

Your Community Health Guide

2019 Edition



Your guide to health resources in Northeastern BC

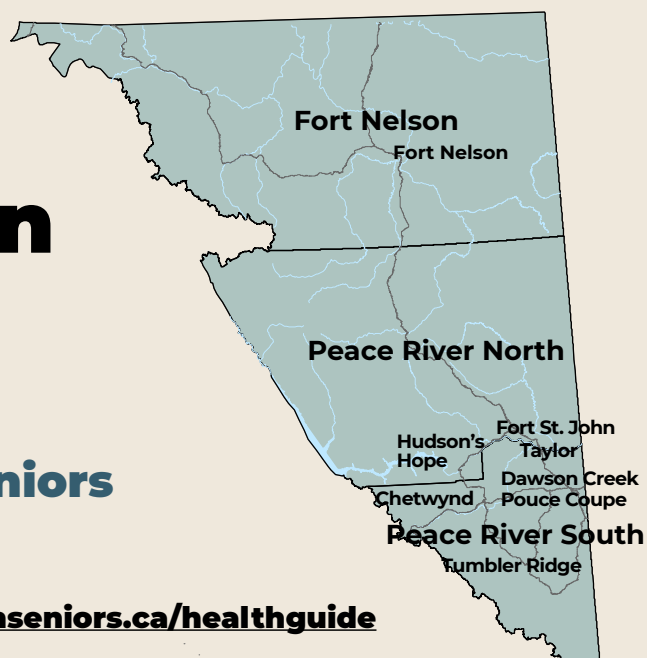


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Save Our Northern Seniors

saveournorthernseniors.ca

 SONS: Save Our Northern Seniors

This guide is also available online at saveournorthernseniors.ca/healthguide



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Emergency Phone Numbers

Emergency: Ambulance/Fire/Hospital/Police: 911

Emergency Numbers for Fort Nelson:

RCMP:
250-774-2777

Fort Nelson Ambulance:
250-774-2344

Fort Nelson Fire:
250-774-2222

Fort Nelson Hospital:
250-774-8100

Regional/Provincial Emergency Contacts

- Poison Control: 1-800-567-8911
- HealthLinkBC: 811
www.HealthLinkBC.ca
- Senior Health Care Support Line: 1-877-952-3181
- BC Nurses' Help Line: 24/7 881 or 1-866-215-4700 TTY 1-866-889-4700
- Northern Health Bus: 1-888-647-4997
www.northernhealth.ca/nhconnections

Taylor

Taylor Medical Clinic 250-789-6772

Chetwynd

Chetwynd Health Unit 250-788-7200
Chetwynd Hospital 250-788-2236

Dawson Creek

Dawson Creek Health Unit 250-719-6500
Dawson Creek Hospital 250-782-8501

Fort St. John

Fort St. John Hospital 250-262-5200
Fort St. John Public Health 250-263-6000

Fort Nelson

Fort Nelson Public Health 250-774-7092

Hudson's Hope

Hudson's Hope Health Centre 250-783-9991

Tumbler Ridge

Tumbler Ridge Health Centre 250-242-5271

Specialists & Specialized Services

Specialists and outpatient clinics are available via a referral made through your physician.

These include:

- Ear, Nose & Throat
- Eyes (incl. Cataract surgery)
- Orthopedics
- Pediatrics
- Dietitian
- Diabetes Education
- Neurology
- Rheumatology
- Dermatology
- Nephrology
- Multiple Sclerosis Clinic (Prince George)
- Radiation Oncology
- Chronic Disease Rehab

Mental Health and Addiction Services:

This service assists people suffering from mental illness or addictions as well as those in crisis. It also assists with coping skills so a crisis can be avoided.

- BC Schizophrenia 1-888-888-0029
bcss.prov@telus.net
- BC Schizophrenia Society - Family Support 1-888-888-0029 250-261-9189
<http://www.bcss.org>
- Mental Health & Addiction Services (FSJ) 250-263-6080
- Mental Health Crisis 1-877-442-2828
- Fort St. John Public Health 250-263-6000

The Community Home Care Nursing Service provides community based nursing care by Registered Nurses. The goal of the service is to support and enable you to manage your own health, to the extent you are able, by as much as possible maximizing independence and promoting wellness. Wherever possible, we will teach you and/or your family to carry out your own care and adopt prevention and maintenance strategies.

In addition, there is a geriatric-social worker who can offer social worker services. The Home Community Care Social Worker can help a client navigate through challenging situations such as applying for government programs and refer to many other valuable services within our community. Our Geriatric Social Worker is available to all eligible home and community care clients and can be reached at 250-263-6000.

