



Sunshine Coast  
**Resource  
Centre**



# Demystifying & Navigating Resources for Seniors

Seniors Information & Outreach Navigator Project  
\*Last updated July 2020\*

Phase 2 funded by:



Sunshine Coast  
Healthcare Auxiliary  
*Supporting Healthcare on the Sunshine Coast*

# What will we cover today?

1. Who can help you navigate?
2. Who are your key health resources?
3. What are your housing options & supports?
4. How do you get help in your home?
5. What financial, legal, planning & elder abuse supports are available?
6. Who provides transportation?
7. How to stay active & connected?
8. What can you do?





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# We Can Help – Just Ask!

## ✓ Coast-wide Information & Referral

To Community, Social, Legal and Government services

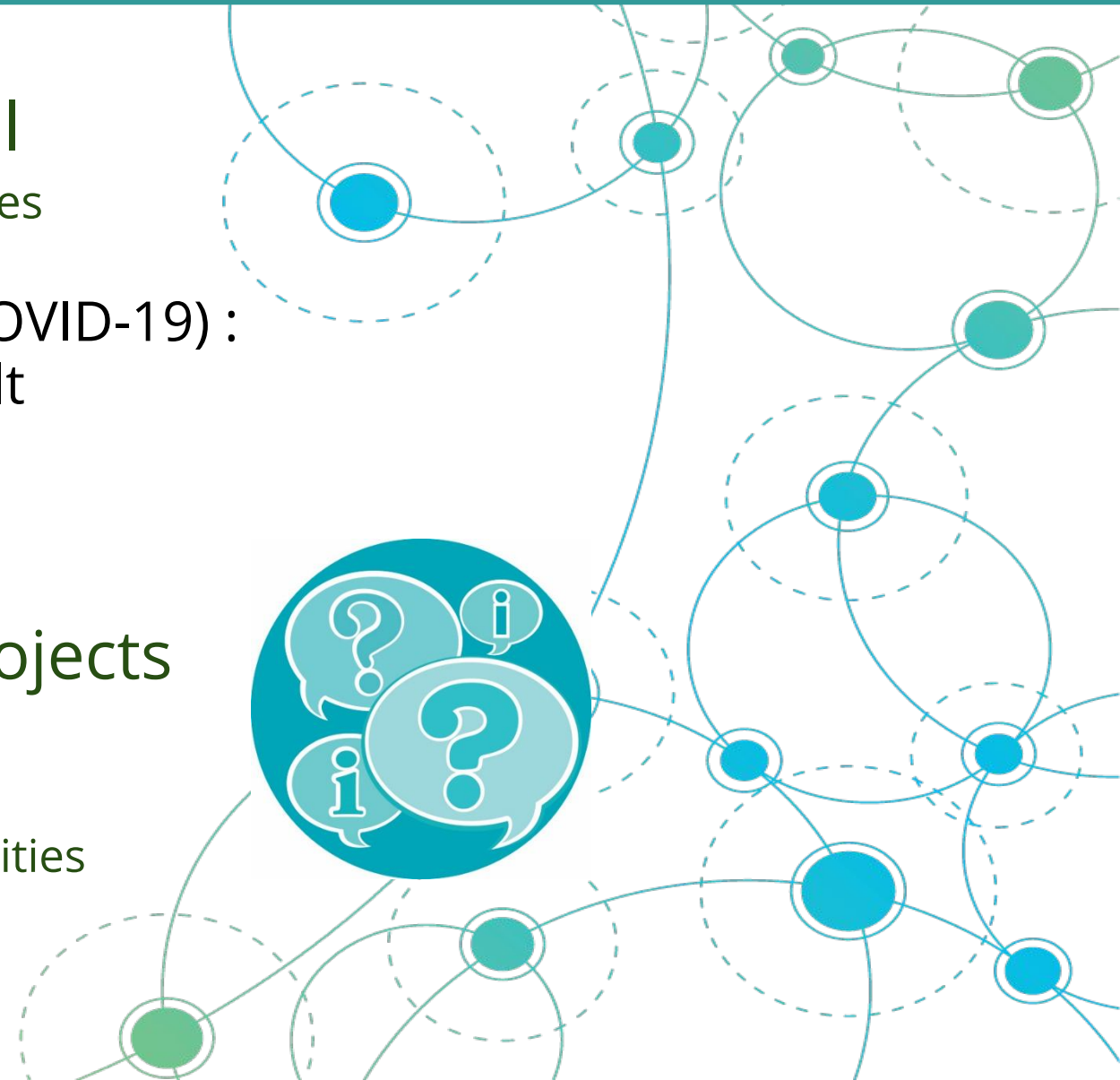
- ❖ By phone: 604-885-4088
- ❖ In Person (by appointment during COVID-19) :  
107A – 5710 Teredo Street, Sechelt
- ❖ Email: [help@resourcecentre.ca](mailto:help@resourcecentre.ca)
- ❖ Online: [www.resourcecentre.ca](http://www.resourcecentre.ca)

