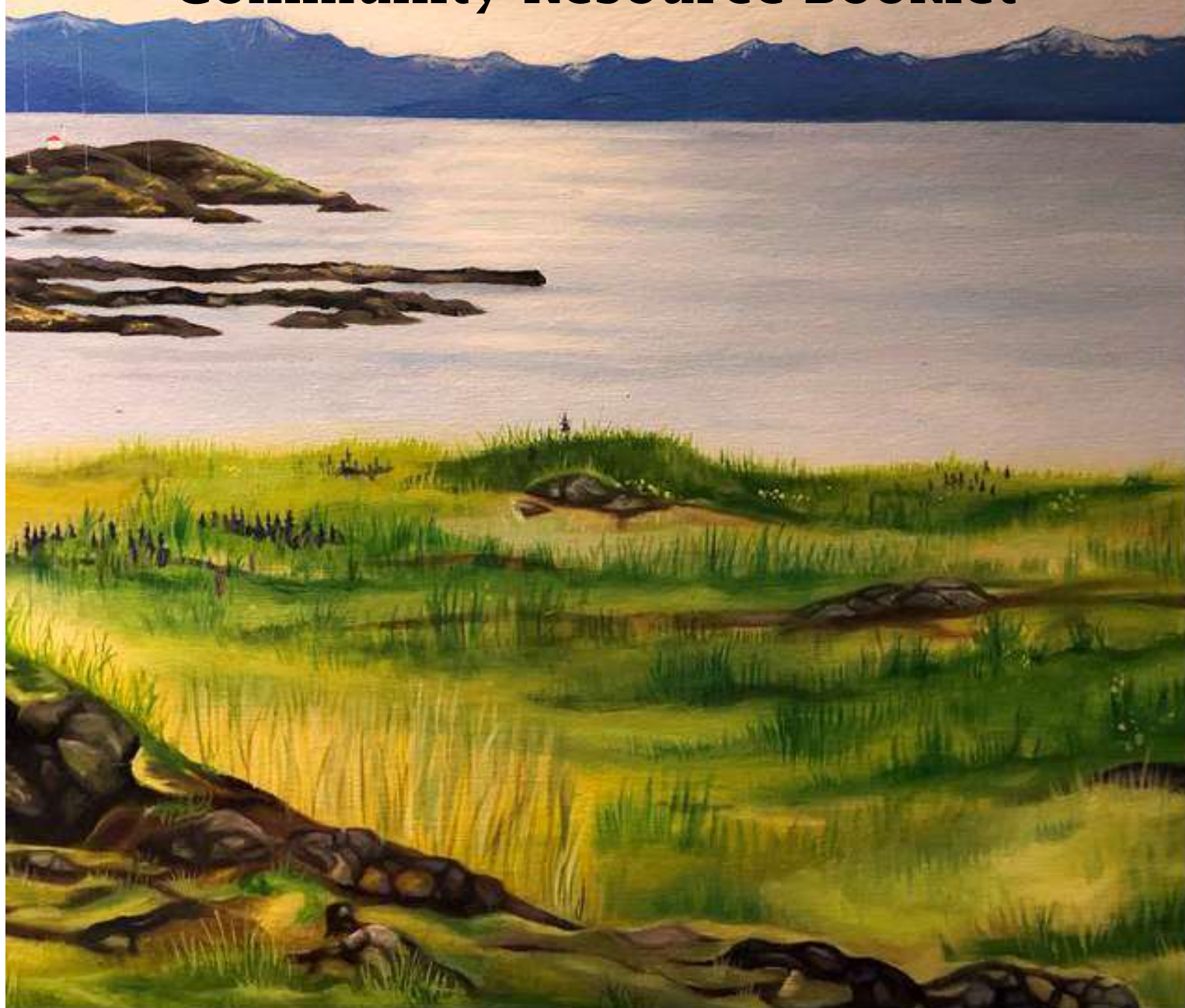




Community Resource Booklet



Respite Care- Private Pay

These are residences offering short-term stay with all-inclusive amenities (meals/snacks, housekeeping, laundry) for residents. This is ideal for seniors with medical needs, such as post-surgery, post-illness and caregiver vacation. Prices vary from \$105- \$400+ /day (subject to change).

PLEASE NOTE: Please call facilities to inquire about up-to-date information and pricing.

Rebalance^{MD} and Island Health do not endorse any particular agency and updates the information when feedback provided.

Sample Questions to ask the facility:

- What is included in the daily rate?
- Are meal trays able to be delivered to the room? If so, is there an extra fee?
- What equipment is provided/ needed (i.e. raised toilet seat, shower stool, etc.)
- Is there Nursing care available? If so, what is the cost? (Please note that specialized Nursing care is typically NOT needed after elective joint replacement surgery)
 - Is there a minimum/maximum stay?