This service for Dawson Creek and Fort St. John is available on a non-emergency basis, seven days a week including statutory holidays. In Chetwynd, Fort Nelson, Hudson's Hope and Tumbler Ridge, Home Care Nursing Services are offered on a full time or part time basis and are not available on weekends or statutory holidays.

Contact the nurse by calling your local public health unit as listed in the Emergency Numbers on page 3.

Services

A range of services is available including assessment, management and support for:

- Wound/ostomy/catheter care/education regarding your care
- Cardiac rehabilitation
- Medication regime
- Palliative care including pain management, symptom management and supportive counselling for the terminally ill
- Chronic health conditions (e.g. diabetes, chronic lung or cardiac disease)
- Geriatric Social Worker: 250-263-6000

How to Access the Service

Access the service by contacting your local public health unit as listed in the Emergency Numbers on Page 3.

Home Support Services

Home Support Services are provided to foster a healthy home environment and facilitate independent living for clients by helping to meet the physical and emotional needs of individuals and their families in their own homes. The intent of the service is to enable adults with chronic or long-term disabilities to remain as independent as possible by assisting with activities of daily living and personal care. Support is also available to clients requiring short term assistance, for a period of up to 2 weeks, after an acute illness or an exacerbation of a chronic illness. The service is not intended to take over the functions of family and friends. Support Services works in cooperation with all concerned to create a care plan to meet the needs of the client.

Services

Short Term Hours

Short Term Hours (total of up to 2 weeks) can be put in place for clients requiring short term assistance. For example, help at home after being discharged from hospital. If the service is required to be longer than the 2 week term, then the client will be referred to a Long Term Care Case Manager.

Long Term Hours

A long term care case manager, who is also a Nurse, will come to your home to assess your abilities and needs. The Nurse will work with you and your support persons to develop a care plan.

Tasks done by a Community Health Worker to assist clients requiring personal assistance with activities of daily living may include, but are not limited to the following:

- Bathing/dressing
- Hair washing/shaving/routine nail care
- Oral hygiene/toileting
- Assistance with walking

How to Access the Service

Access the service by contacting your local public health unit as listed in the Emergency Numbers on Page 3.

Community Rehabilitation Program

The Community Rehabilitation Program provides community based rehabilitation services of acute, chronic, and palliative care by Physiotherapists, Occupational Therapists, and Rehabilitation Aides. Where possible, they will teach you and or your family to carry out your own care and adopt prevention and maintenance strategies.

There is no direct charge for services. If you are a WCB claimant, a Canadian Veteran, or an ICBC claimant, then those agencies may be billed for your services, otherwise it is covered by your MSP.

Contact your local public health unit as listed in the Emergency Numbers on page 3 for more information.

How to Access the Service: Anyone may request service (e.g. self, family, friend, community agency, your physician).

Services

- Assessment and some treatment for acute, chronic and palliative care
- Assessment and prescription for adaptive equipment to help with activities of daily living (e.g. eating, dressing, bathing, toileting)
- Teaching clients and caregivers how to transfer safely using good body mechanics
- Assessment for wheelchair fittings and total body lifting equipment
- Prescription of walking aids
- Exercise programs (limited availability)
- Use of heat, cold or electrical modalities in the treatment of pain and swelling of joints (in some communities)
- Assessment of homes to provide recommendations for changes to reduce architectural barriers
- Advice on purchasing shoes, orthotics, supportive stockings, braces and splints
- Referral to other community health care services (e.g. family physician, long term care assessment, home care nursing, home support, foot care clinic)

How to Access the Service

Access the service by contacting your local public health unit as listed in the Emergency Numbers on Page 3.

First Nations Communities

If you are a member, living on or off Reserve, contact your Band office or Association for a list of services they may be able to provide to you and your family.

Blueberry River FN Band Office https://blueberryfn.com/	250-630-2800
Dawson Creek Metis Society	250-782-2710
Doig River FN Band Office http://bcafn.ca/community/doig-river/	250-827-3776
Fort Nelson Aboriginal Friendship Society http://www.fnafs.org/	250-774-2993
Fort Nelson FN Band Office http://www.fortnelsonfirstnation.org/	250-774-7257
Fort St. John Friendship Society www.bcaafc.com/index.php/about-us/contact-us/friendship-centres-in-bc/51-fort-st-john-friendship-society	250-785-8566
FSJ Metis Society https://www.mnbc.ca/chartered-communities/view/903-fort-st-john-m-tis-society	250-785-1541
Halfway River FN Band Office http://hrfn.ca/	250-772-5058
Saulteau FN Band Office http://www.saulteau.com/	250-788-3955
Treaty 8 Tribal Association http://treaty8.bc.ca/	250-785-0612
West Moberly FN Band Office http://www.westmo.org/	250-788-3622
First Nations Health Authority http://www.fnha.ca/	604-693-6500