Using our Online Resource Directory and Map

## ✓ In-house Programs, Services & Projects

- ✓ Legal Information & Legal Advocacy Programs
- ✓ Caregivers Support Network
- ✓ Volunteer Sunshine & Coast Welcoming Communities
- ✓ Community Development Projects

*e.g. Seniors Planning Table, LGBTQ2+ Seniors*





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Need help?  
**Call 211**  
TTY: 1-888-340-1001  
24 hours a day | 7 days a week  
Free | Confidential | Live Answer



# Other Important Helplines

- Vancouver Coastal Health –  
Home Support Services: **604.741.0726** (end of Inlet Avenue in Sechelt)
- Seniors First BC: [www.seniorsfirstbc.ca](http://www.seniorsfirstbc.ca)  
Seniors Abuse & Information Line (SAIL):  
**1.866.437.1940**
- Seniors Crisis Line: **604.872.1234**
- Office of the Seniors Advocate:  
**1.877.952.3181**



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**Doctors, Dentists, Pharmacists,  
Specialists, Alternative Medicine  
Practitioners, etc.**



***Vancouver Coastal Health***

**Home Care Services – 604.741.0726  
Older Adult Mental Health Team –  
604.885.6101**



***Main Social Service Provider***  
**A variety of programs & services**  
**www.sccss.ca – 604.885.5881**

# Key Health Resources

**www.sc.fetchbc.ca**



For Everything That's  
Community Health  
*Sunshine Coast*

Sunshine Coast  
Division of Family Practice  
A GPSC initiative



**FETCH Criteria** - Gibsons, Halfmoon Bay, M  
Community Health Notice posted: 16-Dec-2015 8:42  
Would you like to add your listing?  
If so, please read the criteria for details and the

- Community And Residential Living / Support (1)
- Counselling (2)
- Information / Resources (1)
- Outpatient Counselling (1)

[View Document](#)

[Search](#)

Questions or comments?  
[Send us feedback.](#)

**Mental Health & Substance Use**

- Community And Residential Living / Support 1
- Counselling 2
- Information / Resources 1
- Outpatient Counselling 1

5 Community Services

**ARROWHEAD CENTRE**

Arrowhead Centre is the only Clubhouse and community-based support facility on the Sunshine Coast for adults with mental illness. [More Info](#)

Address / Contact Info  
5554 Inlet Ave, **Sechelt**, BC, V0N 3A3  
Phone: (604) 747-4734 Fax: (604) 885-9493

Web Links  
[Website](#) [Email](#)

**Need Assistance Navigating the Health System?**  
Community Health Message posted: 07-Jul-2015 10:58 AM PDT  
[More info](#)



# Other Local Resources



**Bereavement Support for all ages**  
**Companioning**  
**Compassionate Friends**  
**Hospice Rooms 604.740.0475**



**Sunshine Coast  
Healthcare  
Auxiliary  
Equipment Loan  
Cupboard  
604.885.2224  
Ext. 4204**



**Food Supports**  
**Food Banks (Gibsons, Sechelt, Pender)**  
**Meals on Wheels & Pender Harbour Outreach**  
**Healthy Meal Program**  
**Grocery Shopping & Delivery (Supermarkets)**  
**Seniors' Centres/Legions**  
**Private Companies – Prepare & Deliver**



# Housing Options

## **Market Housing** - Primary Resource - Own or rent your home

Contact: Property Manager or Local Realtor

## **Independent & Supported Housing - 2 options :**

- **SC Lions Housing Society** - Greenecourt Apartments - Sechelt - 604.885.5962
- **SC Kiwanis Club**- Heritage Apartments – Gibsons – 604.886.3432

## **Assisted Living - 1 option :**

- **Good Samaritan** - Christenson Village – Gibsons – 604.886.8747
  - Admission coordinated through Vancouver Coastal Health

## **Residential, Complex & Special Care - 3 options**

- **Shorncliffe Care Home & Totem Lodge** - Sechelt
- **Christenson Village – Gibsons**  
Admission coordinated through Vancouver Coastal Health

## **Sunshine Coast Community Services Legacy Housing**

Housing for adults living with mental illness.

**604.747.4735**

## **Yew Transition House**

A safe, confidential shelter with 24 hour support for women of all ages & children seeking safety from abuse.

