

# Community Contacts for Older Adults

## FIRE - POLICE - AMBULANCE 911

### Support

Contact your local Health Unit to have a Continuing Care staff person come to your home and discuss services and supports available to you.

<b>Pender Site</b>	604-669-9181	<b>Evergreen (East)</b>	604-872-2511
<b>Pacific Spirit (West)</b>	604-261-6366	<b>3 Bridges Community</b>	604-736-9844
<b>South</b>	604-321-6151	<b>Health Centre</b>	

### Community Health Services include:

- **Home Care** In home professional nursing and rehabilitation services for those whose health makes it difficult to look after themselves.
- **Home Support** Home support services include help with bathing, dressing, walking, meals and household tasks, etc.
- **Case Management Services** Assistance for people in identifying care issues and co-ordinating services.
- **Residential Care** Access to facilities for people who can no longer be cared for at home and who require 24-hour supervision.
- **Palliative Care/Hospice Care** In home assistance intended to comfort and support individuals & families living with a life threatening illness.
- **Volunteer Program, Nutrition Counselling**

### Mental Health Services

- Greater Vancouver Mental Health Services - Geriatrics ..... 604-874-7626
- Mental Health Information Line ..... 604-669-7600
- Alzheimer Society of B.C. .... 604-681-6530

### Equipment

- Red Cross Equipment Loan - wheelchairs, walkers, etc..... 604-301-2566
- Health Link Medical Equipment Supply ..... 604-264-8080
- Mobility Matters - Resources for Independent Living..... 604-267-0831

## Personal Emergency Response Systems

- Canadian Medic Alert Foundation (hot line registry) ..... 1-800-668-1507
- Life Line Program (emergency response) ..... 604-872-5433
- Wandering Registry (Alzheimer's Society of Canada) ..... 1-800-616-8816

## Transportation

- Handy-Dart Bookings ..... 604-430-2692
- Vancouver Taxi Wheelchair Services ..... 604-255-5111
- Parking Permit Program for People with Disabilities ..... 604-718-7744
- Volunteer Driver Program (Cancer Patients Only) ..... 604-872-2034

## Meals

- Meals on Wheels ..... 604-732-7638
- Dial-a-Dietitian (English, Chinese, Punjabi) ..... 604-732-9191  
outside of Vancouver: ..... 1-800-667-3438

## Personal Emergency Response Systems

- Arthritis Telephone Information Service ..... 604-875-5051  
outside of Vancouver: ..... 1-800-321-5051
- BC Lung Association - programs for breathing problems ..... 604-731-5864
- BC Centre for Elder Advocacy and Support ..... 604-437-1940
- Parkinson Society of British Columbia ..... 604-662-3240
- Blood Services Mobile Lab ..... 604-412-4495
- Canadian Continence Foundation ..... 1-800-265-9575
- Canadian National Institute for the Blind ..... 604-431-2121
- Cancer Information Line ..... 604-879-2323
- Diabetes Resource Centre Information Line ..... 604-732-4636
- Heart & Stroke Foundation of BC ..... 604-736-4404
- Office of the Public Trustee - Legal & financial affairs for at risk seniors ..... 604-660-4444
- Osteoporosis Society (Resource Line) ..... 604-731-4997
- Seniors Well Aware Program (SWAP) - Alcohol & Drug concerns ..... 604-662-7927
- Seniors Housing Information Program (SHIP) ..... 604-520-6621
- Seniors Counselling Service (411 Dunsmuir) ..... 604-684-8171
- Stroke Recovery Association of BC ..... 604-688-3603
- SUCCESS - United Chinese Community Enrichment Services Society ..... 604-684-1628
- Western Institute for the Deaf and Hard of Hearing ..... 604-736-7391

Please contact your family doctor for advice or if you become ill. For a medical emergency you should go to the Emergency Department of your local hospital.

For more information about health concerns, call or visit the CIBC Centre for Patients and Families: **604-875-5887**, Vancouver General Hospital, Jim Pattison Pavilion, Rm 1861, 899 West 12th Avenue.

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The information in this document is intended solely for the person to whom it was given by the health care team.

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