

Meet NSCR's New Better at Home Program Coordinator: Nicola Harris



NSCR welcomed a new Better at Home Coordinator this Fall - Nicola Harris. We are excited to have this skilled, kind person at the helm of our much valued program that supports North Shore seniors. Here are a few questions and answers that will help you learn more about Nicola.

Can you tell us about yourself? How did you end up in this role?

I have lived on the North Shore most of my life since moving here from the United Kingdom at the age of seven. I am a proud Mom of three amazing kids. I have many years experience working with seniors and their families, mainly in a community relations capacity helping them navigate the senior living world. I was looking for a position where I could take my transferable skills and experience to support the North Shore community.

What do you like about working as NSCR's Better at Home Coordinator?

I enjoy connecting with seniors and their families and working

with an incredible team. It is rewarding to work in a position that helps make a difference in the lives of local seniors.

What would you like our community to know about the program?

The North Shore Better at Home program is a non-profit service that supports local seniors by providing basic, non-medical supports. The program is offered to clients living independently on the North Shore who are over the age of 65 or who are between the ages of 55-64 and on disability assistance.

The program currently offers the following services (delivered by a mix of paid contractors and volunteers): Light Housekeeping, Minor Home Repairs, Transportation to medical appointments,, Light yard work, Friendly Visiting & Grocery Shopping Pick Up & Delivery.

What would you say to a potential client or volunteer who is unsure about getting started?

To a potential client I would tell them that there are supports to assist them in enriching their lives provided by a great team and dedicated volunteers. To a volunteer I would say that donating your time is rewarding and much appreciated by seniors who rely on our services.

North Shore Better at Home is designed to enhance seniors' well-being and independence by providing a selection of non-medical services.

The North Shore Better at Home program is open to residents of the North Shore who are 65 years and over or who are between the ages of 55-64 and on disability assistance. To be eligible, a resident must be living independently and not in private or publicly subsidized assisted living or a long term care home. We provide assistance with the following:

- *Grocery pick-up and delivery*
- *Prescription pick-up and delivery*
- *Prepared meal pick-up and delivery*
- *Light yard work service*
- *Minor home repair service*
- *Transportation to medical appointments*
- *Friendly visiting (over the phone during the COVID pandemic)*
- *Light housekeeping service*

If you are interested in volunteering with our Better at Home program, please contact Elaine Smith: elaine.smith@nscr.ca or 604-982-3307. If you have any questions about referring yourself or someone you know to the Better at Home program, please contact Nicola Harris: nicola.harris@nscr.ca or 604-982-3321