24 hour access line – **604.885.2944**

## **Emergency Shelters**

Sechelt Shelter- 5653 Wharf Ave -

**604-740-8160** (24/7 phonenumber)

Raincity Homelessness Outreach Coordinator–

**778.989.5179**

**Hightide supportive housing** - **778-458-4003**  
(24/7 phonenumber)

**Resource Centre Legal Advocacy Program**

**604.989.5771**



## 3 Main Options

### ***Public***

**Vancouver Coastal Health**

**Home Care Services  
604.741.0726**

- Personal Care Supports
- Assessment of needs, development and delivery of care plan
- Fees apply - based on income

### ***Not for Profit***

**SC Community  
Services Society**

**Better At Home  
604.885.5881**

- Non Medical Supports
- Participant intake process and matching of participant to volunteer and/or contractor
- Sliding scale fees based on income and ability to pay

### ***For profit***

**Private Agencies**  
*(See list from Vancouver Coastal Health, referrals, phone book)*

- Independent or a franchise
- Services based on client need/want – most flexibility
- Your responsibility to interview providers and hire on your own terms
- Fees charged by hourly basis or contract





## Housing

### **S.A.F.E.R**

Shelter Aid for Elderly Renters  
Rent subsidy for seniors  
60+ with low income. Call  
to find out if you qualify.

**604.433.2218**

## Renovation Grants

**HASI** - Home Adaptation  
for Seniors Independence

**RRAP** - Residential Rehab  
Assistance Program

**1.800.257.7756**

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

## Community Volunteer Income Tax Program

- Free program for low income individuals \$35,000 or couple \$45,000
- Year round tax drop off at Resource Centre
- Tax clinics Coast wide in March & April

**The Resource Centre  
can help you fill out  
some financial forms  
and as well, we can help  
connect you to services  
and programs that can  
provide assistance with  
financial matters.**

## Service BC

*\*\*New location \*\**

**5498 Wharf Ave, Sechelt**

**Call: 604.885.5187**

## Service Canada

*Mobile Centre at Service BC*

*Check their website for up-to-date  
outreach hours.*

- Old Age Security (OAS),  
Guaranteed Income  
Supplement (GIS), Canada  
Pension Plan (CPP)
- Disability Benefits,  
Retirement Pension, Survivor  
Benefits
- Employment Insurance,  
Compassionate Leave
- Veterans Programs

## Medical Services Plan & Pharmacare

1.866.663.7100

## Veteran's Affairs

1.866.522.2122

## Income Assistance & Disability

1.866.866.0800



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# Legal, Planning and Elder Abuse

**Resource Centre – Legal Aid Community Partner**  
**Legal Information Program Coordinator – 604-989-4945**  
Get help navigating and accessing free & low cost legal resources



Legal  
Services  
Society

## Advanced Care Planning

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

- SC Hospice Society coordinates community workshops **604.740.0475**

## Wills & Estates

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

- People's Law School
- Community Workshops
- Lawyer or Notary
- Libraries have many resources
- Resource's Centre Legal Information Program

## Elder Abuse

***Abuse, neglect or self neglect:***  
***Emotional, Financial, Physical, Sexual, Social***  
**Call 911 or RCMP (Emergency)**

To report or get assistance call:

- Home Care Services **604.741.0726**
- SC Community Services Society **604.885.5881**
- SAIL - Senior Abuse & Info Line **1.866.437.1940**
- Public Guardian & Trustee **604.660.2421**



# Transportation



## BC Transit Bus

**604.885.6899**

Are you eligible for the  
*BC Bus Pass program*  
for low income seniors?

## HandyDart (SCRD)

**604.885.6897**

## BC Ferries

**604.886.2242**

- Assured Loading
- Travel Assistance Program  
(TAP Form) **1.800.663.7100**

## Volunteer Driver Programs

**Vancouver Coastal Health**  
(For Medical)

**604.741.0726**

**Better at Home**  
(For Non-Medical)

**604.885.5881**

## Private Companies

- Taxi
- Care for a Lift
- Share-There
- Coast Car Co-op
- Coastal Rides

Family,  
Friends &  
Neighbours



# What Can You Do?



- ✓ Be a “peer navigator” for family, friends & neighbours by sharing what you have learned today!
- ✓ Start to plan for your future needs.
- ✓ Don’t be afraid. Ask for help and/or offer help!
- ✓ Phone, visit or go online to learn more about your community resources.
- ✓ Be involved in your neighbourhood and your community.
- ✓ Join activities to learn, stay active and connected.



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## **Questions? Need more information?**

Give us a call to talk, or make an in-person appointment.

No question is too small, or too large.

**\*\*In context of COVID-19, we can help you  
navigate changing services.\*\***

**604.885.4088 - [www.resourcecentre.ca](http://www.resourcecentre.ca)**

**Facebook.com/SunshineCoastResourceCentre**

**Address: 107A – 5710 Teredo Street, Sechelt  
(Teredo Square, next to Scotiabank)**

**Thank you!**

