

Health-Related Resources for Seniors on Salt Spring Island

Lady Minto Hospital

- small community hospital of 50 beds, of which 19 are designated Acute Care and 31 Extended Care
- respite bed available; palliative care suite in both Acute & Extended Care
- 24 hour emergency services
- physiotherapy, laboratory, pharmacy and radiology (with ultrasound) departments
- midwifery service for in-house deliveries
- radiologist, internist, psychiatrists; endoscopy services twice monthly
- visiting outpatient clinics: ophthalmology, urology, and podiatry
- coronary monitoring services & care for cardiac patients
- dietitian - individual consultations - **250-538-4802**
- for more information, call **250-538-4800**

Greenwoods (Residential Complex Care) Eldercare Society

- government subsidized facility with 50 beds, 1 short-term respite bed & 1 transitional care bed
- for seniors who can no longer be cared for at home & require 24 hour/ 7 day a week nursing care
- cost depends on client income; affordable for those with a basic pension
- access: potential residents must be assessed by the Home & Community Care Case Manager (VIHA) in their home area and then may qualify to be wait-listed for Greenwoods
- **250-537-5561** Administrator: Andrew Brown

Day Program

- program of social activities, health monitoring and lunch
- Tuesdays, Wednesdays and Thursdays from 11:00 a.m. to 4:00 p.m.
- may be attended 1 to 3 days / week: \$8.00 / day
- limited transportation available
- access via the Home & Community Care Case Manager, after assessment

Respite Bed

- room and care at Greenwoods for a limited period of time (up to 4 weeks / year)
- for seniors who are normally cared for at home
- available, if assessed & reserved, through the Home & Community Care Case Manager

Community Bathing Program

- for those who cannot bathe themselves safely - small fee
- access via assessment by Home & Community Care Case Manager

- also, see "**Braehaven**" under Assisted Living, p.4.

Information current May 2010
provided by **Salt Spring Wellness Programs (250-537-4607)**

Health-Related Resources for Seniors on Salt Spring Island

Home Support Services (managed by Beacon Community Services)

- in-home, 7 day / week service by qualified bonded Personal Care Attendants; supervised by Registered Nurse
- **subsidized** - services are accessed through Home & Community Care Case Manager
 - an in-home assessment will be conducted by a Case Manager to evaluate needs and offer relevant community resource information
 - services include: personal care, respite care and possible laundry assistance
 - per diem rates are calculated by the Home & Community Care Case Manager using the previous year's Income Tax return
 - must first apply via physician or Central Intake - **1-888-533-2273**
- **private** - accessible by anyone as a private client
 - services include: personal care, cleaning, meal preparation
 - contact **250-537-9955** directly

- for names of caregivers offering private short-term care, please call Sharon Glover, Wellness Programs Coordinator at 250-537-4607

Vancouver Island Health Authority (VIHA)

Long Term Care

- may include Home Support Services, Adult Day Care at Greenwoods, respite in home or facility (see 'Respite Bed'), and facility waiting list
- eligibility: B.C. residents of at least 3 months, 19 and older with chronic and / or progressive illness of longer than 3 months' duration
- anyone can refer via family physician or Central Intake: **1-888-533-2273**

Home Care Nursing

- Registered Nurses teach, coordinate, & administer medications, change dressings and perform other nursing functions
- access: through physician or other care programs
- **250-538-4880** or call Central Intake at **1-888-533-2273**

Public Health Nursing: Child, Youth & Family Community Health

- various functions in community, including health promotion, immunization for disease prevention and communicable diseases
- access by calling **538-4880**

Information current May 2010
provided by **Salt Spring Wellness Programs (250-537-4607)**

Health-Related Resources for Seniors on Salt Spring Island

(VIHA cont'd)

Elderly Outreach: Older Adult Mental Health & Addiction Services

- short-term in-home or facility assessment from an outreach clinician and/ or the multidisciplinary support team
- treatment & support for those 65+ experiencing mental health problems
- on island 1 day/week
- access to geriatric psychiatric consultation service
- access via physician, other care programs or by calling **1-250-519-5279**

VISTA Services

- for older adults experiencing problems where alcohol, prescription drugs or other substance may be involved
- elder abuse issues
- clinician makes weekly visits to island
- call **1-250-519-5279** for information or referrals

Medical Alert

Lifeline

- a personal response medical alert system
- \$41.95 per month after installation charge
- on-island coordinator Kristi Spencer - **250-537-5848** or pager **250-537-8158**

Seniors Services Society

- a charitable organization with around 450 senior members who help each other and the seniors' community with a range of services, free and volunteer-based
- Blood Pressure Clinic** - free to all - last Monday of each month except December, from 10:00 a.m.- noon
- Senior Peer Counsellors** - trained lay seniors helping other seniors with mild to moderate social or emotional issues, weekly, in their homes- confidential
- Friendly Visitors / Friendly Voices**- helpful volunteers who make weekly visits (or regular phone visits) to lonely or isolated seniors, to brighten their day - confidential
- Driver Program** - volunteer seniors drive to medical, dental, and limited social appointments, or shopping, on island, or medically related appointments to Vancouver Island, when senior has no other means of transportation and with advance notice
- Thursday Luncheon** - a tasty and social gathering at noon most weeks except during July - September at a cost of \$5.00 - reserve by Wednesday before noon
- Friday Friendly Get-Togethers** - 10:00 - 11:00 a.m. coffee, goodies & conversation
- Computers** - use and training for e mail and other applications
- Caregivers' Support Group** meets Wednesdays 11:00 - noon
- contact Marg Monro 250-537-5004