Chetwynd

www.gochetwynd.com

Emergency (Fire/ Police /Ambulance) 911

Chetwynd and District Recreation Centre	250-788-3939
http://www.gochetwynd.com/residents/recreation-centre/	
Chetwynd Centre Medical Clinic	250-788-3234
Chetwynd Dental Clinic	250-788-1997
Chetwynd Dental Associates	250-788-2113
Chetwynd Hospital and Health Centre	250-788-2236
https://www.northernhealth.ca/OurServices/Facilities.aspx?FacilityID=13	
Chetwynd & District Hospital Foundation	250-788-1120
https://www.northernhealth.ca/OurServices/Facilities.aspx?FacilityID=13	
Box 121 Chetwynd, BC V0C 1J0	
Chetwynd Primary Care Clinic	250-788-7200
Chetwynd Public Library	250-788-2559
https://chetwynd.bc.libraries.coop/	
DC Association for Community Living	250-782-2611
http://dcscl.org/	
(serving Chetwynd)	

Housing for Seniors

Surerus Place	250-788-3736
Meals on Wheels	250-788-3985
Peoples Drug Mart	250-788-3393
Pine Valley Seniors Rec Centre	250-788-3985
Seniors' Group	250-788-2810
South Peace Chiropractic	250-788-2442
Tansi Friendship Centre	250-788-2996

Local Services

Dawson Creek/Pouce Coupe

www.dawsoncreek.ca & www.poucecoupe.ca

Emergency (Fire/ Police /Ambulance) 911

South Peace Seniors' Access Society http://seniorsaccess.org/	250-782-1138 Ext 225
Fire (Non-emergency)	250-782-9898
Police/RCMP (Non-emergency)	250-784-3700
Ambulance (Non-emergency)	250-782-2211
Dawson Creek & District Hospital https://www.northernhealth.ca/OurServices/Facilities.aspx?FacilityID=16	250-782-850
Adult Day Away Program	250-719-3480
Alcoholics Anonymous https://www.aa.org/	250-219-7624
Alzheimer Society of BC http://www.alzheimer.ca/en/bc	250-782-1439
Better at Home – Dawson Creek www.dcbetterathome.org Linda Studley, Program Coordinator lstudley@sprcs.ca Suite 117 – 10200 8th Street, Dawson Creek BC, V1G 3P8 (Co-op Mall)	250-782-2341
Caregivers Support Group	250-782-1439
Clinic Pharmacy Ltd	250-782-3100
Dawson Creek Adult Mental Health & Addictions: Northeast Health Services	250-719-6525
Dawson Creek Co-op (Meals)	250-782-8121
Dawson Creek Health Unit https://www.northernhealth.ca/OurServices/Facilities.aspx?FacilityID=14	250-719-6500
Dawson Creek & District Hospital https://www.northernhealth.ca/OurServices/Facilities.aspx?FacilityID=16	250-782-8501
Dawson Creek & District Hospital Foundation http://dchospitalfoundation.ca/ dcdhfoundation@northernhealth.ca 11100-13 St. Dawson Creek, BC V1G 3W8	250-784-7355
Dawson Creek Home Medical Needs http://www.dchmed.ca/	250-719-0577 F:250-719-0578

Dawson Creek/Pouce Coupe, Ctd.

Dawson Creek Hospice & Palliative Care	250-782-3261
https://www.facebook.com/sphospicepalliativecaresociety/	
Dawson Creek Public Library	250-782-4661
https://dawsoncreek.bc.libraries.coop/	
Dawson Creek Association For Community Living	250-782-2611
http://dcscl.org/	
Diabetic Education (local)	250-782-8501

Housing for Seniors

Aurora	250-719-0006
Centennial Manor	250-782-3905
Heritage Heights	250-782-1840
Northview	250-719-0072
Rotary Manor	250-719-3480 F: 250-782-3749
Rotary Village	250-782-2611
Selwyn Place Apartments	250-782-4291
Southview	250-782-2611
Spruceland Manor	250-782-1495
Tremblay House	250-786-5794
Foot Care (DC & Pouce Coupe)	250-782-9786
Grief Recovery	250-782-3261
Hearing Services (FSJ Health Unit)	250-263-6000
Heart & Stroke Foundation	250-785-8340
http://www.heartandstroke.ca/	
Home Support Northeast Health Services	250-719-6514
Hopeful Bookworms Society	250-555-2222
Hospice & Palliative Care	250-782-3261
Keeping It Clean Services	250-719-1762
Kenn Borek Aquatic Centre	250-782-7946

Local Services

Dawson Creek/Pouce Coupe, Ctd.

