

# ***Closing the Gaps in Seniors' Care***



## **A Guide**

**To Public, Community & Private Services  
for  
Slocan Valley Seniors**

**Covers Area from Playmor Junction to Slocan Village**

**February 2026**

**This Guide and many more services posted on-line:**

**[www.kb.fetchbc.ca](http://www.kb.fetchbc.ca)**

**This Seniors' Resources Guide was Developed and Funded by:**

- ❖ Trail FAIR Centre Society
- ❖ Interior Health Authority

**Disclaimer:**

This guide lists a number of publicly funded (government & non-profit) and privately operated, for-profit, services.

However, please note that we are NOT able to endorse or recommend specific services listed in this guide. While many publicly funded services are externally evaluated and required to meet rigorous standards, we strongly suggest, prior to hiring a privately funded service provider, that references be checked and clear agreements made re fees, service expectations, and so on.

For more information, go to the **Better Business Bureau of Mainland BC** website: [www.bbb.org/mbc](http://www.bbb.org/mbc) or phone: 1-888-803-1222

***FOR MORE DETAILED INFORMATION about a wide variety of services and resources in the Kootenay Boundary (KB) region go to the Kootenay Boundary FETCH website: [www.kb.fetchbc.ca](http://www.kb.fetchbc.ca)***

***Note: Seniors Directories for all 8 KB sub-regions are posted on website***

***To SUGGEST additions, changes and corrections for future editions***

**Contact:**

**Ann Godderis: 250-364-2326 - ext 5046; [AGodderis@trailfair.ca](mailto:AGodderis@trailfair.ca)**

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**ABUSE / CRISIS / EMERGENCIES**

<b>24 / 7 Emergency (Ambulance, Fire, Police)</b>	<b>911</b>
<b>24 / 7 Crisis Lines:</b> <ul style="list-style-type: none"> <li>• For support in a crisis, or concerns about the safety of another person</li> <li>• <b>BC Mental Health Support Line</b></li> <li>• <b>Interior Crisis Line Network</b></li> <li>• <b>Suicide Crisis Helpline (National)</b></li> <li>• <b>Suicide Prevention Crisis Line (BC)</b></li> </ul>	<b>310-6789</b> <b>1-888-353-2273</b> <b>988</b> <b>1-800-784-2433</b>
<b>Seniors Abuse &amp; Information Line (SAIL)</b> <a href="https://seniorsfirstbc.ca/">https://seniorsfirstbc.ca/</a> <ul style="list-style-type: none"> <li>• Phone: Monday to Friday: 8am – 8pm</li> <li>• Call re concerns about senior abuse or mistreatment</li> </ul>	<b>1-866-437-1940</b> <b>1-855-306-1443</b> TTY
<b>Report Concerns re Possible Elder Abuse or Neglect</b> <ul style="list-style-type: none"> <li>• <b>Adult Abuse &amp; Neglect (IHA)</b> Mon-Fri: 8:30am–4:30pm</li> <li>• <b>Nelson RCMP</b> Playmor Junction to just south of Winlaw</li> <li>• <b>Slocan Lake (New Denver) RCMP:</b> Winlaw to Summit Lake</li> </ul>	<b>1-844-870-4754</b> <b>250-352-2156</b> <b>250-358-2222</b>
<b>Nelson Community Based Victim Services</b> <ul style="list-style-type: none"> <li>• Advocacy Centre, 100 - 205 Hall Street; <a href="https://advocacycentre.org/">https://advocacycentre.org/</a></li> <li>• Provides victims of sexual assault, family violence or historic abuse with crisis intervention, emotional and practical assistance, information on the justice system, court orientation &amp; referrals.</li> </ul>	<b>250-352-5777</b>
<b>Nelson RCMP Victim Services:</b> Playmor Junction to before Winlaw <b>Nakusp RCMP Victim Services</b> Winlaw to Slocan & Arrow Lakes area <ul style="list-style-type: none"> <li>• Provide victims of crime &amp; tragedy with crisis intervention, emotional support, practical assistance, information on the justice system, court orientation and referrals to community resources. <b>VictimLink (24/7)</b></li> </ul>	<b>250-354-5196</b> <b>778-206-0045</b> <b>1-800-563-0808</b>
<b>Nelson Sexual Assault Response Services (SAS)</b> <ul style="list-style-type: none"> <li>• Trauma informed confidential support and services for victims of sexual assault who are 13 years of age or older. <b>24/7 Help Line</b></li> <li>• For immediate assistance (within 7 days of assault) go to Kootenay Lake Hospital Emergency Department, 3 View Street</li> <li>• <a href="https://www.servicesfyi.ca/sas/">https://www.servicesfyi.ca/sas/</a></li> </ul>	<b>250-354-4357</b>

**ABUSE / CRISIS / EMERGENCIES (continued)**

<b>Stepping Stones for Success Emergency Shelter</b> • 816 Vernon Street, Nelson: Open 24/7. Safe shelter & support	<b>250-352-9876</b>
<b>Castlegar “Out of the Cold” Homeless Shelter</b> 1660 Columbia Ave • Supports available during the day for unhoused individuals • Those staying overnight must check in by 10pm	<b>778-460-1421</b>
<b>For Women:</b> • <b>Nelson Aimee Beaulieu Transition House:</b> 24/7 confidential services & safe shelter from domestic abuse <a href="http://www.servicesfyi.ca">www.servicesfyi.ca</a> • <b>Nelson Women’s Outreach Program:</b> information, practical support, referrals, and other services for women experiencing abuse • <b>Castlegar Safe Homes &amp; Outreach Program</b> <a href="http://www.cdcss.ca">www.cdcss.ca</a> Crisis response, support & temporary safe shelter for women victims of violence; Contact Castlegar Community Services	<b>250-354-4357</b> <b>250-352-3504</b> <b>250-365-2104</b>

