



Community Services and Resources to Help You at Home

Chilliwack

Chilliwack Primary and Community Care
45470 Menholm Road
Chilliwack, B.C. V2P 1M2
Phone: 604-702-4800
Fax: 604-702-4801

For health care and support at home
Call our Home Health Services Line

1-855-412-2121

8:00 a.m. – 9:00 p.m., 7 days a week



Community Services and Resources

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Community Care Services

Community Care services are meant to *supplement* rather than replace the efforts of people to care for themselves with the help and support of family, friends, and neighbours.

Eligibility for Community Care services varies. You might need to pay for services depending on your income.

Please note: Community Care services **do not** include:

- housekeeping
- transportation
- snow removal

Important: Pets and Smoking, Vapour and Tobacco policies

Fraser Health has a Pet policy and Smoke, Vapour and Tobacco policy to keep staff safe while providing care in your home.

We review these policies with you before your first home visit.

Pets must be secured while staff are in your home.

Please do not smoke or vape in your home 1 hour before your visit and while we are at your home.

Not following these policies could affect your services.

The following briefly describes Home Health services.

Community Health Nurses

Our nurses work with you to create your plan of care and help you stay safe at home. The nurse sees you in a clinic setting or in your home.

Community Health nurses work with you to develop your health plan so you can live at home for as long as possible, by determining the type of care and support needed to help you stay at home safely.

Physiotherapy and Occupational Therapy

Therapists teach you how to improve and/or maintain your physical health and your ability to do every day activities.

Therapists assess and treat you at home when you are not mobile enough to go to a Community Clinic.

Health Services for Community Living

A program available to developmentally delayed adults with medical conditions who need added support so they can be as healthy as possible.

Clients are referred to this program through Community Living BC Services.

Social Work

Social Workers can help with safety and risk concerns, personal distress, and system navigation. They can also give information on financial programs and community resources such as housing options. Social workers support and protect vulnerable adults.

For Emotional Support and Well-being

Alzheimer Society of BC 604-702-4603

Ann Davis Transition House 604-792-3116
Safe secure shelter to abused women and their children.

**Canadian Cancer Society
Chilliwack Branch** 604-792-3984

**Chilliwack Senior Resource Society and
Evergreen Hall** 604-793-9979
Wide variety of resources and services offered to promote independence of seniors.

Chilliwack Community Services 604-792-4267
Services, information, and resources covering a wide variety of health concerns.
Help for seniors in finding community resources.

Chilliwack Hospice Society 604-795-4660
Offers support groups, companionship, emotional support, and education as well as respite for caregivers and families of those with a terminal illness.

Chilliwack Mental Health 604-702-4860

Chilliwack RCMP Victim Services 604-393-3020
Provides support and information to those affected by crime or trauma.

For Emotional Support and Well-being

Chilliwack Senior Peer Counsellors

Senior peer counsellors trained to provide
support to seniors 604-793-7204

Dementia Help Line 1-800-936-6033

Mental Health Crisis Line 1-877-820-7444

Prostate Cancer Support Group 604-824-5506

Monthly meetings on Thursdays at 7:30PM at the
Peace Lutheran Church. Please contact Dale
Erikson

Re:act 1-877-732-2808

Information about abuse and neglect

Seniors Abuse Information Line 1-866-437-1940

Family Caregivers of BC 1-877-520-3267

familycaregiversbc.ca

Family Caregivers Support Group for Chilliwack

604-798-2023

Support for Caregivers of Older Adults

Virtual meetings: First Monday of the month

In-person meetings: Thursday afternoons

Meals Programs

- Better Meals** 1-888-838-1888
 Frozen meals delivered weekly bettermeals.ca
 Wide variety of choices
 Breakfast, lunch and dinner
- Mae's Elite Foods and Catering** 604-702-1844
 Frozen meals delivered weekly
 Wide variety of choices
- Meals on Wheels** 604-793-7242
 All meals prepared by a local restaurant
Hot meals delivered Monday to Friday
 Sardis area: Monday, Wednesday, and Friday
Frozen meals also available
- Tydel Foods** 604-316-6015
 Grocery store that supports low income seniors
 by providing low cost and free packages of
 meats and fresh produce. Grocery shopping for
 the public is available too.
 45766 Patten Avenue