Meals On Wheels	250-782-5153
Medical Clinic of Dawson Creek	250-782-5271
Mile O Alanon Group – See Health Unit	250-719-6500
Mile Zero Walk-in Clinic	250-782-1103
Nawican Friendship Center	250-782-5202
Pouce Coupe Information Tremblay House	250-786-5794
Pouce Coupe Public Library	250-786-5765
Pouce Coupe Senior Citizens' Branch 105	250-786-0111
Red Cross Loan Cupboard (at hospital)	250-782-8501
Rotary Manor Society	250-719-3480
Senior Citizens' Hall	250-782-7620
Shoppers Drug Mart	250-782-5903
South Peace Community Resources Society	250-782-9174
SPSASS (South Peace Seniors' Access Services Society)	250-782-1138 Ext 225 F: 250-719-0578 seniorsaccess@spcrs.ca
Step Up 'N' Ride Society	250-782-7433 F: 250-782-7431
Visually Impaired Support Group	250-782-3221/782-7539

Fort Nelson

www.northernrockies.ca

Emergency Numbers

RCMP	250-774-2777	Fort Nelson Fire	250-774-2222
Fort Nelson Ambulance	250-774-2344		

Fort Nelson Hospital 250-774-8100 F: 250-774-8110

<https://www.northernhealth.ca/ContactUs/CommunityContacts/FortNelson.aspx>

Fort Nelson Health Unit 250-774-7092 F: 250-774-7096

<https://www.northernhealth.ca/OurServices/Facilities.aspx?FacilityID=19>

Adult Day Program 250-774-7092

Fort Nelson, Ctd.

Addiction Services (Northern Health)	250-774-8105
Alcoholics Anonymous	250-774-4172
Airport Drive Dental Office	250-774-4484
Airport Way Medical Clinic	250-774-7838
Fort Nelson Aboriginal Friendship Society	250-774-2993
Fort Nelson Dental Clinic	250-774-3510
Fort Nelson Hospital & Healthcare Foundation https://www.fnhhf.com/ fnhf@northernhealth.ca Bag 1000, Fort Nelson, BC V0C 1R0	250-774-8135 F: 250-774-8110
Fort Nelson Literacy Society	250-774-4415
Fort Nelson Recreation Department	250-774-2541

Housing for Seniors

Grace Manor	250-774-4930
Heritage Place	250-774-3193
Women's Shelter	250-774-4742
Father Poulet Shelter (men only)	250-774-3816
Northern Lamplighters Centre Box 3116, Fort Nelson, BC V0C 1R0	250-774-4549
Northern Rockies Women's Aboriginal Society	250-233-8920
Northern Rockies Seniors Society nrss@theedge.ca Box 52 Fort Nelson, BC V0C 1R0	250-774-3193
Senior Transportation	250-500-2597
Woodlands Inn http://www.woodlandsinn.ca (Medical/Sympathy Rates)	1-866-966-3466

Emergency (Fire/ Police /Ambulance) 911

Non-Emergency Numbers

Ambulance	250-785-2079	RCMP	250-787-8100
Fire	250-785-4333		

Housing for Seniors

BC Housing Authority http://www.bchousing.org	1-800-667-1235
The Abbeyfield House http://www.abbeyfieldfsj.org/ info@abbeyfieldfsj.org	250-785-8381
Heritage I Contact Licar Mgmt/BC Housing	250-785-2662 250-785-5086
Heritage II Contact Long Term Care	250-263-6000
Heritage III Independent Living Contact Licar Mgmt/BC Housing	250-785-5086
Huntington Place Co-op Assoc.	250-785-7557
North Peace Seniors Housing Society npshts@fsjmail.net	250-785-8983 F: 250-785-0302
Peace Villa Reception	250-261-7450
Alcoholics Anonymous	250-785-8866
Alzheimer's Support Group	250-785-5513
Alzheimer's Resource Centre http://www.alzheimer.ca/en/bc/We-can-help/Regional-Resource-Centres/Northern-Region	250-785-3876
BC Access – Service BC	250-787-3350
BC Association of Community Response Networks Connie Kaweesi, MSW, RSW, Regional Mentor for NEBC http://www.bccrns.ca	250-263-2614
BC Paraplegic Association	250-787-1912

Fort St. John, Ctd.