**DRUG STORES / PHARMACIES***All accept phone-in renewals; Does NOT deliver to Valley unless specified*

<b>Nelson Clinic Pharmacy</b> 405 Hendryx Street	<b>250-352-3121</b>
<b>Nelson Remedy’sRx</b> 737 Baker Street	<b>250-352-0022</b>
<b>New Denver Community Pharmacy</b> 309 6 <sup>th</sup> Avenue • Prescription delivery to Slocan can be arranged	<b>250-358-2500</b>
<b>Pharmasave</b> 685 Baker Street, Nelson 1128 3 <sup>rd</sup> Street, Castlegar	<b>250-352-2316</b> <b>250-365-7813</b>
<b>Safeway Pharmacy</b> 211 Anderson, Nelson 1721 Columbia Avenue, Castlegar	<b>250-352-7765</b> <b>250-365-7141</b>
<b>Shoppers Drug Mart</b> 1116 Lakeside, Nelson 1965 Columbia Avenue, Castlegar	<b>250-352-7268</b> <b>250-365-5888</b>
<b>Walmart Pharmacy</b> 1000 Lakeside Drive, Nelson	<b>250-352-7842</b>

## FOOD / MEAL SERVICES

### ❖ FOOD BANKS

<p><b>Slocan Valley Food Cupboard</b> <a href="http://www.wegcss.org">www.wegcss.org</a></p> <ul style="list-style-type: none"> <li>• W.E. Graham Community Services 1001 Harold St, Slocan Village</li> <li>• 1<sup>st</sup> and 3<sup>rd</sup> Thursday / month: 11am – 3pm; (Last orders by 2:45pm)</li> <li>• Bring bags or boxes;</li> <li>• Refreshments, food /snacks</li> <li>• Serves residents from the Playmor Junction to Enterprise Creek (just south of Silverton)</li> </ul>	<p><b>250-355-2484</b></p>

### ❖ MEALS / DROP-IN

<p><b>Slocan Park Seniors Coffee Time</b> <span style="float: right;"><b>Bonnie</b></span></p> <ul style="list-style-type: none"> <li>• Slocan Park Community Hall, 3036 Hwy 6: Tuesdays 10am – 12 noon</li> <li>• Coffee, snacks &amp; conversation</li> <li>• Group runs from Mid-September to mid-June;</li> <li>• NOTE: no group on the Tuesday following a long weekend.</li> </ul>	<p><b>250-359-6679</b></p>
<p><b>Slocan Seniors' Lunches</b></p> <ul style="list-style-type: none"> <li>• Free &amp; no need to book ahead. All welcome.</li> <li>• Schedule &amp; info: <a href="https://wegcss.org/servicesandfacilities/seniors-lunch/">https://wegcss.org/servicesandfacilities/seniors-lunch/</a></li> <li>• Call W.E. Graham Community Service Soc.to confirm location &amp; time</li> <li>• Monthly lunches from 11am to 2pm at:             <ul style="list-style-type: none"> <li>- Slocan Legion Hall, 502 Harold Street 4<sup>th</sup>Tuesday /month</li> <li>- Slocan Park Hall 2<sup>nd</sup> week/month days vary</li> </ul> </li> </ul>	<p><b>250-355-2484</b></p>
<p><b>TAPS (Therapeutic Activation Program for seniors)</b></p> <ul style="list-style-type: none"> <li>• Lunch, recreational &amp; social activities for vulnerable seniors</li> <li>• <a href="https://wegcss.org/seniors/slocan-valley-taps/">https://wegcss.org/seniors/slocan-valley-taps/</a> Info &amp; register: <b>Danielle</b></li> <li>• Passmore TAPS, Thursdays, Passmore Hall</li> <li>• Slocan TAPS, Wednesdays, Slocan Legion</li> <li>• Winlaw TAPS Social Hub, Winlaw Hall Fridays 1-3pm</li> <li>• Note: Also in New Denver on Tuesdays in the Knox Hall</li> <li>• For monthly Schedule <a href="https://www.facebook.com/wegcss">https://www.facebook.com/wegcss</a></li> </ul>	<p><b>250-505-4717</b></p>

**FOOT CARE**

FCN = Foot Care Nurse; LPN = Licensed Practical Nurse; RN = Registered Nurse

<b>Dr Alumbaugh Podiatrist</b> <a href="http://drdanapodiatry.com">http://drdanapodiatry.com</a>		
• Clinic location: 1686 2 <sup>nd</sup> Ave, Trail: Mondays & Thursdays		<b>250-364-1516</b>
<b>Foot Care by Janet</b>	<b>Janet Bruce</b>	<b>250-777-1265</b>
<b>Pampered Sole Foot Care</b>	<b>Miranda Hildebrandt LPN,FCN</b>	<b>250-870-1589</b>
<b>Pure Life Foot Care</b> <a href="https://purelifefootcare.ca">https://purelifefootcare.ca</a> <b>Heather Griffiths LPN,FCN</b>		<b>250-777-4337</b>
• Home visits or attend clinic at 104b- 518 Lake Street, Nelson		

**FRAUD / FINANCIAL**

<b>Banks and Credit Unions</b>		
• Includes Automatic deposit, Bill paying, Internet & telephone banking		
<b>Better Business Bureau of Mainland BC</b> <a href="http://www.bbb.org/mbc">www.bbb.org/mbc</a>		<b>1-888-803-1222</b>
• Services include business info, scam warnings & receiving complaints		<b>1-604-682-2711</b>
<b>Canadian Anti-Fraud Centre</b>		
• Report scams / suspected fraud. Mon-Fri: 6am-1:45pm PST		<b>1-888-495-8501</b>
<b>Credit Counselling Society</b> <a href="http://www.nomoredebts.org">www.nomoredebts.org</a>		<b>1-888-527-8999</b>
• Free credit & debt counselling & personal budgeting services		
<b>Police:</b>		
• Contact for any concerns re possible financial abuse:		
<b>Slocan Lake (New Denver) RCMP:</b> Summit Lake to Winlaw		<b>250-358-2222</b>
<b>Nelson RCMP</b> Playmor Junction to south of Winlaw		<b>250-352-2156</b>