Amica Beechwood Village	2315 Mills Rd., Sidney	250-655-0849
Amica Douglas House	50 Douglas St.	250-383-6258
Amica on the Gorge	994 Gorge Rd. West	250-220-8000
Amica Jubilee House (opening Fall 2023)	1900 Richmond Rd.	250-592-1200
Amica Somerset House	540 Dallas Rd.	250-380-9121
Berwick House- Gordon Head	4062 Shelbourne St.	250-721-4062
Berwick House- Royal Oak	4680 Elk Lake Drive	250-386-4680
Island View Place	7013 East Saanich Rd., Saanichton	250-652-0891
Parkwood Court	3000 Shelbourne St.	250-598-1575
Parkwood Place	3051 Shelbourne St.	250-598-1565
Ross Place Seniors Community	2638 Ross Lane	250-381-8666
Sidney All Care Residence	2269 Mills Rd., Sidney	778-351-2505
Sunrise Senior Living	920 Humboldt St.	250-999-7542

Trillium- Clover Point Care	90 Linden Ave.	250-590-7885
Trillium- Craigdarroch Care Home	1048 Craigdarroch Rd.	250-595-3813
Trillium- Douglas Care	657 Niagara St.	250-383-9011
Trillium- Hart House	1961 Fairfield Rd.	250-598-3542
Trillium- St. Charles Manor	1006 St. Charles St.	250-595-4255

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Home Care Services

Prices range from \$30-\$70+/hour

PLEASE NOTE: Please call to inquire about up-to-date information and pricing.

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Sample Questions to ask:

- What is the hourly rate?
- Is there a minimum number of hours per visit?
 - What services are provided?
 - Do you do overnight stays?

Allman Home Care Services Inc. <i>Western Communities & Sooke Only</i>	2121 Allman Place	250-642-3411
Bayshore Home Health Care	Unit 103- 1831 Oak Bay Ave.- Victoria Suite 102 9840 Fifth Street- Sidney	250-370-2253 778-749-0014
Care & Company Ltd.	#116- 2187 Oak Bay Ave.	250-382-2328
ComForCare Home Care	3518 Quadra St.	778-265-3533
Comfort Keepers Victoria	207-1001 Cloverdale Ave.	778-265-5999
Community Plus Care Ltd.	#420- 955 Reunion Ave.	250-658-6508
Harmony Health Care Ltd.	Head office- Duncan 2A- 2753 Charlotte Rd.	Victoria office: 250-475-2772
Helping Hands Home Support	2076 Summergate Blvd.	250-881-0118
Home Care Assistance Victoria	#16- 21 Dallas Rd.	250-800-9647
Home Instead Senior Care	Suite 300- 1095 McKenzie Ave.	250-382-6565

Just Like Family Home Care	#200- 4220 Commerce Circle	250-888-8211
Luxcare Senior Care	115- 1773 Feltham Road	250-590-1689
Nurse Next Door		1-877-588-8609
Pacific Coast Health Services	2631 B Douglas St.	250-389-0202
Qualicare South Island		250-220-0189
SE Health (St. Elizabeth)	Victoria, Sidney, Colwood, Langford	866-790-5563
Serenity Home Care Ltd.	2-435 Simcoe St.	236-300-0856
Super Services for Seniors	1900 Belmont Ave.	250-592-0029
The Senior Care Group	Victoria, Oak Bay and Sidney	250-589-0010
Van Isle Home Care	#203- 606 Courtney St.	250-412-1437 Cell: 250-818- 6167

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Volunteer Services/ Better At Home **(including volunteer drivers)**

SHOAL Centre for Seniors- Beacon Community Services- Sidney	250-656-5537
Capital City (Victoria) Volunteers	250-388-7844 ext. 310
Esquimalt Neighbourhood House Society	250-385-2635 ext. 201
James Bay Community Project	250-388-7844 ext. 318
Metchosin Seniors' Resource Centre	250-478-5150
Oak Bay Volunteer Services	250-595-1034
Saanich Volunteer Services Society	250-595-8008
Sooke Region Communities Health Network	778-365-1878
Galiano Island Health Care Centre	250-539-0970
Mayne Island Assisted Living Society	1-604-562-1944
Pender Island Community Support	250-629-3346
Salt Spring Island Community Services	250-537-9971
Return to Health- Victoria **referral required	236-464-7172

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Medical Supply Stores

One Bracing @ Rebalance^{MD}	104-3551 Blanshard St.	250-598-7420
HME Mobility & Accessibility- Colwood	#101- 2657 Wilfert Rd.	250-386-0075
Island Mediquip- Victoria	750 Enterprise Crescent (Top of Glanford by Bird Pub)	205-391-0388
Motion - Victoria	1856 Quadra St.	250-384-8000
Motion - Sidney	4-9764 Fifth St. Sidney	250-656-6228
Rexall Home Health Care (by Mayfair Mall)- Victoria	3098 Nanaimo St.	250-384-7196
Wellwise by Shoppers Drug Mart- Victoria	1561 Hillside Avenue	250-370-2984
Vancouver Island Medical Supply (Quadra and Cook/Finlayson)- Victoria	1A 3534 Quadra St.	250-384-4060

Additional Places to Buy High Density Foam Cushions

McGeachie's Foam Shop- Victoria	2103 Douglas St.	250-385-7622
The Foam Zone- Victoria	101-455 Gorge Rd E	250-475-3626