Information current May 2010
provided by **Salt Spring Wellness Programs (250-537-4607)**

Health-Related Resources for Seniors on Salt Spring Island

(Seniors Services Society cont'd)

Social Activities include: choir, chess, stamp club, Readers' Theatre, painting, MahJongg

Monthly Program 4th Wednesday of the month

- for information about these programs & more,
call **250-537-4604** Monday - Friday, 10:00 a.m. - 3:00 p.m.
- also. see **Wellness Programs** (*below*) for additional services

Wellness Programs

- free programs, consultation, referral and sharing of community health and social support information for seniors
- coordination of Screening Mammography & Arthritis Self-Management Programs
- Peer Support, Friendly Visitors, Friendly Voices programs
- Seniors' Van Excursions
- also, see www.saltspringcommunityservices.ca - **Wellness Programs**, "**Wellness Programs**" brochure for information & contacts with support groups on the island
- contact Sharon Glover at **250-537-4607 Monday - Wednesday 10:00 - 4:00**, or leave a message at any time

Salt Spring Community Services

- free counselling services with professional, experienced counsellors
- Food Bank on Tuesdays 11:00 - 4:00 - seniors welcome!
- check the website for many more services www.saltspringcommunityservices.ca
- call **250-537-9971**

Supported Living for Seniors

Meadowbrook, a 37 suite affordable, assisted living rental facility owned + operated by **Gulf Islands Seniors Residence Association (GISRA)**

- 5 of the apartments have services subsidized by VIHA
- contact **250-538-1995**

Braehaven Assisted Living - 30 suites subsidized by VIHA

- call **250-537-5520**

Abbeyfield Society - possible future south end senior housing

- call President Gary Holman 250-653-2042 for more info

Salt Spring Hospice (Bessie Dane Foundation)

- free emotional and vigil support for people in the palliative stage and their families; also, support for bereavement

Information current May 2010
provided by **Salt Spring Wellness Programs (250-537-4607)**

Health-Related Resources for Seniors on Salt Spring Island

- contact **250-537-2770** or office@saltspringhospice.org
web site: <http://saltspringhospice.org/pages/contactus.html>

Grief Recovery Program

- 6 - 2 hour group sessions for people coping with the death of a loved one
- run several times a year - non-denominational
- call **250-653-4945** or **250-537-2654** for more information

Home-delivered & Portable Meals

Meals on Wheels

- hot meal, home-delivered by volunteers, which can serve as the main daily meal made in Greenwoods' kitchen
- delivered Monday - Friday; may order extra (frozen) meals for the weekend
- \$6.00 per person per meal
- modified meals to suit dietary needs if necessary
- self or family referral, or access through family physician or Home & Community Care Case Manager
- for more info, contact Catherine Bennett **250-537-5561 x 33**

Chef on the Run

- private company offering home delivery of fresh, frozen main course dishes
- dish costs approximately \$7.25 each
- delivery cost of \$5.00 for total order
- contact: toll-free **1-877-704-2433** or www.chefontherun.net

Dinner's Ready

- home-catering service - pick up at Embe Bakery
- meals fully cooked & frozen
- **250-537-0867** or www.dinnersreadyonsaltspring.com

Jana's Bake Shop

- delicious "small offerings" - frozen chicken pot pies (\$6) or individual quiches (\$5) 7:00 a.m. - 3:00 p.m. **250-537-0029**

Shopping Services

Thrifty Foods Sendial Service

- no charge shopping service & delivery (\$5) for seniors or housebound people
- volunteer shoppers will shop for you on Thursday mornings
- call **250-537-1529** between 8:30 - 11:45 a.m. on Thursdays

Country Grocer (formerly Ganges Village Market)

- for an order of \$25.00 or more, \$5.00 will be paid toward cab service to your home

Information current May 2010
provided by **Salt Spring Wellness Programs (250-537-4607)**

Health-Related Resources for Seniors on Salt Spring Island

Red Cross

- medical equipment loan service - over 400 items -wheelchairs,walkers, commodes, etc
- contact **250-538-4834 Monday, Wednesday, Friday 10:00 - 2:00**

Alcoholics Anonymous

- support and information: contact **250-537-7573**

Tetra

- technically skilled volunteers create assistive devices for people with disabilities
- contact **250-537-9351**

Foot Care

- Skin Sensations** - senior foot care \$25.
- contact **250-537-8807**

- Feet First**- certified foot care nurse
- office visits \$25

- contact Heather Howard: **250-537-0715**

Heather Robertson, R.N. 250-653-9967 - in-home foot care

ADDITIONAL HELPFUL RESOURCE INFORMATION:

- **Health & Seniors' Information Line @ 1-800-465-4911**
8:30 a.m. - 4:30 p.m. Monday - Friday
- **"Information for Seniors" Guide**
- useful information on government services from housing & health to recreation
available at www.mcaws.gov.bc.ca/seniors/
- **"BC Health Guide" - Helping you & your family stay healthy**
- available at all pharmacies or bchealthguide.org
- **24 - Hour BC HealthGude Nurseline**
- call to speak with a Registered Nurse any time, day or night **1-866-215-4700**
- **Deaf & Hearing-Impaired toll free 1- 866-TTY-4700**

YOUR OWN NOTES:

*This information is updated regularly by Sharon Glover,
Wellness Programs Coordinator.*

Information current May 2010
provided by **Salt Spring Wellness Programs (250-537-4607)**