



Caregiver Respite Programs & Services

SUNSHINE COAST, BC

Community and Government Services

Caregivers On the Coast Support Network

Caregivers On the Coast Support Network is dedicated to providing compassionate listening and offering resources to caregivers of all ages and circumstances. We acknowledge, appreciate and support residents who are unpaid caregivers to a family member or friend – and the stress and fatigue that may cause. We offer one-to-one support by phone, email or face-to-face.

Website: resourcecentre.ca/program/caregiver/

Email: caregiversupport@resourcecentre.ca

Phone: (604) 885-4088.

Better at Home - Sunshine Coast Community Services (Gibsons & Sechelt)

Better at Home provides non-medical support such as friendly visits, transportation, grocery shopping, light housekeeping and yard work, technical assistance and minor home repairs. Available in all areas of the Lower Sunshine Coast.

Sunshine Coast Community Services (West Sechelt to Port Mellon)

Website: <https://www.sccss.ca/programs/community-action-engagement/better-home>

Email: betterathome@sccss.ca

Phone: (604) 885-5881 ext. 249.

Pender Harbour Health Centre

Website: <https://penderharbourhealth.com/better-at-home/>

Email: haida.bolton@penderharbourhealth.com

Phone: (604) 212-2232



Home Care Volunteer Program - Vancouver Coastal Health (VCH)

Vancouver Coastal Health (VCH) provides volunteer programs including volunteer drivers to drive to and from essential medical appointments, a telephone tree, friendly visitors, grocery shopping and Meals on Wheels.

Phone: (604) 741-0726.

Home Care Volunteer Program - VCH

Provides volunteer drivers for essential medical appointments, a telephone tree, friendly visitors, grocery shopping, and Meals on Wheels.

Phone: (604) 741-0726

Adult Day Program - Silverstone Care Centre (VCH)

Adult Day Programs provide structure services and activities to adults living with physical and/or cognitive impairment and want to keep living independently as long as possible. Eligibility is determined through an assessment process by home and community case managers

Website: www.vch.ca/en/location-service/adult-day-program-silverstone-care-centre

Phone: (778) 606-3060

Older Adult Mental Health (VCH)

Supports adults 65+ living with dementia, mental health, or substance use concerns, especially when symptoms impact daily life. Referrals are accepted from community partners, physicians, family, friends and self-referrals.

Email: OAMHSC@vch.ca

Phone: (604) 924-8370

Sunshine Coast Hospice Society

Offers one-on-one volunteer support and The Circle Wellness Day Program, giving caregivers a chance to take time for themselves.

Website: www.coasthospice.com

Email: info@coasthospice.com

Phone: (604) 740-0475

Sunshine Coast Nursing Support Services at Sechelt Health Unit

Provides services for children aged 0 to 19 years. Contact Sunshine Coast Nursing Support Services to learn about accessing these services. A health-care professional will discuss the child's needs, eligibility and the referral process. A referral from a physician or nurse practitioner is required.

Phone: (604) 885-5164



Pender Harbour Health - Adult Day Program

The ADP program provides four hours bi-weekly of respite and care for people with dementia. Social interaction, activities and a healthy meal are provided in a friendly and safe environment.

Website: penderharbourhealth.com/adult-day-program/

Phone: 604-740-2823

Sunshine Coast Association of Community Living

Offers respite for children, youth, and adults with developmental disabilities. Families can choose a screened caregiver or be matched through the program. Care is flexible in timing and location, taking place either in the community or at the caregiver's home. Adult referrals go through Community Living BC; children's services may be arranged through the Ministry of Children and Family Development.

Website: www.scacl.ca

Email: info@scacl.ca

Phone: (604) 885 7455

Private Sector Services

CoastCare

Offering personalized in-home nursing & care services from meal preparation, medication management, post surgery recovery and respite for caregivers.

Website: www.coastcare.ca

Email: info@coastcare.ca

Phone: (604) 740-4111

Dial a Dog

Supports your loved one with services such as walks, prescription pickups, and more. Some services are free depending on income.

Website: dialadog.ca

Email: dialadog@protonmail.com

Phone: 778-549-8664



SUNSHINE COAST

Resource Centre

Unit 107A - 5710 Teredo Street, PO Box 1443,
Sechelt, BC V0N 3A0
help@resourcecentre.ca | 604.885.4088

Home Healthcare Network

Home Healthcare Network is locally owned and operated and provides companionship and home care for anyone who needs help at home from personal care, respite, meal preparation companionship to full time or live in caregivers.

Website: www.homehealthcarenetwork.ca

Email: info@homehealthcarenetwork.ca

Phone: (604) 740-1993

Nurse Next Door Home Care

They deliver home care services to help seniors maintain their independence by supporting them where they need it. From disability or post-surgery care, their in-home care offer support in personal care, meal preparations, 24-hour home care and more.

Website: www.nursenextdoor.com/location/sunshine-coast-bc

Email: sunshinecoast@nursenextdoor.com

Phone: (604) 747-2847

There are many other community services and supports available for seniors and caregivers. To learn more, contact us at careiversupport@resourcecentre.ca or (604) 885-4088, or visit our online directory at www.resourcecentre.ca/resource-directory.

Please Note: A listing in this directory does not imply endorsement by the Resource Centre. This list is provided for reference only. For complete and up-to-date information, including fees and services, please contact the organizations directly.