**GOVERNMENT SERVICES / ADVOCACY / SUPPORT**

<p><b>Advocacy Centre</b> 205 Hall Street, Nelson <a href="http://www.advocacycentre.org">www.advocacycentre.org</a></p> <ul style="list-style-type: none"> <li>• Help with issues connected with income supports, disability benefits, tenancy, debt, other government programs. Provides info re legal aid</li> </ul>	<b>1-877-352-5777</b>
<p><b>BC Housing Subsidy: Shelter Aid for Elderly Renters (SAFER)</b></p> <ul style="list-style-type: none"> <li>• A rent subsidy for those over 60 paying over 30% of gross income</li> <li>• See website re other qualifications for program <a href="http://www.bchousing.org">www.bchousing.org</a></li> </ul>	<b>1-800-257-7756</b>
<p><b>Community Volunteer Income Tax Program</b></p> <ul style="list-style-type: none"> <li>• Free tax filing services in March &amp; April for those living on low incomes</li> </ul> <p><b>Nelson &amp; District Seniors Coordinating Society</b> 719 Vernon St  <b>Castlegar Community Services</b> 1695 Columbia Avenue</p>	<p><b>250-352-6008</b>  <b>250-365-2104</b></p>
<p><b>Income Assistance</b> BC Employment &amp; Assistance 566 Stanley St, Nelson</p> <ul style="list-style-type: none"> <li>• An income supplement and other support available to eligible seniors</li> </ul>	<b>1-866-866-0800</b>
<p><b>Kootenay Seniors</b> 805 Nelson St, Nelson <a href="http://www.kootenayseniors.ca">www.kootenayseniors.ca</a></p> <ul style="list-style-type: none"> <li>• Offers a range of information, programs and coordinated services for area seniors including home support &amp; volunteer transportation</li> </ul>	<b>250-352-2708</b>
<p><b>Nelson &amp; District Seniors Coordinating Society</b> 719 Vernon St</p> <ul style="list-style-type: none"> <li>• Tues to Thurs; 8:30am-12:15pm <a href="http://www.nelsonseniors.ca">www.nelsonseniors.ca</a></li> <li>• Services include information, support, financial advocacy &amp; form completion for many federal &amp; provincial government programs</li> </ul>	<b>250-352-6008</b>
<p><b>Office of the Seniors' Advocate Information &amp; Referral Line</b></p> <ul style="list-style-type: none"> <li>• Monday to Friday: 8:30am - 4:30pm <a href="http://www.seniorsadvocatebc.ca">www.seniorsadvocatebc.ca</a></li> <li>• Offers BC Seniors information and referrals to relevant services</li> <li>• Monitors and analyzes seniors' services; offers recommendations to government &amp; Service providers to address systemic issues in Health care, Housing, Income support, Community support &amp; Transportation.</li> <li>• See the website for information, the <b>BC Seniors Guide</b> and a number of reports &amp; studies including the <b>Long Term Care &amp; Assisted Living Directory</b> <a href="https://www.seniorsadvocatebc.ca/quickfacts/location/">https://www.seniorsadvocatebc.ca/quickfacts/location/</a></li> </ul>	<b>1-877-952-3181</b>
<p><b>SeniorsBC</b> <a href="http://www.seniorsbc.ca">www.seniorsbc.ca</a></p> <ul style="list-style-type: none"> <li>• Website offers a comprehensive summary of health care and other services for seniors &amp; includes the on-line Seniors' Guide</li> </ul>	

**GOVERNMENT SERVICES / ADVOCACY / SUPPORT (continued)**

<p><b>Service <u>BC</u> Centre (Gov't Agent)</b> 310 Ward St; Mon to Fri: 9am-4:30pm</p> <ul style="list-style-type: none"> <li>BC government forms, information, services, licences &amp; assistance re a wide variety of programs such as MSP, Pharmacare, seniors' subsidies, etc; <a href="https://www2.gov.bc.ca/gov/content/home/services-a-z">https://www2.gov.bc.ca/gov/content/home/services-a-z</a></li> </ul>	<b>250-354-6104</b>
<p><b>Service <u>Canada</u> Centre</b> Chahko Mika Mall, 1125 Lakeside Drive</p> <ul style="list-style-type: none"> <li>Monday to Friday: 8:30am – 4pm</li> <li><b>Federal Government</b> forms, information &amp; assistance re a variety of services &amp; programs including CPP, OAS &amp; GIS, passports, EI, Veterans Affairs, etc See <a href="https://www.servicecanada.gc.ca/">https://www.servicecanada.gc.ca/</a></li> </ul>	<b>1-800-622-6232</b>

**HEALTH CARE SERVICES: GENERAL INFORMATION**

<p><b>Advance Care Planning</b></p> <ul style="list-style-type: none"> <li><b>BC Government Website</b> <a href="http://www.gov.bc.ca/advancecare">www.gov.bc.ca/advancecare</a> provides links to the planning document “My Voice” &amp; information on planning re future care, support and other needs</li> <li><b>Nidus Personal Planning Resource Centre &amp; Registry</b> <a href="https://www.nidus.ca/">https://www.nidus.ca/</a> provides comprehensive online information, forms &amp; support for all aspects of Personal Planning including: <ul style="list-style-type: none"> <li>Legal and Financial planning including the creation of an Enduring Power of Attorney document</li> <li>Health and Personal Care planning / Representation Agreement</li> <li>Estate Planning including creating a Will</li> </ul> </li> </ul>	
<p><b>Ambulance Billing Services Info Line</b> Monday to Friday: 9am - 4pm</p> <ul style="list-style-type: none"> <li>For Billing information: <a href="http://www.bcehs.ca/about/billing">http://www.bcehs.ca/about/billing</a></li> </ul>	<b>1-800-665-7199</b>
<p><b>Health Insurance BC</b> <a href="http://www2.gov.bc.ca/gov/content/health">www2.gov.bc.ca/gov/content/health</a></p> <ul style="list-style-type: none"> <li>Medical Services Plan, PharmaCare &amp; Fair PharmaCare</li> <li>Forms &amp; information at the <b>Nelson Service BC Centre (page 5)</b></li> </ul>	<b>1-800-663-7100</b>
<p><b>HealthLinkBC</b> <span style="float: right;"><b>Toll-free</b></span></p> <ul style="list-style-type: none"> <li>Navigator or Nurse: 24 hours / 7 days a week</li> <li>Dietician or Exercise Professional: Monday to Friday: 9am-5pm</li> <li>Pharmacist: 7 days a week: 5pm-9am</li> <li>Information and links to services: <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a></li> <li>Special Line for Hearing Impaired persons: <span style="float: right;"><b>Toll-free</b></span></li> </ul>	<b>811</b>         <b>711</b>

