

Seniors Services



Mount Pleasant

City of Vancouver
Community
planning program

The City's Role

The City supports services for seniors through the community centres, neighbourhood houses, and libraries. The City also supports seniors programs with grants to community service organizations.

Vancouver's community centres offer seniors' courses and classes on fitness, health and wellness, arts and crafts. Some centres offer drop-in programs and excursions. Many neighbourhood houses and independent seniors groups also provide services and activities for seniors.

The **Seniors Advisory Committee** was established in February 2009 to enhance access to City services for seniors, the elderly and their families. They provide advice to City Council and staff and monitor City programs to ensure that the needs of seniors, the elderly, and their families are being considered.

The **Social Policy Department** offers grants, networking and information on various seniors' issues. The Community Services Grants program supports Neighbourhood Houses and other multi-service groups whose participants include seniors. The Vancouver Cross Cultural Seniors creates a network among all the different ethno-cultural backgrounds for the purposes of sharing information, learning from each other, and working together on common issues, call 604-871-6031 for information. The Seniors Supportive and Assisted Housing program is interested in finding information about seniors' rental

housing on various forms of supportive housing. The Society is a non-profit organization and can be reached at 604-520-6621.

Services in Mount Pleasant

Mount Pleasant Community Centre is located at 3161 Ontario street. The Centre is operated jointly by the Mount Pleasant Community Centre Association and the Vancouver Parks Board. It is a recreational facility which offers programs that cater to adults 55 years and older. For information call the Centre at 604-713-1888.

Raven Song Community Health Centre, 2450 Ontario Street

The centre supports adults and older adults to live in their homes and community for as long as possible. Services for caregivers, adults, older adults and people with disabilities that the centre offers include:

- home visits from health care professionals,
- home safety assessments to prevent injuries and to reduce the risk of falls,
- assessments and advice for mobility aids,
- occupational therapy, physiotherapy, and
- volunteer opportunities in child clinics, escort attendant, friendly visitor, group shopping, shop-by-phone, telephone buddy, and more!

Health Information & Referral Centre (HIRC):

The centre helps to answer health related questions. This is a free service where you can help yourself or have a volunteer

help you find the information, call 604-267-2692

Mount Pleasant Neighbourhood House

is located at 800 East Broadway and offers various opportunities for seniors: tai chi, knitting, armchair fitness, seniors' lunch, line dancing for fun and fitness, outings, health and wellness sessions, games and conversational drop-in English. Most programs are free. To find out more call 604-879-8208.

Mount Pleasant Library:

The neighbourhood library is located inside the Kingsgate Mall at 370 E. Broadway Ave, 604-665-3962.

The Royal Canadian Legion

is located at 2655 Main Street. It offers a variety of senior's programs including darts, bowling, cards and ceramic making, for information call (604) 879-3551.

Seniors Well Aware Program

(SWAP): For anyone over age 55 who is being challenged by the use of alcohol, prescription and/or over-the-counter medications and/or street drugs. This free service provides health, outreach and withdrawal management support, call 604-633-4230.

Friendly Visitor: Trained volunteers provide friendly support to adults who are socially isolated and are limited in their ability to access community resources. Visitors meet once a week with their matched client over a six-month period, call 604-267-2675.

Volunteer Driver: A trained volunteer driver provides limited driving for people who are unable to use HandyDART. For more information call 604-267-2675.

Shop by Phone: Provides a volunteer-run grocery shopping service for those unable to do their own shopping. Call 604-709-6402.

Services Nearby

Collingwood Community Policing Centre is located at 5160 Joyce Street. A CCPC information kiosk is located inside the Kingsgate Mall. The CPC offers volunteer opportunities through garden watch, local patrols, and seniors' safe-tea, a program that educates seniors on safety and ways to protect themselves. For more information call 604-717-2935.

South Vancouver Community Policing Centre located at 5657 Victoria Drive offers seniors' volunteer opportunities, for more information call 604-717-2940.

Senior Centres: The 411 Seniors Centre is located at 411 Dunsmuir Street, for more information call 604-684-8171. The Oakridge Seniors Centre is located at 513-650 West 41st Avenue, for more information 604-257-6949.

Other Services for Seniors

Information Services Vancouver provides links to thousands of community, social, and government agencies across the province. For more information on services for seniors, contact call 604-875-6381 or visit www.communityinfo.bc.ca.

Chronic Disease Self-Management Program is a lay-led patient education program. In the program, participants obtain new information, learn new skills and abilities, and develop new ways to manage and cope with chronic health conditions. For more information call 1-866-902-3767.

The Social Planning and Research Council of British Columbia (SPARC BC) is located at 4445 Norfolk Street, in Burnaby. SPARC BC is a non-partisan, independent charitable organization that conducts public education and research on key social issues. They manage the Parking Permit Program for People with Disabilities. For more information or to request a parking permit application form call 604-718-7733.

Dial-a-Dietician: Provides nutrition advice over the phone. Call 602-732-9191.

SAFER: Shelter Aid for Elderly Renters. This BC Housing service provides direct cash assistance to eligible BC residents over age 60 who rent their homes. Call 604-433-2218.

Adult Day Care Centres: The closest care centre is located at Suite 200-1675 W 8th Ave. Provide a range of health, social stimulation and therapeutic recreation programs in support group settings. Call the Health Information & Referral Centre for details: 604-267-2692.

Home Hospice Program: This multi-disciplinary program provides palliative support and comfort for persons living with or dying from advanced illness. Referral required. Call 604-709-6478.

Community Gardens, Green Streets and Greenways: Till soil with your neighbours, tend beds and enjoy the harvest. Four community gardens are located throughout Mount Pleasant. Call Vancouver Park Board at 604-257-8400; or Engineering at 604-873-7204 for locations and information.

Sources

- City of Vancouver, Park Board and Library
- Community Policing Centres
- Mount Pleasant Neighbourhood House
- Raven Song Community Health Centre