

Better at Home: Bowen Island



"Seniors on Bowen Island love island life. We're here to support you to continue living the way you want to." – Sue Carabetta

As of this past March, eligible Bowen Island residents can access the Better at Home program. Funded by United Way, North Shore Community Resources is now offering a satellite Better at Home program on Bowen Island. Caring Circle was a strong advocate for bringing this program to the island to add new resources to programs and services available to seniors. Better at Home presence on Bowen means residents can access services like house cleaning, home repairs, grocery shopping, yard work and transportation to appointments.

Kim Sinclair is a long-time resident of Bowen Island, and is now the coordinator for the Better at Home program on Bowen. Sinclair understands the needs of her community, and is grateful to see the program made available. "There was a gap in services that Caring Circle could not fill," says Sinclair. "Many people moved here 30 or 40 years ago and are struggling to manage large properties as they age." The Better at Home program expands services on a sliding income scale, making it available for everyone. Volunteers can help residents maintain their properties and access essential services so they can live at home for longer.



United Way helping seniors remain independent.

Sinclair has been hard at work letting seniors know the services are available and doing her best to recruit volunteers. "It feels good to help," says Sinclair. "It's good for seniors and it's good for volunteers. There's an opportunity to transfer intergenerational wisdom." Kim, along with NSCR staff Morgan and Sue, want potential clients to know that it costs nothing to sign up, and there's no pressure to commit to services. Signing up makes it easier to access services when and if you need them. "Seniors on Bowen Island love island life. We're here to support you to continue living life the way you want to," ensures Sue Carabetta, NSCR Manager of Seniors and Community Engagement.

It takes a lot of work to get a program like Better at Home going, but Sinclair believes it's gaining traction. Volunteers and clients



are trickling in, but what really lights her up are the interactions she has with her community as she spreads the word. "They tell me they're so glad we're doing this program, and that sure makes it feel good!" says Sinclair.

As Bowen Island settles in to beautiful spring weather, the newly launched program is in need of volunteer gardeners to help seniors maintain their properties. If you are a Bowen Island resident who can help, or you know someone who can, contact Kim! Spread the word about Better at Home Bowen Island.

For more information on Better at Home services, [visit our website](#) or contact [Kim Sinclair](#)

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