## HEALTH CARE SERVICES: INTERIOR HEALTH (IHA)

### ❖ HOSPITALS / EMERGENCY CARE

<b>Castlegar Community Health Centre</b> 709 10 <sup>th</sup> St.	8am–8pm	<b>250-365-7111</b>
<b>Kootenay Lake Hospital</b> 3 View Street, Nelson	24/7	<b>1-866-352-3111</b>
<b>Slocan Community Health Centre</b> , 401 Galena, N. Denver: 8am–8pm		<b>250-358-7911</b>

### ❖ COMMUNITY HEALTH CENTRES:

**Nelson:** Nelson Community Health Services Centre 902 11 St **250-505-7200**  
(serves Slocan Valley from Playmor Junction to Winlaw)

**New Denver:** Slocan Community Health Centre 401 Galena **250-358-7911**  
(serves Slocan Valley north of Winlaw & Slocan Lake area)

<p><b>Home Health Services</b></p> <ul style="list-style-type: none"> <li>Provides nursing care and self-management teaching for chronic and acute conditions, Ambulatory Care Clinic visits (by appointment) and palliative care &amp; navigation with support for families</li> <li>Also offers case management for seniors and families to assess needs and develop care plans. Services include Home Support, Adult Day Program, Facility Respite, Advanced Care Planning and reviewing eligibility for Assisted Living and Long Term Care</li> <li><b>New clients must phone the Central Intake/Assessment line</b></li> </ul>	<p><b>Central Intake / Assessment</b> <b>Nelson Home Health</b> <b>New Denver Home Health</b></p>	<p><b>1-800-707-8550</b> <b>250-505-7200</b> <b>250-358-7804</b></p>
<p><b>Home Support Services</b></p> <ul style="list-style-type: none"> <li>A scheduled, income tested subsidized service providing simple meal preparation, help with managing personal health care needs, caregiver respite &amp; palliative home support. Does NOT include bulk meal prep, cooking, housekeeping, driving, shopping, etc</li> <li><b>Home Support Scheduling</b> 7 days/week: 6:30am - 8pm</li> </ul>	<p><b>Central Intake /Assessment</b></p>	<p><b>1-800-707-8550</b>  <b>1-800-707-8550</b></p>
<p><b>Mental Health &amp; Substance Use (MH&amp;SU) Services</b></p> <ul style="list-style-type: none"> <li>Offers assessment, counselling, groups &amp; related services</li> <li>Elder Services offers various services specifically for seniors (and caregivers) with concerns related to aging</li> </ul>	<p><b>Nelson</b> <b>New Denver</b></p>	<p><b>250-505-7247</b> <b>250-358-7911</b></p>

**HEALTH CARE SERVICES: INTERIOR HEALTH (continued)**

**❖ COMMUNITY HEALTH CENTRES (continued)**

<p><b>Public Health / Promotion &amp; Prevention Services</b></p> <ul style="list-style-type: none"> <li>A wide range of public health services for all ages</li> </ul>	<p><b>Nelson New Denver</b></p>	<p><b>250-505-7200 250-358-7911</b></p>
<p><b>Respite Services</b> at home, or through short stays at a care facility</p> <ul style="list-style-type: none"> <li>Call for an assessment by Home Health staff. <b>Intake/Assessment</b></li> </ul>		<p><b>1-800-707-8550</b></p>
<p><b>See page 12 Home Services and page 13 Hospice</b> for additional services</p>		

**❖ MEDICAL LABORATORIES**

<p><b>Kootenay Lake Hospital Laboratory</b> 3 View St., Nelson</p> <ul style="list-style-type: none"> <li>Preferable to <b>Book online</b> <a href="http://www.labonlinebooking.ca">www.labonlinebooking.ca</a> or by phone</li> <li>Limited walk-in service available Mon – Fri: 8am to 4:30pm <b>Lab</b></li> </ul>		<p><b>1-844-870-4756 250-354-2325</b></p>
<p><b>Slocan Community Health Services Laboratory</b></p> <ul style="list-style-type: none"> <li>401 Galena Avenue, New Denver</li> <li><b>Book online</b> <a href="http://www.labonlinebooking.ca">www.labonlinebooking.ca</a> or <b>book by phone</b></li> <li>Appointments preferable but limited walk-in services available</li> <li>Lab Hours: Mon &amp; Wed, 8am – 12 noon; Walk-in: 8-10am <b>Lab #</b></li> </ul>		<p><b>1-877-740-7747 250-358-7911</b></p>
<p><b>Castlegar Health Centre Medical Laboratory</b> 709 10<sup>th</sup> Avenue</p> <ul style="list-style-type: none"> <li><b>Book online</b> <a href="http://www.labonlinebooking.ca">www.labonlinebooking.ca</a> or <b>book by phone</b></li> <li>Limited walk-in services available Mon-Fri 9am to 3pm <b>Lab</b></li> </ul>		<p><b>1-844-870-4756 250-365-7111 ext 2</b></p>

**❖ MOBILE**

<p><b>Community Paramedic Program:</b> <a href="http://www.bcehs.ca/our-services">www.bcehs.ca/our-services</a></p> <ul style="list-style-type: none"> <li>A free BC Emergency Health Services program serving isolated seniors in the entire Arrow &amp; Slocan Lakes Area</li> <li>Offers home visits, health assessments, referrals, basic care</li> <li><b>Referral required</b> from doctor, home health or community nurse</li> </ul>	