BC Parkinson's Association	250-785-7348
BC Schizophrenia Society	250-261-9189
BC Transit - Fort St. John https://bctransit.com/fort-st-john/home	250-787-7433
Better At Home – Fort St. John and Area #19 9907-110th Ave, Fort St. John BC V1J 2S9	250-785-8880
Cancer Society FSJ	250-785-0903 250-787-7924
Child Development Centre	250-785-3200
Community Bridge (formerly North Peace Community Resources) http://communitybridge.ca/ info@communitybridge.ca	250-785-6021 F:250-785-4659
Darren Almond Travel Foundation	250-785-7373
Diabetes Education Centre	250-261-7439
Fort St. John Association for Community Living http://www.fsjacl.com	250-787-9262
Fort St. John & Area Seniors Care Foundation http://www.fortstjohnseniorcarefoundation.com Helping seniors live independently in their own homes for as long as possible. Supplying nutrition, meals on wheels, light housekeeping, assisting with ambulatory care, and offering “Reach Out” program to meet the social needs of the seniors, keeping them in touch with the community which is an integral part of aging well.	250-793-9624 or 250-785-0034
Fort St. John & District Palliative Care fsjpcs@shaw.ca	250-787-2814
Fort St. John Community Enrichment Centre Day Program for Adults with Special Needs	250-262-8068
Fort St. John Hospital & Health Centre	250-262-5200 F: 250-262-5239
Peace Villa Reception 8407-112 Ave, Fort St. John, BC V1J 0J5	250-261-7450

Fort St. John, Ctd.

Fort St. John Hospital Foundation http://www.fsjhospitalfoundation.ca fsjhf@northernhealth.ca 8407-112 Ave Fort St. John, BC V1J 0J5	250-261-7563 F: 250-261-7653
FSJ Literacy Society http://fsjliteracy.ca/wordpress	250-785-1541
FSJ Mental Health & Addiction Services	250-263-6080
Fort St. John Palliative Care Society fsjpcs@shaw.ca	250-787-2814
FSJ Physiotherapy Clinic	250-785-1175
FSJ Public Library fsjlib@pris.bc.ca	250-785-3731 F: 250-785-7982
Fort St. John Public Health	250-263-6000
FSJ Women's Resource Centre	250-787-1121
FSJ Royal Canadian Legion	250-785-3917
Fort St. John Senior Citizens' Assoc	250-785-7897
handyDART	250-787-7433
Heart & Stroke Foundation	250-785-5696
Meals on Wheels FSJ Health Unit Home Support Services	250-263-6000
Meaope Transition House for Women Leaving Abuse	250-785-5208

Medical Clinics: (check for walk-in clinics)

ABC Clinic	250-785-1220
Fort St. John Medical Clinic	250-785-6677
North Peace Primary Care http://nppcc.ca	250-261-0016
Fort St. John Specialist Clinic	250-785-7732 F: 250-785-7736

Fort St. John, Ctd.

NENAS North East Advancing Society 250-785-0887 F: 250-785-0876
Toll-free: 1-855-785-0887
Family & Youth Program Services 250-785-0887 Ext 2220 Cell: 250-262-5415
nenas@nenas.org
<http://nenas.org>
Main Office: 10328-101 Avenue, Fort St. John, BC V1J 2B5

North Peace Cultural Centre 250-785-1992
<http://npcc.bc.ca>

North Peace Leisure Pool 250-787-8178
<http://www.fortstjohn.ca/north-peace-leisure-pool>

North Peace Seniors Mouth-Eye-Foot Care Society 250-785-5683

Peace Lutheran Care Centre Foundation 250-787-0218

Pharmacies: (medical aids as well as prescriptions)

FSJ Pharmacy & Wellness Clinic 250-785-3234

Shoppers Drug Mart 250-785-6155

Walmart 250-261-5585

Safeway 250-261-5479

Real Canadian Store 250-261-6522

Pomeroy Sport Centre 250-785-4592

RCMP Victim Services 250-787-8138

Red Cross Loan Cupboard 250-262-0083

9620 Sikanni Road (near Peace Feeds)

Requires a referral from a Doctor, or Medical professional (Home Support, Physiotherapist, Chiropractor)

Royal Canadian Legion 250-785-3917

Save Our Northern Seniors 250-261-5540/250-785-5365

mackeno@xplornet.ca or jleahy@shaw.ca

saveournorthernseniors.ca

[Facebook: SONS: Save Our Northern Seniors](#)

Hudson's Hope

www.hudsonshope.ca

Emergency (Fire/ Police /Ambulance) 911

Alcoholics Anonymous 250-783-9931

Housing for Seniors

Hudson's Hope Health Care & Housing Society
Silver Willow Court 250-783-5521

Hudson's Hope Health Centre 250-783-9991

Hudson's Hope Public Library 250-783-9414

Hudson's Hope Swimming Pool & Aquafit 250-783-9913

Hudson's Hope Women's Club 250-783-5534

Hudson's Hope Lions Club 250-783-5736

Taylor

www.districtoftaylor.com

Emergency (Fire/ Police /Ambulance) 911

District of Taylor Municipal Office 250-789-3392

For more information on Taylor activities, visit Taylor Times District of Taylor Directory