Shopping (Grocery Service)

Save-On-Foods Delivery 1-800-242-9229
Website: saveonfoods.com

Real Canadian Superstore 604-824-4236
Website: realcanadiansuperstore.ca

M&M Food Market 604-824-1501
Website: mmfoodmarket.com

Safeway 604-858-8115
Website: safeway.ca

Freshco 604-795-6428
Website: freshco.com

Other Helpful Resources

BC Bus Pass Program 1-866-866-0800

BC211 2-1-1

Looking for community, social, or government services? Call 2-1-1. It is free!

Better at Home 604-393-3251

Helps seniors with simple day-to-day tasks so they can continue to live in their home

Cancer Society Transportation 604-792-3984

Volunteer drivers using their own vehicles to take people with cancer to and from cancer-related appointments

CanScreenBC

Virtual Healthcare services across the province. This clinic offers screening for lungs, breast, and colon, with plans to include pap tests. This is available to clients who do not have a family doctor.

Chilliwack Resource Center 604-702-9595

Emergency Department Approximate Wait-times
edwaittimes.ca

Lifeline 1-888-969-1818

A service that provides 24-hour emergency help at the push of a button

Other Helpful Resources

Compassionate Neighbourhood Society

604-798-2023

Offering 5 different programs to serve residents of Chilliwack and Sardis:

1. **Seniors Connect Café** – Provides weekly meeting for seniors to socialize and learn about health resources
2. **Intergenerational program** – Offers bi-weekly events for intergenerational games, crafts and conversations
3. **Family Caregiver Support group**
4. **Neighbourhood Connectors**
5. **One-on-One support**

Prime Estate Hair Salon

778-989-7312

A hair salon that provides mobile hair services

Cherish Project

604-391-0083

Volunteers that support seniors by providing meals after going home from the hospital, weekly bread deliveries, transportation to appointments and social support.

cherishproject.ca

Other Helpful Resources

SeniorsBC.ca **seniorsBC.ca**

Seniors' resources for planning and living a healthy and active lifestyle

**Ministry of Social Development and
Poverty Reduction** **1-866-866-0800**

Multiple Resources available ranging from financial supports to medical benefits

**Old Age Security and Canada Pension Plan,
Guaranteed Income Supplement,
Disability Benefits** **1-800-622-6232**

**Shelter Aid for Elderly Renters (SAFER)
BC Housing** **1-800-257-7756**

Funding to help low income seniors with rent

Veterans Affairs Canada **1-866-522-2122**

Individuals with military service may be eligible for benefits

Other Helpful Resources

Telus Living Well Companion 1-855-909-2250

For current Telus customers, a 24/7 service to support loved ones with a personal emergency response service, at the push of button

Telus Health MyCare App

An app that helps you see a doctor, psychologist, counsellor, or dietitian from your phone, at your convenience. Scan QR code or visit the website to download the app



<https://www.telus.com/en/health/my-care>

HandiDart 604-795-5121

Door-to-door transit for people who cannot use regular transit without help

Taxi Saver Coupons (50% off taxi fare)

Seniors Transportation and Ride Service (S.T.A.R.S)

604-793-7216

Wheelchair accessible transportation for seniors to go medical appointments, social outings and grocery shopping within Abbotsford and Chilliwack

<https://www.comserv.bc.ca/stars/>

Medical Equipment

Abbey Medical Supplies 1-800-251-8666

BC Housing- BC Rebate for Accessible Home Adaptations 1-800-257-7756

Provides financial help to pay for adapting the home for low-income seniors and people with disabilities

Pentland's Prosthetic and Orthotics Care 604-792-2929

Kintec: Footwear and Orthotics 604-200-3338

Locks Home Health Care 604-795-9489
Medical supplies and equipment rental and sales
Compression fitting

MediChair 1-800-330-3988

Mt. Cheam Lions Lend/Lease Program
Wayne 604-858-0367

Red Cross Loan Cupboard 604-792-2343
Short-term loan of medical equipment including wheelchairs. All items require a referral from a healthcare professional.