**HEALTH CARE SERVICES: NON-IHA****❖ DENTAL**

<b>Canadian Dental Care Plan</b> (for those not already covered by a plan) <ul style="list-style-type: none"> <li>See <a href="#">website</a> or phone for eligibility requirements and application form</li> </ul>	<b>1-833-537-4342</b>
<b>Kootenay River Mobile Dental Hygiene Services</b> Noel <ul style="list-style-type: none"> <li>Private in-home &amp; care facility dental hygiene services <a href="https://krdh.ca/">https://krdh.ca/</a></li> </ul>	<b>250-304-5754</b>
<b>The Travelling Hygienist</b> <a href="https://www.thetravellinghygienist.com/">https://www.thetravellinghygienist.com/</a> <ul style="list-style-type: none"> <li>Private in-home &amp; care facility dental hygiene services</li> </ul>	<b>778-231-0475</b>
<b>West Kootenay Community TEETH Clinic</b> <ul style="list-style-type: none"> <li>Lower cost dental care for those living on a low income.</li> <li>Clinic: 632 Front St., Nelson <a href="https://www.teethclinicwk.ca/applications/">https://www.teethclinicwk.ca/applications/</a></li> </ul>	<b>778-463-2232</b>

**❖ PRIMARY CARE****➤ FOR THOSE WITHOUT A PRIMARY CARE PROVIDER**

<b>Kootenay Boundary Health Connect Registry</b> HealthLink BC <ul style="list-style-type: none"> <li>For KB residents looking for a physician or nurse practitioner</li> <li><a href="https://www.healthlinkbc.ca/health-connect-registry/kootenay-boundary">https://www.healthlinkbc.ca/health-connect-registry/kootenay-boundary</a></li> </ul>	<b>811</b>
<b>KB Access Clinic</b> <a href="https://kbaccess.ca/">https://kbaccess.ca/</a> <ul style="list-style-type: none"> <li>Offers in-person care in Nelson &amp; Castlegar and virtual visits to patients in all the Kootenay Boundary region</li> </ul>	<b>778-508-3112</b>

**➤ MEDICAL CLINICS**

<b>Ancron Medical Centre</b> 108-402 Baker St, Nelson	<b>250-352-9144</b>
<b>Castlegar Medical Clinic</b> 1840 8th Ave	<b>250-365-7255</b>
<b>Castlegar Urgent &amp; Primary Care</b> 709 10 <sup>th</sup> Street 8am to 8pm For non-life threatening illnesses/ injuries needing immediate attention Available to anyone in the KB region <b>Must book appointment</b>	<b>250-304-1289</b>
<b>Kootenay Lake Medical Clinic</b> 1140 Lakeside Drive	<b>250-352-4666</b>
<b>Kootenay Medical Centre</b> 601 Kootenay Street, Nelson	<b>250-352-2230</b>
<b>Nelson Medical Centre</b> 806 Vernon Street, Nelson	<b>250-352-6611</b>
<b>New Denver Medical Clinic</b> <a href="#">Slocan Health Centre</a> 401 Galena Ave	<b>250-358-7211</b>

**HEALTH CARE: SUPPORT / NAVIGATION / COMPLAINTS****❖ INTERIOR HEALTH (IHA)**

<b>IHA Patient Care Quality Office</b> <b>Info &amp; Register a Complaint:</b> <ul style="list-style-type: none"> <li>Assists patients through the complaint process with regard to care they have received from Interior Health services &amp; staff</li> </ul>	<b>1-877-442-2001</b>
<b>Kootenay Lake Hospital Social Work Department</b> <ul style="list-style-type: none"> <li>Provides psychosocial care for hospital patients and their families, including counselling, practical assistance, advocacy &amp; referrals</li> </ul>	<b>250-354-2394</b> <b>1-866-352-3111</b>

**❖ OTHER (NON-IHA)**

<b>Aboriginal Health</b> Circle of Indigenous Nations (COINS) <a href="https://coinations.net">https://coinations.net</a> <ul style="list-style-type: none"> <li><b>Aboriginal Patient Navigator</b>      <b>Carrie</b> Provides a range of culturally sensitive supports to hospitalized Aboriginal patients, caregivers &amp; their families</li> <li><b>Aboriginal Health Coordinator</b>      <b>Sage</b> Supports Aboriginal patients' access to community services that enhance continuity of care and cultural safety in the West Kootenay</li> </ul>	<b>1-877-904-2634</b> <b>250-399-0699</b> <b>250-551-4395</b> <b>250-399-0731</b> <b>250-608-4552</b>
<b>KB Mental Health &amp; Substance Use Regional Consumer, Family &amp; Peer Support</b> Trail FAIR Society <a href="http://www.trailfair.ca">www.trailfair.ca</a> <b>Lisa</b> <ul style="list-style-type: none"> <li>A regional program providing support, education &amp; resources to those with long term mental health &amp; substance use (addiction) concerns</li> </ul>	<b>250-231-7552</b> <b>1-877-364-2326</b> <b>ext 225</b>
<b>Office of the Seniors' Advocate</b> Monday to Friday: 8:30am - 4:30pm <ul style="list-style-type: none"> <li>Offers BC seniors information &amp; resources. See <b>page 5</b> for more info</li> </ul>	<b>1-877-952-3181</b>
<b>Seniors Community Connector</b> WE Graham Community Services <ul style="list-style-type: none"> <li>Connects older isolated adults to services/ activities; supports wellness</li> <li>Slocan Valley to New Denver / Hills <a href="https://wegcss.org/seniors/">https://wegcss.org/seniors/</a>      <b>Jen</b></li> </ul>	<b>250-608-5838</b>
<b>West Kootenay Boundary Caregiver Support</b> <ul style="list-style-type: none"> <li>Free support for unpaid caregivers(19+) who care for someone 55+</li> <li>For more info see <b>page 13</b> or go to <a href="http://wkbcaregiver.org/">http://wkbcaregiver.org/</a></li> </ul>	<b>1-888-212-2337</b> <b>ext 5</b>
<b>West Kootenay Nav-CARE Program</b> <b>Slocan Valley Coordinator</b> <ul style="list-style-type: none"> <li>Support for adults living with chronic illness to help navigate services</li> <li>For more info see <b>page 13</b> or go to <a href="https://westkootenaynavcare.org/">https://westkootenaynavcare.org/</a></li> </ul>	<b>778-988-6685</b>