<http://www.districtoftaylor.com/business/business-directory>

handyDART with services to Taylor 250-787-7433

Housing for Seniors

McMahon Manor
Contact Licar Management 250-785-2662 1-800-257-7756

Taylor Public Library 250-789-9878

Taylor Medical Clinic 250-789-6772

Taylor Physio and Rehab Studio 250-789-3392

Tumbler Ridge

www.tumblerridge.ca

Emergency (Fire/ Police /Ambulance) 911

RCMP	250-242-5252	Fire	250-242-5555
Safe Home Phone			250-242-8028
District of Tumbler Ridge			250-242-4242
Medical Travel Aid Information			250-242-5283
	http://www.ellensmedicaltravelaid.pris.ca		
Tumbler Ridge Adult Mental Health Association			250-242-5505
Tumbler Ridge Alcoholics Anonymous:	Thurs. 8:00PM Baptist Church		
Tumbler Ridge Cares Van			250-242-7444
Tumbler Ridge Cares – Rose Colledge			250-242-1577
Tumbler Ridge Community Centre			250-242-4778
Tumbler Ridge Forever Young Society			250-242-442, 250-242-5283
	Lloyd Frank, President beafrank@persona.ca , Ellen Sager trfys@pris.ca		
Tumbler Ridge Health Centre			250-242-5271
Tumbler Ridge Health Centre Foundation Society			250-242-5271
Tumbler Ridge Health Unit			250-242-4262
Tumbler Ridge Hospice & Respite Care Society			
	Doug Foerster		250-242-5870
Tumbler Ridge Ladies Auxillary Grace Walsh			250-242-4609
Tumbler Ridge Lions Club			250-242-4609
	Frank Walsh		250-242-4609
Tumbler Ridge Meals on Wheels			250-242-4609
	Dave Price		250-257-0061
Tumbler Ridge Medical Clinic			250-242-4251
Tumbler Ridge Pharmacy			250-242-3333
Tumbler Ridge Taxi Service			250-242-5151
Tumbler Ridge Public Library			250-242-4778
Tumbler Ridge Royal Canadian Legion			250-242-3436
Tumbler Ridge Royal Canadian Legion Ladies' Aux.			250-242-3436
Tumbler Ridge Seniors' Corner – Lloyd Frank			250-242-4422

Provincial & Federal Services

Accessible Parking Permits: SPARC BC: http://www.sparc.bc.ca info@sparc.bc.ca Forms are available at your Doctor's Office	1-604-718-7733
Adaptable Clothing: Silvert's http://www.silverts.com	1-800-387-7088
Advanced Care Planning: My Voice Planning Document: www.health.gov.bc.ca/library/publications/year/2013/MyVoice-AdvanceCarePlanningGuide.pdf	
Alcohol & Drug Information Referral Services (ADIRS) http://www.healthlinkbc.ca/mental-health-substance-use/resources/adirs	1-800-663-1441
Alzheimer's Society of BC http://www.alzheimer.ca/en/bc	1-800-667-3742
Arthritis Society http://www.arthritis.ca/	1-866-414-7766
Arthritis Helpline https://www.arthritis.ca/support-education/helpline	1-800-321-1433
Assisted Living Registrar of BC http://www.health.gov.bc.ca/assisted	1-866-714-3378 or 1-604-733-5996
BC Association of Community Response Networks http://www.bccrns.ca Connie Kaweesi, MSW, RSW, Regional Mentor for NEBC	250-263-2614
BC Housing Authority http://www.bchousing.org 1539 – 11th Ave., Prince George, BC V2L 3S6	1-800-667-1235
Licar Management/BC Housing http://www.licar.ca/	250-785-5086
BC NurseLine www.healthlinkbc.ca/services-and-resources/about-8-1-1	811 or 1-866-215-4700 or TTY 1-866-215-4700
BC Seniors' Guide/Info Line http://seniorsbc.ca	1-800-465-4911
BetterLife Home Medical (Grande Prairie, AB) http://www.betterlifehomemedical.ca/	1-780-532-2848/1-800-565-1495
Canadian Cancer Society http://www.cancer.ca/en/?region=bc	1-800-663-4242
Canadian Orthopaedic Foundation http://www.orthoconnect.org	1-800-461-3639

