Association (CMHC)

Phone: 604-688-3234 • https://cmha.bc.ca/

Indian Residential Schools Crisis Line

Toll Free 24/7: 1-800-721-0066

For anyone experiencing pain or distress as a result of Residential school experience. • https://www.irsss.ca/

Wellness Together

Phone: 1-866-585-0445

24/7 Mental health and substance use support

www.wellnesstogether.ca/en-CA

NUTRITION

Cornerstone Nutrition

A healthier you - one step at a time. Location: Coast Physiotherapy 5691 Mermaid St., Sechelt

Phone: 604-741-7307

Email: jan@cornerstonenutrition.ca www.cornerstonenutrition.ca



PAIN MANAGEMENT

Craniosacral Biodynamics

Releasing trauma physically, emotionally, mentally and spiritually.

Phone: 604-202-8056

Email: sageelecraniosacral@gmail.com



Programs for adults living with chronic health conditions, chronic pain or diabetes.

Toll Free: 1-866-902-3767 Email: selfmgmt@uvic.ca www.selfmanagementbc.ca



Ortho-Bionomy, reflexology and intuitive massage.

Phone: 604-886-0692 www.suzannestouch.com



see ad page 16





PATRICK WEILER

YOUR MEMBER OF PARLIAMENT FOR WEST VANCOUVER-SUNSHINE COAST-SEA TO SKY COUNTRY

As the Member of Parliament for West Vancouver-Sunshine Coast-Sea to Sky Country, I am honoured to be your federal representative.

If you or your loved ones have any questions about federal government programs or services, either specifically for seniors or otherwise, please do not hesitate to reach out to our office. We are ready to assist you with any and all casework questions, including issues or concerns with any federal department or agency such as Service Canada (including but not limited to OAS, GIS, EI or CPP), Canada Revenue Agency, Immigration, Refugee and Citizenship Canada, Passport Canada, Phoenix Pay System, Veterans Affairs or Indigenous Affairs.

We are here to serve you.



Patrick.Weiler@parl.gc.ca | Tel.: 604-913-2660





Call us at: 604 885 4088

The Community Information Hub provides information, resources and connections that will help answer your questions and support you to navigate community programs and services.



help@resourcecentre.ca



The Medicine Shoppe

Location: Wilson Creek Plaza Phone: 604-740-5813



Gibsons Seniors Society

Social events and activities, including Scottish country dancing, line dancing, carpet bowling, & table tennis.

Location: 686 Harmony Lane, Gibsons

Phone: (604) 886-3919 • http://gibsonsseniors.com/



The Town of Gibsons supports the Gibsons Seniors Society, which offers a wide range of activities, from fitness to games to arts and crafts.

All seniors are welcome! Drop by any time and try your first activity for free!

>> Learn more: <u>gibsonsseniors.com</u>



visit gibsons.ca



- Respite Care
- Palliative Care
- Nursing Services
- Meals
- Personal Care
- Companion Care

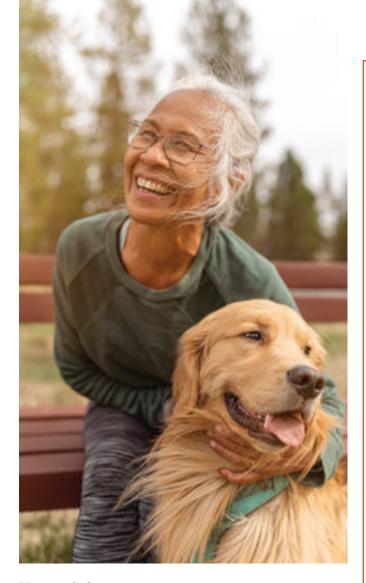
HELP ON THE WAY HOMECARE

Serving Seniors on the Coast Since 1993

604.885.4337

helpontheway.ca | helpontheway@telus.net





Memory Cafe

Socializing, games and exercise to stimulate areas of the brain affected by memory loss for those with dementia.

Location: 5604 Trail Ave., Sechelt

Phone: 885-3513.

resourcecentre.ca/directory/memory-cafe/

Pender Harbour Seniors Initiative

Yoga, tai chi, carpet bowling, lunch club outings, a walking group, bus trips, boat tours, Harbourside Friendship Group and more.

