

SENIORS ONE STOP

Frequently Asked Questions



I AM STRUGGLING TO PAY RENT, WHAT ARE MY OPTIONS?

- Subsidized housing can be applied for through the BC Housing Registry
- You can also apply to individual subsidized housing buildings
- SAFER subsidy is available for elderly renters paying more than 30% of their income in rent

WHAT FINANCIAL BENEFITS ARE AVAILABLE TO ME?

- Canadian Pension Plan, Old Age Security and Guaranteed Income Supplement (for low-income seniors) are the main sources of financial support for seniors
- The provincial Seniors Supplement may be available to low-income seniors. Call for more information!



WHAT OPTIONS ARE AVAILABLE FOR HOME SUPPORT?

- There are private pay options for home support. Ask for our "In-Home Services" package for more information!
- There is subsidized light housekeeping available through our Better at Home Program (currently waitlisted)
- Vancouver Coastal Health provides home and community care to individuals with high need with fees based on income

I'VE LOST MY LICENSE, WHAT TRANSPORTATION OPTIONS ARE AVAILABLE?

- HandyDart and public transit are available. Low cost bus passes are available for low-income seniors.
- Transportation to medical appointments is available through our Better at Home Program
- West Vancouver Seniors Shuttle Bus. Call for more information!

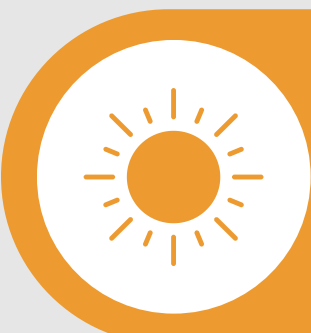


ARE THERE LOW COST EXERCISE CLASSES FOR SENIORS ON THE NORTH SHORE?

- North Vancouver recreation has some low-cost activities available for seniors.
- Silver Harbour Seniors Centre has a by donation exercise class called Keep Well. Call for more information!

WHO CAN I CALL IF I'M IN CRISIS OR NEED MENTAL HEALTH SUPPORT?

- Peer Assisted Care Team 1-888-261-7228
- Seniors Distress Line 604-872-1234
- 9-1-1 if it is an emergency or you are imminently at risk of suicide



WHAT ARE SOME TIPS TO STAY COOL IN THE EXTREME HEAT?

- Drink plenty of water
- Cover your windows with white sheets to reflect the sun
- Wet down your clothing or sheets
- Visit a cooling station or reach out to friends, neighbours and family

Call us for more information on all of these topics and more!
604-982-3302