Provincial & Federal Services

Diabetes Canada 1-800-268-4656
<http://www.diabetes.ca/>

Dial A Dietician 1-800-667-3438

Canadian Health Coalition
<http://www.HealthCoalition.ca>

Canadian Mental Health Association 604-688-3234
<https://cmha.bc.ca/>

Canadian National Institute for the Blind (CNIB) 1-888-801-2642
<http://cnib.ca>

Canadian Virtual Hospice
<http://www.virtualhospice.ca>

Caregiver Information

Caregiver Solutions Website
<http://www.caregiversolutions.ca/>

Family Caregivers' Network Society 250-384-0408 or 1-877-520-3267
<http://www.caringvoice.com>
caregiversupport@fcns.ca

Pacific Live-In-Caregivers 250-616-2346
<http://www.pacificcaregivers.com/>
pacificcaregivers@shaw.ca

Caregiver Information/Hiring

BC Employment Standards 1-800-663-3316
<https://www2.gov.bc.ca/gov/content/employment-business/employment-standards-advice/employment-standards/specific-industries/information-for-domestic-workers-and-their-employers>

Canada Revenue Agency - Disability-Related Information 2017
<https://www.canada.ca/en/revenue-agency/services/forms-publications/publications/rc4064/disability-related-information-2016.html>

Crown Publications – Queen's Printers 250-387-2432
<https://www.crownpub.bc.ca/>

Ministry of Labour Prince George 250-565-6120

Council of Senior Citizens' Organizations of BC (COSCO)
<http://www.coscobc.ca>

Provincial & Federal Services

Crisis Line https://crisiscentre.bc.ca/	1-800-784-2433
Crohn's and Colitis Support Group http://www.crohnsandcolitis.ca/	604-794-7656
Dawson Creek Home Medical Needs (serving communities across Northeast BC) http://www.dchmed.ca/	250-719-0577 F: 250-719-0578
Disability Alliance BC	1-800-663-1278

Federal Agencies

Canada Pension Plan https://www.canada.ca/en/services/benefits/publicpensions/cpp.html	1-800-277-9914
Guaranteed Income Supplement: https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html	
Old Age Pension: https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html	
Seniors' Information – Canada: https://www.canada.ca/en/employment-social-development/corporate/seniors/forum.html	
Health & Seniors Information	1-800-265-4911

Housing Grants: Programs to improve or adapt current housing to accommodate Seniors

HAFI (Home Adaptations for Independence): <http://www.bchousing.org/HAFI>
hafi@bchousing.org
Financial assistance in the form of a grant or forgivable loan to help low-income seniors and people with disabilities remain in their own home.

HASI On-Reserve (Home Adaptations for Seniors' Independence Program): <https://www.cmhc-schl.gc.ca/en/first-nation/financial-assistance/renovation-programs/home-adaptations-seniors.cfm>

Home Owner Grant Information: <https://www2.gov.bc.ca/gov/content/taxes/property-taxes/annual-property-tax/reduce/home-owner-grant/senior>

Housing information 604-646-7055 F: 604-646-7054

Health Insurance BC (HIBC) Medical Plan & PharmaCare 1-800-663-7100
<https://www2.gov.bc.ca/gov/content/health/about-bc-s-health-care-system/partners/health-insurance-bc>

HealthLink BC 811
<https://www.healthlinkbc.ca/>

Heart & Stroke Foundation of BC & Yukon 250-562-8611
<http://www.heartandstroke.ca/>

Home Adaptations

Safety Bath Hydrotherapy Systems

Grande Prairie Branch 780-532-3511

Prince George Branch 250-963-7777

Home Oxygen Program (Referral from Doctor in Fort St. John)

Home Oxygen Program Northern Health 250-649-4815

Dawson Creek Health Unit 250-263-6000

Hope Air (charity providing flights for medical appointments) 1-604-338-4447

<https://hopeair.ca/>

Life-Line Northern Health 1-800-851-0184

Life-Line (Legion Members) 1-800-543-3546

Medical Services Plan 1-800-663-7100

MLAs

<http://www.gov.bc.ca>

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Fax: 250-782-6454

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Provincial & Federal Services

MP

<http://www.canada.gc.ca>

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Bob.Zimmer@parl.gc.ca

Fort St. John: Bob.Zimmer.C1A@parl.gc.ca

Ministry of Health: <http://www.gov.bc.ca/health>

Mobility Plus Health & Homecare Services (Grande Prairie, AB) 1-780-402-4988/780-532-3511