Hours: Monday to Friday 9:00AM to 12:00PM

Seniors Resources Society Equipment Registry 604-793-9979
List of used medical equipment for sale

Podiatrists in Chilliwack

Valley Podiatry Inc. Podiatrist 604-792-8280

Abbotsford Chilliwack Podiatry Podiatrist
604-795-3332

Valley Proactive Orthotics Podiatrist
604-846-6786

Medication Support

Most pharmacies offer a variety of services. Check with your local pharmacy to see what services they provide. Some services should include, but not limited to:

- Insulin and diabetic support
- Blisterpacks
- Daily medication administering
- Dispensing services and devices
- Immunizations such as flu and COVID vaccines
- Medication reviews
- In home visits for homebound clients

Private Resources

This page contains private companies and services you might find helpful. Services and fees can vary.

Home Support Agencies

Care Connection Health Services	604-826-6112
Classic LifeCare	1-888-263-5168
Gold Heart Services	604-316-7315
Just Like Family Home Care	778-244-7742
Nurse Next Door	1-877-588-8609
CBI Health	1-877-219-7773
SAFE Care Home Support	604-945-5005
House Calls Health and Wellness	604-510-5155
Right at Home	877-295-3747
Modern Day Home Health Care	778-539-5300
Hero Home Care	1-888-988-9913

Foot Care Nurses

A1 Advance Nursing Footcare	604-703-4605
Carol's Complete Foot Care	604-819-1840
Carmen's Foot Care	604-997-2179
Soleful Foot Care	604-803-0636
Barefoot Sole Care	604-997-0146
Heart and Sole	604-866-7908
Fraser Valley Foot Care	604-402-3668
Tasha's Foot Care	250-517-9573

Staying Active

Cheam Leisure Centre	604-824-0231
Chilliwack Landing Leisure Centre	604-793-7946
Chilliwack YMCA	604-792-3371
Elder College Chilliwack	604-702-2611
Self-Management BC	1-866-902-3767 selfmanagement.bc.ca

Register and receive a Peer Health Coach, these coaches will help you determine goals and actions you want to take, help identify barriers and help you become more motivated.

Seniors Resource Society 604-793-9979
 45580 Spadina – Evergreen Hall
 Membership required (\$)
 Yoga, Line Dancing, Tai Chi, Walking Program,
 Pickle Ball, Table Tennis, Euchre, Strength
 Balance, Zumba, Floor Curling, Cribbage - and
 lots more.

Chilliwack Activity Centre (50 plus) 604-792-4549
 Activities include Bingo, Duplicate Bridge, Carpet
 Bowling, Whist, Crib, Line Dancing, Pot Luck
 Dinners, among other activities, they also provide
 Social Isolation Support.

Day Program for Older Adults

What is this program?

The Day Program for Older Adults is offered by Home Health and located in a building on the Chilliwack Hospital site.

The program provides a wide range of health services to frail older adults and their caregivers.

For clients, it offers therapeutic activities, health monitoring, help with toileting, and lunch. Each client has an individual plan of care that helps to maximize physical, mental, and social functioning.

For caregivers, the program offers support and respite.

Who can take part in this program?

To take part in this program, the older adult must already be a client of one of our Community Care professionals.

It is meant for frail older adult clients who live at home and are experiencing the challenges of aging along with an illness and/or chronic disease.

For more information

Call the Chilliwack Home Health office at 604-702-4800.

Walk-in Clinics

Walk-In Clinic at Walmart **604-792-8482**

Horizon Access Walk-in Clinic **604-392-0881**

Edwards Crossing Medical **604-392-9009**

Wayside Medical Clinic **604-391-1777**

Cottonwood Remedy's

Real-time appointments (Phone call only)

604-858-9446

Chilliwack Pharmacy

Real-time appointments (Phone call only)

604-402-3100

Visit medimap.ca to view wait times and hours of operations for walk-in clinics.

Important Numbers

Chilliwack General Hospital **604-795-4141**

HealthLinkBC **8-1-1**

Offers health, medication, nutrition, and physical activity advice from health professionals

Directs you to appropriate resources in your community

In case of emergency **9-1-1**

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

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For more copies, visit: patienteduc.fraserhealth.ca