



## Resources for Seniors

*Updated May 7, 2020*

**Call 9-1-1 for police, fire or medical emergencies.**

### General Help

#### **bc211 – Safe Seniors, Strong Communities**

A program to meet the needs of seniors during COVID-19.

Seniors 65+ can request volunteer help for pick-up and delivery of groceries, ordering pre-prepared meals, prescription pick up, as well as friendly check-in calls.

Phone: **2-1-1**

#### **Seniors' One Stop Information**

Confidential consultations with seniors and those who support them.

Leave a message and staff will return the call within 24 hours.

Phone: **604-982-3302**

#### **Alzheimer Resource Centre**

Programs and services for individuals newly diagnosed and their families.

Phone: **604-984-8347 or 604-984-8348**

#### **First Link Dementia Helpline**

If you are a person with dementia or you are caring for someone with dementia.

Phone: **1-800-936-6033**

#### **Caregiver Support Program**

Volunteer coaches providing emotional and practical support to caregivers.

Phone: **604-982-3320**

### Scams and Fraud

If you have been a victim of a scam or fraud, please contact your local police.

North Vancouver RCMP

Phone: **604-985-1311** (non-emergency)

West Vancouver Police

Phone: **604-925-7300** (non-emergency)

## Food

### **North Shore Salvation Army**

Free frozen meal program for everyone.

Will deliver twice a week to individuals who need support.

Phone: **604-988-6040**

### **North Shore Neighbourhood House**

Community food bank.

Wednesdays, 4 – 6 p.m. (except cheque issue week)

225 East 2<sup>nd</sup> St., North Vancouver (outside the front door)

Phone: **604-987-8138**

### **North Shore Alliance Church**

Grocery shopping for those who are vulnerable and unable to leave their homes.

Typically shopping is done on Thursday mornings each week.

Leave your name and number and a shopper will get back to you and take your order.

Phone: **604-984-6422**

### **West Vancouver Seniors' Activity Centre**

Free fresh or frozen meals for seniors in need for pick up and take out.

Every day, 10 a.m. – 2 p.m.

695 21<sup>st</sup> St., West Vancouver

Phone: **604-925-7280**

### **Silver Harbour Seniors Centre**

Free meals available for people in need for pick up and take out.

Free delivery in central North Vancouver available.

144 East 22<sup>nd</sup> St., North Vancouver

Phone: **604-980-2474**

### **North Shore Community Resources - Better At Home**

Grocery shopping (client pays grocery cost) and free delivery service for seniors.

Free delivery of prepared meals and food bank boxes.

Phone: **2-1-1**





## Mental Health

### **Seniors Abuse and Information Line (SAIL)**

A confidential information line for older adults and those who care about them to speak to a trained intake worker about abuse, mistreatment and any issues that impact the health and well-being of an older adult.

Every day, 8 a.m. – 8 p.m.

Phone: **604-437-1940**

### **Seniors Distress Line – Seniors First BC**

Confidential, free emotional support for those experiencing feelings of distress or despair.

Available in over 14 languages.

Phone: **604-872-1234**

## Public Health Information

- Call **8-1-1** if you want to talk to a registered nurse about any health issue.
- If you need health care, call your doctor first. They know you best.
- The Public Health Agency of Canada telephone information line for the COVID-19 novel coronavirus: **1-833-784-4397**
- For non-health questions about COVID-19, call **1-888-COVID-19**

### **How to protect yourself and others and limit the spread of COVID-19:**

- Stay at home if you are sick.
- Wash your hands with soap and water and refrain from touching shared surfaces.
- Avoid others who are visibly ill.
- Cover your cough or sneeze, and avoid touching your eyes, nose, or mouth with unwashed hands.
- Avoid crowds and maintain a physical distance of 2 metres or 6 feet from other people.

### **Health Connection Clinic**

Primary care services for individuals who do not have a regular doctor.

Phone: **604-984-3777**

**For more information on community resources**

Call a library and speak with staff about the services in your community.

**North Vancouver City Library**

Phone: **604-998-3450**

Monday to Saturday

Phone hours: 10 a.m. – 5 p.m.

**North Vancouver District Public Library**

Lynn Valley: **604-984-0286**

Parkgate: **604-929-3727**

Capilano: **604-987-4471**

Monday to Friday

Phone hours: 9 a.m. – 5 p.m.

**West Vancouver Memorial Library**

Phone: **604-925-7400**

Monday to Sunday

Phone hours: 9 a.m. – 6 p.m.



NORTH SHORE  
EMERGENCY  
MANAGEMENT

