

Forgetting to
take your
medications?



Getting frail?
Unable to care for
yourself as you used to?



**Home and Community Care services
may help you with these problems.**

What is Home and Community Care?

Home and Community Care services are provided by local health authorities and include:



Home support is for people who need help to live safely and on their own at home. A community health worker comes to your home and helps you with bathing, toileting, personal care, taking medications and wound care.



Community nursing and rehabilitation services are for people who need help to get better after a surgery, hospitalization or injury.



Assisted living is a housing plus health services option if you are still relatively independent but need a little extra help. If you need help with meals and personal care, if you are living on your own or feeling lonely, assisted living services may be an option for you.



Long-term care is for people who are not able to live at home on their own and require constant specialized care because of their chronic physical or mental health conditions.

How much does it cost?

Some home and community care services may be paid for by the government or insurance and other types of services need you to pay some amount. When a worker from your health authority visits you and talks with you about the types of services you many need, then you can also ask them about the cost of services you choose.

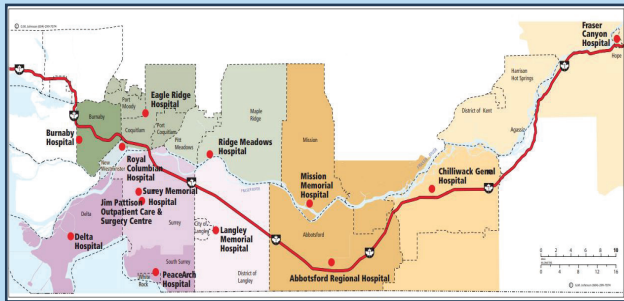
What do I do to get these services?

If you live in the Fraser Health Authority area (Delta, Burnaby, New Westminster, Surrey, Tri-Cities, Pitt Meadows, Maple Ridge, Mission, Abbotsford, Langley, Chilliwack, Agassiz, Hope), as indicated on the map.

Please contact:

New clients: Home Health Service Line: 1-855-412-2121
(open 7 days a week, 8:30 a.m. - 9:00 p.m.)

Current clients: your Home Health office. Trained staff are available 7 days a week from 8:30 a.m. - 4:30 p.m. Translation services are also available.



If you need translation services, when speaking about home and community care on the phone please ask a peer navigator to help you with setting up the translation service.

For home and community care services in the following communities, call:

North Shore: (604) 986-7111 Fax: (604) 983-6839

Richmond: (604) 278-3361 Fax: (604) 278-4713

Vancouver: (604) 263-7377 Fax: (604) 267-3419



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