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Loan Cupboards

Wescom Medi-Lend Society	567 Goldstream Ave.	250-478-5373
Sooke Loan Cupboard	Sooke - By appointment only	250-389-4607
Mt Newton Centre Society	2158 Mt. Newton X Rd.	250-652-2112
Galiano Health Care Centre	908 Burrill Rd.	250-539-3230
Mayne Island Health Clinic	526 Felix Jack Rd	250-539-2312
Pender Island Health Centre	R.R. #1, 5715 Canal Rd.	250-629-3242
Canadian Red Cross **referral required; eligibility requirements	Victoria: 909 Fairfield Rd	250-382-2043
	Campbell River: Suite 140, 520 Second Ave	250-830-1150
	Courtenay: 464 Puntledge Rd	250-334-1557
	Duncan: 3287B Cowichan Lake Rd	250-748-2111
	Ladysmith: 1111 Fourth Ave	250-245-9791
	Lake Cowichan: 121 Point Ideal Rd	250-749-6822
	Nanaimo: #3-2525 McCullough Rd	250-756-9363
	Port Alberni: 5100C Tebo Ave	250-723-0557
	Port Alice: 901 Marine Drive	250-284-6678
	Port Hardy: 9150 Granville St	250-949-7252

	Powell River Hospital: 5000 Joyce Ave	604-485-3211 x4361
	Salt Spring Island- Lady Minto Hospital: 135 Crofton Rd	250-538-4834
	Sayward: 1306 Sayward Rd	250-282-0282

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Transportation

Driving Miss Daisy • Victoria, Oak Bay, Saanich, Esquimalt • View Royal, Highlands, Metchosin, Sooke, Langford, Colwood •	250-588-4638 250-813-0440
handyDART **application required; often need to book trips 14 days in advance	250-727-7811
Medi-Van Canada Inc. • Fee associated	250-389-0948 1-855-389-0948
Wheels for Wellness (Trip must exceed 60 km one way)	250-338-0196
Volunteer Drivers- see Volunteer Services	

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Grocery Stores- Delivery

Thrifty Foods

1580 Hillside Ave (Hillside Mall)- Victoria	250-370-9591
1590 Fairfield Rd- Victoria	250-598-9193
1626 McKenzie Ave (Tuscany Village)- Victoria	250-360-0692
1860 Island Hwy- Colwood	250-474-2168
3011 Merchant Way- Langford	250-391-1869
1495 Admirals Rd (Admiral's Walk)- View Royal	250-380-6505
3475 Quadra Street (and Cook)- Victoria	250-382-2751
3995 Quadra Street (and McKenzie)- Victoria	250-483-0029
475 Simcoe Street - James Bay	250-386-2554
7860 Wallace Dr.- Saanichton	250-544-0980
777 Royal Oak Dr- Broadmead	250-727-7633
9810 7 St - Sidney	250-656-0946

Save On Foods

172 Wilson St- Vic West	250-389-6115
1010 Pandora Ave- Downtown	250-220-2600
1950 Foul Bay Rd- Victoria	250-370-1669

2345 Beacon Ave – Sidney	250-656-2735
3170 Tillicum Rd- Victoria	250-384-7714
3510 Blanshard St- Uptown	250-475-3300
759 McCallum Rd- Langford	250-475-3157
1913 Sooke Rd- Colwood	236-475-8548

The Market Stores

Yates Location 903 Yates St- Downtown	250-381-6000
Millstream Location 125-2401C Millstream Rd- Langford	250-391-1110

Pepper's Foods

3829 Cadboro Bay Village	250-477-6513
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Quality Foods

977 Langford Pkwy	778-433-3291
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Prepared Meals Delivery

Chef on the Run- Sidney	250-655-3141
Dinner For One	250-298-4346
More Than Meals Program- Beacon Community Services	250-656-5537
Better Meals	1-888-838-1888
Casalinga Food Services	1-855-769-1994
Heart of Home Meals	1-866-933-1516
James Bay New Horizon	250-386-3035
Meals on Wheels- Salt Spring Island	250-537-5520

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Pet Services

ElderDog Victoria	1-855-EDOGCAN (1-855-336-4226)	Volunteers assist with basic dog care activities elderdogvictorialdr@gmail.com Judy Duncan & Kathy Talmann (Pawd Co-Leaders)
Beast Canine Services	250-588-3647	Adventure group hikes, private walks, training, socialization
Nugget and Friend Dog Walking and Pet Services	250-886-8199	Adventure group hikes, neighbourhood walks, drop-in sitting & custom home services (cats included)
Pacific Dogwood Dogs	250-667-3704	Adventure group hikes, dog boarding
Pawsentials	778-700-3623	Neighbourhood dog walks, outdoor pack hikes, private dog walks
Peace of Mind Petcare	250-418-5216	Pet Visits, dog walking, boarding
Pets Wow! Mobile Grooming	250-686-8864	Pet grooming services done in the comfort of your own home
West Shore Pet Service K9 Adventures & Training	250-920-5678	Dog walking, boarding
Whiskers Urban Ranch	250-388-3647 (Downtown) 250-590-5118 (Elk Lake)	Daycare, grooming, executive sleepover, cat boarding

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Updated February 2023