



**North Shore
Community Resources**

Connecting You to Community Services!

NORTH & WEST VANCOUVER

RESOURCES FOR FAMILY CAREGIVERS

** ALL PHONE NUMBERS ARE PRECEDED BY "604"

FINANCIAL RESOURCES

| | |
|---|----------------|
| GST – refund inquiries | 1-800-267-6999 |
| Income Tax Preparation (low income) | 985-7138 |
| Ministry of Housing & Social Development (Income Assistance – N. S.) | 981-0125 |
| Old Age Pension, CPP, GIS | 1-800-277-9914 |
| Revenue Canada | 1-800-959-8281 |
| S.A.F.E.R. [Shelter Allowance] | 433-2218 |
| Social Insurance Number | 988-1151 |
| Veteran's Benefits | 1-866-522-2122 |

HEALTH

| | |
|------------------------------------|----------------|
| N.Shore Home Health(assessments) | 986-7111 |
| HealthLink (24 Hours/7 days) | 811 |
| Adult Day Centre - North Vancouver | 904-3550 |
| West Vancouver | 904-6231 |
| Medical Clinics: | |
| Caulfeild Village | 922-1544 |
| Continuum Medical Care | 913-8183 |
| Dundarave Family Care Ctr. | 925-9962 |
| Family Medical | 986-3627 |
| Lonsdale & 19 th Street | 987-3347 |
| Lynn Valley | 988-5389 |
| Mt. Seymour | 904-7712 |
| Ocean Walk | 925-1884 |
| Park & Tilford | 983-2442 |
| Park Royal Clinic North | 922-7390 |
| Pemberton Marine | 986-0677 |
| Immunization (Non travel) | 983-6700 |
| Lifeline | 1-866-784-1992 |
| Lions Gate Hospital | 988-3131 |
| Meals on Wheels | 922-3414 |
| Medical Services Plan (Gold Card) | 683-7151 |
| NurseLine (HealthLink) | 811 |
| Pharmacare | 683-7151 |
| Stroke Recovery Centre | 929-5803 |
| Support Group Numbers | 983-3303 |
| West Community Health Centre | 904-6200 |

HOUSING

| | |
|---|----------|
| BC Housing Commission | 433-2218 |
| Repair (electrician, plumber, etc.) (Mon, Wed, Thurs, Fri: 9 am – 12 noon) | 529-1100 |
| Residential Tenancy Office | 660-1020 |
| Seniors' NS Housing Information | 983-3303 |
| Tenants' Rights Hot Line | 255-0546 |

RECREATIONAL/SOCIAL

| | |
|---------------------------------------|-----------------|
| Capilano CSS - Seniors' Hub | 988-7115 |
| John Braithwaite Com. Centre | 982-8300 |
| Keep Well | 988-7115 ext.27 |
| Mollie Nye House - Lynn Valley | 987-5820 |
| North Shore Neighbourhood House | 987-8138 |
| N S Volunteers for Seniors Drop-in | 922-1575 |
| North Vancouver Recreation Centres | 987-7529 |
| Parkgate Seniors' Centre | 983-6350 |
| Silver Harbour Seniors' Activity Ctr. | 980-2474 |
| West Vancouver Recreation Centre | 925-7270 |
| West Vancouver Seniors' Centre | 925-7280 |

SUPPORTIVE HELP

| | |
|---|----------------------|
| Access to Gov't Numbers (BC) TDD | 660-2421 775-0303 |
| Alzheimer Society | 984-8348 |
| Capilano Community Services Society Red Cross Loan Depot Seniors' Hub | 988-7115 988-7115 |
| Crisis Line for battered women | 987-3374 |
| Geriatric Outreach Program | 904-6200 |
| NS Disability Resource Centre | 985-5371 |
| NS Volunteers for Seniors | 922-1575 |
| Older Adult Mental Health | 904-6200 |
| Seniors' Peer Support | 987-8138 |
| Special Services/ WVSAC | 925-7281 |

TRANSPORTATION

| | |
|---------------------------------------|--|
| Bus Information North Vancouver | 953-3333 |
| West Vancouver | 985-7777 |
| Bus Pass (Prov. Program) | 1 866 866 0800 (press 4 and then press 3) |
| Cancer Society [to cancer treatments] | 904-2361 |
| Go Bus | 778-230-1852 |
| HandyDART | 575-6600 |
| Handy Card [+Taxi Saver appl'cn] | 453-4634 |
| SPARC (handicapped parking) | 718-7744 |
| Volunteer Drivers: North Vancouver | 988-7115 |
| Volunteer Drivers: West Vancouver | 925-7281 |

GRIEF SUPPORT SERVICES

| | |
|------------------------------|---------------------|
| Grief Share | 922-0911 |
| Living Systems | 926-5496 |
| N.S. Grief Recovery | 979-1600 |
| N.S. Palliative Care Program | 988-3131 Local 4701 |
| Widow's Network (voicemail) | 985-4336 |

ARE YOU A FAMILY CAREGIVER?

If you are providing unpaid support to a parent, spouse, family member or friend, you are a family caregiver.

You may be providing emotional support, assisting with decisions, meals and household tasks, or personal care.

How can the Caregiver Support Program assist you?

- Educational workshops
- Assistance in navigating the healthcare system
- Family caregiver network groups
- Telephone or in-person caregiver support
- Information and referral to community and health resources
- Resource library of books, videos and handouts
- Bi-monthly newsletter, North Shore Family Caregiver News
- Resource Guide for Family Caregivers, North Shore Edition
- Programs for caregivers and their carepartners

For further information on Caregiver Programs and services contact:

Karyn at 604-982-3320 email
karyn.davies@nscr.bc.ca

North Shore Family Caregivers

Website: www.nscr.bc.ca

-click *Information*; click *Caregiver Support*

Helpful Websites for Family Caregivers

- VON Canada:
www.caregiver-connect.ca/en-us/Pages/Home.aspx#
- Family Caregivers' Network Society
www.fcns-caregiving.org
- Canadian Caregiver Coalition
www.ccc-ccan.ca
- Care-ring Voice Network:
www.careringvoice.com
- Family Support Institute
www.familysupportbc.com
- Community Living BC
www.communitylivingbc.ca

International Organizations

- Carers UK
www.carersuk.org
- Family Caregiver Alliance (U.S.)
www.caregiver.org
- National Family Caregivers Association (U.S.)

www.thefamilycaregiver.org/caregiving_resources

For further information on the community services listed above, call:

SENIORS' ONE-STOP Information Line:

604-983-3303

604-925-7474



Monday – Friday:

9 am – 3 pm