

Sea to Sky Better at Home

Services that give seniors a hand. 2017 Leaflet

Light Housekeeping

A volunteer or contracted housekeeper will perform light housekeeping duties on behalf of Sea to Sky Better at Home.

Services include:

- Dusting
- Vacuuming
- Kitchen and Bathroom cleaning
- Emptying the garbage

We are not able to:

- Provide bathing, grooming and other personal hygiene assistance
- Help with medical needs or physical mobility
- Prepare meals

Snow Shoveling

During winter months snow shoveling will be available in some communities.

Transportation

Drivers using their own vehicles can drive seniors to their appointments locally and outside the community.

A few things to note:

- Parking expenses are paid by the senior
- Foldable assistive equipment such as wheelchairs and mobility aids may be transported in the volunteer's car
- If a senior requires assistance while using mobility aids, he or she will need to be accompanied by a friend or relative who is trained and can help.

Minor Home Repair

A volunteer or contractor will perform minor home repairs. Duties will be pre-determined and will be simple fixes that can be accomplished in a couple of hours.

Friendly Visiting

The Friendly Volunteer Visitor is like a caring neighbor, and visits seniors in their home to assist with social and recreational activities and short walks, and can help link seniors with existing community resources.

Yard Work

Seniors can get assistance with light yard work duties such as raking, hosing down areas, mowing the lawn, weeding, painting fences, clearing walkways and chopping wood.

Grocery Shopping

Volunteers can assist seniors with transportation to and from the grocery store, loading groceries in and out of vehicle, helping with grocery shopping at the store and helping to load groceries into cupboards at home.

Sea to Sky Better at Home helps seniors with simple non-medical day-to-day tasks so that they can continue to live independently and stay connected within their community.

The program offers specific services to older adults who are:

- 65 years or older
- Living in Squamish, Whistler, Pemberton and Mount Currie
- Living in their own home

Some exceptions may apply.

Fees for Better at Home services are determined on a sliding scale based on a senior's income.

In order to receive this service you must register. Please call or email: 604 892 5796, ext 272 betterathome@sscs.ca



United Way

**Better
at Home**

United Way helping seniors remain independent.

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

Sea to Sky Community Services

Squamish

38144 Second Avenue
Box 949 Squamish BC V8B 0A7
Tel: 604 892 5796 Fax: 604 892 2267
Toll Free: 1 877 892 2022
Office Hours: Monday – Friday 8:30am-4:30pm

Whistler

1519 Spring Creek Drive
Office Hours: By appointment only. Please call the Squamish Office
Toll Free: 1 877 892 2022

Pemberton

1357 Aster Street
Box 656 Pemberton BC V0N 2L0
Tel: 604 894 6101 Fax: 604 894 6333
Toll Free: 1 877 894 6106
Office Hours: Monday-Thursday 9:30am-3:00pm

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Better at Home

Helping seniors live independently at home.

