

Offering services to seniors that promote optimum wellness
and support independence.

Overview of Services:

- ✓ Information and referral
- ✓ Advocacy (one-to-one and systemic)
- ✓ Community education and awareness
- ✓ Housekeeping & light home repair
- ✓ Running errands
- ✓ Transportation
- ✓ Companionship and connections to the community
- ✓ Connecting with seniors - where they are.



How can the community (you) get involved in supporting local seniors?



- Volunteer to be a Friendly Visitor
- Become a volunteer driver.
- Donate to support seniors programming.

PROGRAM DETAILS & CONTACT INFORMATION

Castlegar Better At Home Program

Who is it for? Seniors of all income levels.

What does it offer? Services such as housekeeping, light home repair, transportation...

How does it work? Screened volunteers and contractors provide services in your home. Better At Home program invoices seniors directly.

Is there a fee? Affordable: based on sliding scale according to income.

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Better at Home is funded by the Government of British Columbia.

SOS – Seniors Outreach & Support Program provides direct advocacy to seniors, free of charge, on a variety of topics including income, debt, housing and more. Services include resource & referral, form completion, etc.
Contact: Sandi McCreight / Nicole Purves

West Kootenay Volunteer Driver Program

provides rides to medical appointments.

Contact: Judy Soroce