**HEALTH / MEDICAL EQUIPMENT & SUPPLIES**

**❖ NON-PROFIT**

<p><b>Health Equipment Loan Program (HELP)</b></p> <ul style="list-style-type: none"> <li>• <b>Nelson</b> 614 Front Street. (Mon, Tues, Thurs, Fri) 10am - 1pm</li> <li>• <b>Castlegar</b> 1250 A 26th St. (Mon to Thurs) 11am - 2pm</li> <li>• <b>In both locations:</b> A wide variety of medical equipment for up to 3 months <u>Call</u> to confirm times and open days</li> <li>• No Fees, by donation: Needs a referral from a health care professional</li> </ul>	<p><b>250-354-4456</b> <b>250-365-3911</b></p>
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**❖ PRIVATE**

<p><b>Drug Stores / Pharmacies:</b></p> <ul style="list-style-type: none"> <li>• Several carry medical supplies &amp; equipment. <b>(page 2)</b></li> </ul>	
<p><b>Hearing Tests / Hearing Aids</b> <i>All offer free screening for seniors</i></p> <ul style="list-style-type: none"> <li>• <b>Connect Hearing</b> 259 Baker St, Nelson <a href="http://www.connecthearing.ca">www.connecthearing.ca</a></li> <li>• <b>Dynamic Hearing Solutions</b> 105 – 518 Lake Street, Nelson <a href="http://www.dynamichearingsolutions.ca">www.dynamichearingsolutions.ca</a></li> <li>• <b>Kootenay Hearing &amp; Audiology</b> 4-425 Columbia Ave, Castlegar (now merged with Dynamic hearing) <a href="http://www.dynamichearingsolutions.ca">www.dynamichearingsolutions.ca</a></li> </ul>	<p><b>250-354-4949</b> <b>250-352-5932</b> <b>250-304-2003</b></p>
<p><b>Kootenay Columbia Home Medical Equipment</b></p> <ul style="list-style-type: none"> <li>• 130-630 17<sup>th</sup> Street, Castlegar <a href="http://www.kchomemedical.ca">www.kchomemedical.ca</a></li> <li>• Rents and sells a range of medical equipment</li> </ul>	<p><b>1-866-515-7772</b> <b>250-365-7772</b></p>
<p><b>Personal Emergency Response Systems/ Medical Alarms</b></p> <ul style="list-style-type: none"> <li>• <b>Lifeline</b> <a href="http://www.lifeline.ca">www.lifeline.ca</a> Kootenay contact: <b>Rhandean Lacktin</b></li> </ul>	<p><b>1-888-832-6071</b> <b>250-364 2524</b></p>
<p><b>Respiratory Services:</b> Testing &amp; equipment</p> <ul style="list-style-type: none"> <li>• <b>Columbia Respiratory</b> 806 Vernon Street (Nelson Medical Clinic) <a href="https://www.facebook.com/columbiarespiratory/">https://www.facebook.com/columbiarespiratory/</a> <b>Appointment</b></li> <li>• <b>Independent Respiratory Services</b> Call for an appointment <a href="http://www.irscanada.ca">www.irscanada.ca</a> Clinic, 806 Vernon Street <b>Nelson</b> Office, 865 Columbia Avenue <b>Castlegar</b></li> <li>• <b>MedPro Respiratory Care</b> <a href="https://www.medprorespiratory.com/">https://www.medprorespiratory.com/</a> 3 – 425 Columbia Avenue, Castlegar</li> </ul>	<p><b>250-364-0277</b> <b>1-877-365-6952</b> <b>1-888-310-1444</b></p>

**HOME SAFETY**

<b>BC Rebate for Accessible Home Adaptation (BC RAHA)</b> <ul style="list-style-type: none"> <li>BC Housing funds low income seniors or persons with disabilities (or landlords) for home adaptations to support living safely in the home or rental unit <a href="https://www.bchousing.org/housing-assistance/BC-RAHA">https://www.bchousing.org/housing-assistance/BC-RAHA</a></li> </ul>	<b>1-800-257-7756</b>
<b>Police:</b> Responds to community safety concerns, financial & other abuse <ul style="list-style-type: none"> <li><b>Nelson RCMP</b> Playmor Junction to just south of Winlaw</li> <li><b>Slocan Lake (New Denver) RCMP:</b> Winlaw to Summit Lake</li> </ul>	<b>250-352-2156</b> <b>250-358-2222</b>

**HOME SUPPORT SERVICES**

*May include: Health & Personal Care, Housekeeping, Laundry, Meal Preparation, Respite, Shopping, Transportation, Yard Care, etc*

**❖ NON-PROFIT / PUBLIC**

<b>Interior Health Home Support Services: page 7</b>	
<b>Slocan Valley Better at Home</b> WEGCSS, 1001 Harold Street, Slocan <ul style="list-style-type: none"> <li>Non-medical services for seniors (65+) <a href="https://wegcss.org/seniors/">https://wegcss.org/seniors/</a> to help them remain living at home independently</li> <li>Services free or available on a sliding scale depending on income</li> <li>Program also offers some recreation and social activities (<b>page 15</b>)</li> <li>Serves from Junction thru the Slocan Valley and Slocan Lake</li> </ul>	<b>250-777-8339</b>