Phone: 604-883-9900

Email marlenecymbalist@gmail.com

 $https:/\!/www.pender harbourhealth.com/pender-harbour-seniors-$

initiative/

Sechelt Seniors Activity Centre

Activities for all ages include pickleball, fitness, carpet bowling and yoga. Lunches and frozen entrees available during the week. Membership required – \$30 annually.

Location: 5604 Trail Ave., Sechelt

Phone: 604-885-3513 Email: ssac@dccnet.com www.secheltactivitycentre.com

St. Bart's FOOD BANK

Connecting with Our Community

St. Bart's Food Bank is a no-barrier, volunteer run community service.

We are here to serve you on the third Wednesday of every month from 11am to 3pm, at the corner of School Road and Gibsons Way.



We provide all kinds of grocery items including fresh produce, meat, bread, canned goods and personal care items. We work hard to accommodate dietary requirements. Ask us!



We ask for your name - so we can greet you!

We never ask for any other information
in order to access our services.

NO ONE IS EVER TURNED AWAY.

Need immediate assistance? Need delivery? Please call us! 604-886-7410

SLEEP SOLUTIONS

Clinical Sleep Solutions

Location: 106-5682 Wharf Ave., Sechelt Phone: 604-740-4448 • www.ClinicalSleep.com



TRANSPORTATION

Care for a Lift

Fully equipped van with companion for those with medical or accessible transportation needs. • Phone:604-747-2273 Email: info@careforalift.com •www.careforalift.com





Join the local care co-operative and access affordable, convenient vehicles by the hour or day.

Phone: 778-374-3092

Email: info@coastcarcoop.ca www.coastcarco-op.ca

Coastal Rides

Local on-demand or scheduled ride share and delivery service.

Phone: 1-855-921-2226 Email: info@coastalrides.ca www.coastalrides.ca

Dial-a-Delivery

From documents to donuts – quick and easy pick up and

drop off (business or residential). Gibsons Phone: 604-886-0914 Email: dialdelivery@gmail.com www.dial-a-delivery.net Sechelt Phone: 604-989-9914

Email: dialdeliverysechelt@gmail.com DialADeliverySecehtl.wordpress.com

HandyDART

Accessible transportation for the mobility challenged.

Location: 1975 Field Rd., Sechelt

Phone: 604-885-6897

https://www.bctransit.com/sunshine-coast/riderinfo/handydart



Drive you to Appointments

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Meal Planning, Preparation & Reminders
Light Housekeeping • Hygiene & Dressing

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Foot Care & Pedicures in the comfort of your home.

Sarah is a certified aesthetician and podiatrist-trained with over 10 years experience

Services Include:

- Foot Soak Foot Massage
- Toenail Trimming And Cleaning
- Filing Thick Or Fungal Toenails

604-989-4255 • @timetoglowmobilespa www.timetoglowspa.com

Share There

Connect with people who want to share

rides locally or off-Coast. Phone: 604-741-3359

Email: info@share-there.com

www.share-there.com

Sunshine Coast Connector

Daily or weekly trips along Sunshine Coast and to Vancouver.

Location: 5810 Marine Way, Sechelt

Phone: 250-775-0035

Email: coastconnector@gmail.com http://www.sunshinecoastconnector.ca

Vancouver Coastal Health

Affordable volunteer driving program for on- and off-Coast and

city client appointments.

Phone (Tues – Fri 8:30 – 12:30): 604-885-8517

VOLUNTEER OPPORTUNITIES

Sunshine Coast Healthcare Auxiliary

Providing volunteer services and raising funds to enhance the quality of healthcare on the Sunshine Coast.

Email: schealthcareauxiliary@gmail.com

https://sunshinecoasthealthcareauxiliary.com/

become-a-member/

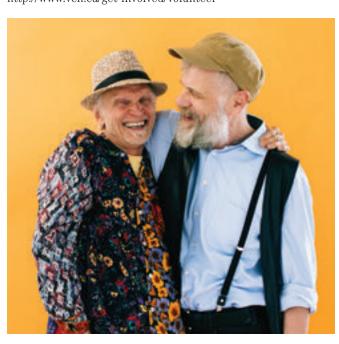
Vancouver Coastal Health Home Care

Volunteers need in Home & Community Care, Meals on Wheels, Volunteer Drivers, Volunteer Shopping, Telephone Tree, Friendly Visitor, Senior's Outreach Counsellors & Volunteer