Multiple Sclerosis Society of Canada

1-800-268-7582

<https://mssociety.ca/>

Nidus Personal Planning Resource Centre

<http://www.nidus.ca/>

Northern Home Care 250-262-0102

<http://www.northernhomecare.ca/>

northernhomecare@shaw.ca

Northern Health Corporate

1-866-565-2999 F: 250-565-2640

<https://www.northernhealth.ca/OurServices/PatientCareQualityOffice.aspx>

Suite 300 – 299 Victoria St, Prince George, BC V2L 5B8

Northern Health Connections Bus

1-888-647-4997

<https://nhconnections.ca/>

Northern Health, Tobacco Reductions NICC

811

<https://www.northernhealth.ca/YourHealth/HealthyLivingCommunities/TobaccoReduction.aspx>

Northern Health Patient Care Quality Office (for complaints)

1-877-677-7715

<https://www.northernhealth.ca/OurServices/PatientCareQualityOffice.aspx>

patientcarequalityoffice@northernhealth.ca

Northern Health Bus

1-888-647-4997

<https://nhconnections.ca/>

Northern Health Tobacco Reductions NICC

811

Northern Lights College

1-866-463-6652

<http://www.nlc.bc.ca/>

Old Age Pension Plan, GIS, CPP

1-800-277-9914

Pharmacare

1-800-663-7100

Poison Control Centre

1-800-567-8911

Provincial & Federal Services

PG Surg-Med - Medical Supplies (Prince George)

1-250-564-2240

<https://pgsurgmed.com/>

SAFER (Shelter for Elderly Renters)

1-800-257-7756 (BC Housing Press 1)

<https://www.bchousing.org/housing-assistance/rental-assistance-financial-aid-for-home-modifications/shelter-aid-for-elderly-renters>

Seniors Advocate

Isabel Mackenzie info@seniorsadvocatebc.ca

Need help with seniors' programs and services? Speak with one of our Information & Referral analysts, Monday to Friday from 8:30 a.m. - 4:30 p.m. (except statutory holidays).

Give feedback on seniors' issues: <https://survey.health.gov.bc.ca/TakeSurvey.aspx?SurveyID=1232352>

Sign up for the Seniors Advocate's newsletter: <https://www.seniorsadvocatebc.ca/newsletter-sign-up/>

Seniors Advocate BC 2017 Monitoring Report: <http://www.seniorsadvocatebc.ca/app/uploads/sites/4/2017/12/MonitoringReport2017.pdf>

Seniors Advocacy and Information Line

604-437-1940 Toll Free 1-866-437-1940

Seniors First BC and SAIL (Seniors Advocacy & Information Line) 1-866-437-1940 TTY: 604-428-3359

<http://www.seniorsfirstbc.ca>

Seniors Information (Federal): <http://www.seniors.gc.ca>

Seniors' Groups

Chetwynd

Chetwynd Seniors

250-788-2810

Dawson Creek

South Peace Seniors' Access

250-782-1138 Ext 225

Community Action for Seniors Independence (CASI)

250-782-1138 Ext 228

Fort Nelson

Northern Lamplighters Activities Centre 250-774-4549

Northern Rockies Seniors Society 250-774-3193

Box 52 Fort Nelson, BC V0C 1R0 nrss@live.ca

Seniors' Groups, Ctd.

Fort St. John

Save Our Northern Seniors 250-785-3245/250-261-5540/250-785-5365
mackeno@xplornet.ca or jleahy@shaw.ca
saveournorthernseniors.ca

Pouce Coupe

Pouce Coupe Senior Citizens Branch 105 250-786-0111

Tumbler Ridge

Tumbler Ridge Forever Young Society 250-242-5589
Lloyd Frank, President beafrank@persona.ca

Senior Health Care Support Line 1-877-952-3181

Service BC Contact Centre 1-800-663-7867
<https://www2.gov.bc.ca/gov/content/governments/organizational-structure/ministries-organizations/ministries/citizens-services/servicebc>

Services Canada (Old Age Security and Canada Pension) 1-800-277-9914
<http://www.sdc.gc.ca>

Social Services Medical 1-800-866-0800

Special Olympics 1-888-854-2276
<http://www.specialolympics.bc.ca>

Spinal Cord Injury BC InfoLine 1-800-689-2477
<http://www.sci-bc.ca>
info@sci-bc.ca

University of Victoria
Chronic Disease Self-Management Program 1-866-902-3767
<http://www.selfmanage.org/onlinebc>
bc@selfmanage.org

Veterans Affairs Canada 1-866-522-2122
<http://www.veterans.gc.ca/eng>

Victim Link 1-800-563-0808
<https://www2.gov.bc.ca/gov/content/justice/criminal-justice/victims-of-crime/victimlinkbc>

Virtual Hospice
<http://www.virtualhospice.ca>

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