**❖ PRIVATE**

<b>Confluence Cleaning</b>	<b>250-304-5420</b>
<b>Dreamgarden Home Help Services</b> (serves lower Valley) Liz	<b>250-359-2275</b>
<b>Elite Cleaning</b> <a href="https://www.elite-cleaners-online.com/">https://www.elite-cleaners-online.com/</a> Topaze	<b>250-551-2838</b>
<b>ExpressLane Deliveries</b> <a href="http://www.expresslanedeliveries.com">www.expresslanedeliveries.com</a>	<b>250-505-9602</b>
<b>Grey Owl Moving &amp; Removals</b> <a href="http://www.greyowlmoverservice.ca/">http://www.greyowlmoverservice.ca/</a>	<b>778-256-1201</b>
<b>(re)Fresh Cleaning Services</b> <a href="https://refreshcleaning.ca/">https://refreshcleaning.ca/</a> Amanda	<b>250-509-0215</b>
<b>Spectrum Home &amp; Family Care</b> <a href="http://www.spectrumcares.ca">www.spectrumcares.ca</a>	<b>250-265-3842</b>
<b>Tiziana's Home Care</b>	<b>250-226-0050</b>
<b>Trixie's Cleaning &amp; Junk Removal</b> <a href="http://www.trixiecleaners.ca">www.trixiecleaners.ca</a>	<b>250-365-9313</b>

## HOSPICE, GRIEF, CAREGIVING

<p><b>Bereavement BC Helpline</b> <a href="https://bcbh.ca/grief-support/">https://bcbh.ca/grief-support/</a></p> <ul style="list-style-type: none"> <li>Connects callers to BC grief support services</li> </ul> <p>Mon- Fri: 9am- 5pm</p>	<p><b>1-877-779-2223</b></p>
<p><b>Home Health Services (IHA) (page 7)</b> <b>Central Intake</b></p> <ul style="list-style-type: none"> <li>End of life, in-home palliative care and support for families</li> </ul>	<p><b>1-800-707-8550</b></p>
<p><b>Hospice Services</b> For free end-of-life care or re a life-limiting illness</p> <ul style="list-style-type: none"> <li>Hospice offers resources &amp; trained volunteers for support &amp; respite</li> <li><b>Nelson &amp; District Hospice Society</b> <a href="http://www.nelsonhospice.org">www.nelsonhospice.org</a> Serves the Slocan Valley including Winlaw</li> <li><b>New Denver Hospice Society</b> <a href="http://www.newdenverhospice.com">www.newdenverhospice.com</a> May include the Village of Slocan if volunteer available</li> </ul>	<p><b>250-352-2337</b></p> <p><b>250-358-7298</b></p>
<p><b>West Kootenay Boundary Caregiver Support</b></p> <ul style="list-style-type: none"> <li>Free service for unpaid caregivers(19+) who care for someone 55+</li> <li>Offers emotional 1:1 support, peer support groups, healthcare navigation &amp; information and/or referrals to local community resources</li> <li>Phone or see website for more details <a href="http://wkbcaregiver.org/">http://wkbcaregiver.org/</a></li> </ul>	<p><b>1-888-212-2337</b> <b>ext 5</b></p>
<p><b>West Kootenay Nav-CARE Program</b> <b>Slocan Valley Coordinator</b></p> <ul style="list-style-type: none"> <li>Support for adults living with chronic illness, frailty and social isolation</li> <li>Trained volunteer matched with the individual for regular visits to navigate through changes &amp; challenges, find appropriate resources &amp; information and build social connections</li> <li><a href="https://westkootenaynavcare.org/">https://westkootenaynavcare.org/</a></li> </ul>	<p><b>778-988-6685</b></p>

## HOUSING / RESIDENTIAL ACCOMODATION

### ❖ INDEPENDENT (UNASSISTED) RENTAL HOUSING; PRIVATE PAY

*SAFER Rent subsidies may be available from BC Housing (see page 5)*

<b>Slocan Valley Housing Society</b> application info: <a href="http://www.svhousing.ca">www.svhousing.ca</a> <ul style="list-style-type: none"> <li>• <b>Passmore Lodge</b> (10 units), 3650 Old Passmore Road</li> <li>• <b>Slocan City Suites</b> (12 units) 709 Hume St, Village of Slocan</li> </ul>	<b>250-226-7136</b> <b>250-226-7136</b> <b>250-226-7115</b>

### ❖ ASSISTED LIVING: UNSUBSIDIZED

*Independent living with a higher level of personal care*

*SAFER Rent subsidies may be available from BC Housing (page 5)*

<b>Valley Care Home</b> 5909 Sesame Road, Winlaw <ul style="list-style-type: none"> <li>• Assisted living accommodation with personal care &amp; meds;</li> <li>• Provides 3 meals/day and snacks</li> </ul>	<b>250-226-6724</b>

### ❖ FOR ADDITIONAL HOUSING, ASSISTED LIVING & LONG TERM CARE

<b>See <u>Seniors Directories</u></b> for nearby communities (eg Nelson, Castlegar,...) <ul style="list-style-type: none"> <li>• Listed in <a href="#">KB FETCH</a> community services website</li> </ul>	

## LIBRARIES

Book and video loans, educational programs, computer & internet access & other services

<b>Slocan Community Library</b> 710 Harold St <a href="http://www.slocanlibrary.ca">www.slocanlibrary.ca</a> <ul style="list-style-type: none"> <li>• Open Thursday to Sunday. Check website or call for hours</li> <li>• Will deliver books to homebound residents within the Village</li> </ul>	<b>250-355-2355</b>
<b>Castlegar Public Library</b> 1005 3 <sup>rd</sup> St <a href="https://castlegar.bc.libraries.coop">https://castlegar.bc.libraries.coop</a>	<b>250-365-6611</b>
<b>Nelson Public Library</b> 602 Stanley St <a href="https://nelson.bc.libraries.coop/">https://nelson.bc.libraries.coop/</a>	<b>250-352-6333</b>