Income Tax Service and more. Location: 5630 Inlet Ave., Sechelt

Phone: (604) 885-8517 Email: scvolunteer@vch.ca

http://www.vch.ca/get-involved/volunteer



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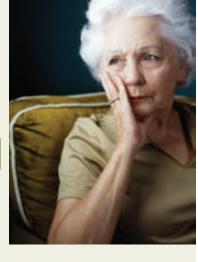
Wilson Creek Plaza • 604.740.5813 Mon - Fri 9 am - 5 pm • Sat 10 am - 2 pm



DOWNSIZING & MOVING SUPPORT Rightsizing Solutions EMERGENCY SUPPORT Sunshine Coast Lifeline ESTATE SALES Rightsizing Solutions FINANCIAL SERVICES Sunshine Coast Credit Union FOOD SUPPORT	11 8 11 20	INFORMATION / SUPPORT Sunshine Coast Community Response Network Sunshine Coast Resource Centre – Just Ask! Sunshine Coast Seniors Planning Table INSURANCE Talbot Insurance LIBRARIES Gibsons & District Library Sechelt & District Library MORTGAGES Mortgage Alliance – Darnelda Siegers	19 13 12 10 8 10
Claytons Heritage Market St. Bart's Food Bank FOOT CARE Health Access NP Foot Care Time to Glow Mobile Spa GOVERNMENT Patrick Weiler, MP	14 15 6 16	NUTRITION Cornerstone Nutrition PAIN MANAGEMENT Craniosacral Biodynamics for Trauma Resolution Chronic Pain Self-Management Suzanne's Touch	10 16 4 6
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Elder Abuse Defined

Neglect & self-neglect



Elder abuse is deliberate mistreatment that can cause serious physical, mental or emotional harm or damage to, or loss of assets when the target is an older adult. An abuser may be someone known to the abused, such as a friend, family member or caregiver. Neglect is the lack of care, assistance, guidance and attention that can cause this kind of harm or loss. Self-neglect is the lack of care for oneself that can also result in harm or loss. Community connection and awareness are keys to identifying and preventing all manners of abuse and neglect.

Signs of abuse, neglect or self-neglect:

Financial:

Misuse of funds or property, controlling funds without consent, not acting in the best interests of an adult who is not competent or not paying bills..

Social & violation of entitlements:

Not allowing contact with family and friends or attendance at activities, isolation, censoring mail, invasion or denial of privacy, restricting movement or withholding information.

Emotional & psychological:

Disrespect, humiliation, threats, intimidation, confinement, isolation and exclusion from decision-making.

Physical:

Restraining, violent or rough treatment, lack of care, over or under medicating or neglecting their health. A person may not necessarily have an injury to have experienced physical abuse.

Sexual:

Inappropriate or forced sexual contact or any unwelcome sexual activity.

Sunshine Coast Community Response Network
 Local service providers working together to prevent abuse,
 neglect, and self-neglect

Are you concerned for yourself or for an adult who may be abused or neglected?



THIS IS WHERE TO GET HELP:

To ask questions call:

SENIORS ABUSE AND INFORMATION LINE (SAIL) Toll Free 1-866-437-1940

A safe confidential place for older adults, and those who care about them, to talk to a trained worker about abuse or neglect and get information and support.

7 days a week, 8am to 8pm, except holidays.

Translation available Mon to Fri, 9 to 4.

To discuss or report a situation of abuse or neglect call:

VANCOUVER COASTAL HEALTH
MENTAL HEALTH SERVICES
604-885-6101
or HOME AND COMMUNITY CARE
604-741-0726

ALL CALLS ARE CONFIDENTIAL

In an emergency or if safety is a concern call the RCMP at 911

In cases of financial abuse call

PUBLIC GUARDIAN AND TRUSTEE

1-877-511-4111

For adults with a developmental disability call

COMMUNITY LIVING BC

604-981-0321

Brought to you by:

Sunshine Coast Community Response Network

Local service providers working together to prevent abuse, neglect, and self-neglect of vulnerable adults. sunshinecoastcrn@gmail.com. A member of:



BC ASSOCIATION OF

Community Response Networks

Stopping Adult Abuse and Neglect ... Together.

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Connecting FEELS SO GOOD!

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Real people crafting personalized solutions for you through whichever way you prefer to connect.

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