**RECREATION / ADULT EDUCATION**

<p><b>Columbia Basin Alliance for Literacy - Slocan Valley</b> Jennifer</p> <ul style="list-style-type: none"> <li>• Free computer literacy classes for adults &amp; other programs</li> <li>• Technology Time Support: Pharatree Centre, Winlaw:</li> <li>• Phone or check online calendar for dates <a href="https://cbal.org/slocan-valley/">https://cbal.org/slocan-valley/</a></li> </ul>	<b>250-274-6949</b>
<p><b>Learning Centre</b> W.E.Graham Community Serv. 1001 Harold St, Slocan</p> <ul style="list-style-type: none"> <li>• Public computer access, printing, events, workshops</li> <li>• <a href="https://wegcss.org/servicesandfacilities/learning-centre/">https://wegcss.org/servicesandfacilities/learning-centre/</a></li> </ul>	<b>250-355-2480</b>
<p><b>Passmore Lodge Seniors Outreach</b> 3650 Passmore Old Rd, Winlaw</p> <ul style="list-style-type: none"> <li>• Free activities (fall to spring) for residents and local seniors including seniors' fitness exercise programs, art therapy and yoga.</li> <li>• Call for info and to register</li> </ul>	<b>250-226-7136</b>
<p><b>Slocan Valley Recreation:</b> 3036 Hwy 6, Slocan Park</p> <ul style="list-style-type: none"> <li>• <b>Office is temporarily closed; programs continue</b> Call for info</li> <li>• Go to <a href="https://www.rdck.ca/our-community/recreation-2/">https://www.rdck.ca/our-community/recreation-2/</a> to view the Slocan Valley Leisure Guide which includes activities, groups, services</li> </ul>	<b>250-365-3386</b> <b>(Castlegar Rec.)</b>
<p><b>Slocan Community Fitness Centre</b> Unit 2 - 710 Harold Street</p> <ul style="list-style-type: none"> <li>• Open 7 days/week: 5am to 10pm. Monthly passes for individuals or families purchased from the <b>Village of Slocan office</b></li> </ul>	<b>250-355-2277</b>
<p><b>Slocan Valley Better at Home Seniors Recreation Activities</b></p> <ul style="list-style-type: none"> <li>• 10am Drop in Walking Groups: Slocan (Mon) &amp; Winlaw, (Fri)</li> <li>• Transportation to Nakusp Hot Springs 1<sup>st</sup> Thursday/month</li> <li>• For more info: <a href="https://wegcss.org/svbh-senior-activities/">https://wegcss.org/svbh-senior-activities/</a> or phone</li> </ul>	<b>250-777-8339</b>

**SENIORS' SOCIAL GROUPS & ASSOCIATIONS**

<p><b>Slocan Park Seniors Coffee Time</b></p> <ul style="list-style-type: none"> <li>• Slocan Park Community Hall, 3036 Hwy 6: Tuesdays 10am – 12 noon</li> <li>• Coffee, snacks &amp; conversation</li> <li>• Group runs from Mid-September to mid-June;</li> <li>• NOTE: no group on the Tuesday following a long weekend.</li> </ul>	<p style="text-align: right;"><b>Bonnie</b></p> <p style="text-align: right;"><b>250-359-6679</b></p>
<p><b>Slocan Seniors' Lunches</b></p> <ul style="list-style-type: none"> <li>• Free &amp; no need to book ahead. All welcome.</li> <li>• Schedule &amp; info: <a href="https://wegcss.org/servicesandfacilities/seniors-lunch/">https://wegcss.org/servicesandfacilities/seniors-lunch/</a></li> <li>• Call W.E. Graham Community Service Soc.to confirm location &amp; time</li> <li>• Monthly lunches from 11am to 2pm at:             <ul style="list-style-type: none"> <li>- Slocan Legion Hall, 502 Harold Street 4<sup>th</sup>Tuesday /month</li> <li>- Slocan Park Hall 2<sup>nd</sup> week/month days vary</li> </ul> </li> </ul>	<p style="text-align: right;"><b>250-355-2484</b></p>
<p><b>TAPS (Therapeutic Activation Program for seniors)</b></p> <ul style="list-style-type: none"> <li>• Lunch, recreational &amp; social activities for vulnerable seniors</li> <li>• <a href="https://wegcss.org/seniors/slocan-valley-taps/">https://wegcss.org/seniors/slocan-valley-taps/</a> Info &amp; register <b>Danielle</b></li> <li>• Passmore TAPS, Thursdays, Passmore Hall</li> <li>• Slocan TAPS, Wednesdays, Slocan Legion</li> <li>• Winlaw TAPS Social Hub, Winlaw Hall Fridays 1-3pm</li> <li>• Note: Also in New Denver on Tuesdays in the Knox Hall</li> <li>• For monthly Schedule <a href="https://www.facebook.com/wegcss">https://www.facebook.com/wegcss</a></li> </ul>	<p style="text-align: right;"><b>250-505-4717</b></p>

**SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS**

Call for information and / or for a local support group OR call 811 (HealthLinkBC page 6)

<p><b>Addictions / Substance Use</b></p> <ul style="list-style-type: none"> <li>• <b>Alcohol &amp; Drug Information &amp; Referral Line (24/7)</b> <b>1-800-663-1441</b></li> <li>• <b>Alcoholics Anonymous</b> <a href="http://www.bcyukonaa.org">www.bcyukonaa.org</a> Phone for help &amp; detailed info about AA meetings in West Kootenay or see <a href="https://aawestkootenays.org/">https://aawestkootenays.org/</a> <b>1-250-800-4125</b></li> <li>• <b>Al-Anon</b> List of area meetings: <a href="http://www.bcyukon-al-anon.org">www.bcyukon-al-anon.org</a></li> <li>• <b>Nelson Mental Health &amp; Substance Use Services</b> (pg 7) <b>250-505-7247</b></li> <li>• <b>Narcotics Anonymous (NA)</b> List of area meetings <a href="http://www.bcna.ca">www.bcna.ca</a> <b>1-855-444-2262</b> <ul style="list-style-type: none"> <li>○ Nelson Mtng: Thurs 5:30pm Salvation Army Centre 601 Vernon St</li> </ul> </li> <li>• <b>Nar Anon Family Group</b> <a href="http://www.naranonbc.com">www.naranonbc.com</a></li> <li>• <b>Quit Now:</b> smoking cessation program &amp; info <a href="http://www.quitnow.ca">www.quitnow.ca</a> <b>1-877-455-2233</b></li> <li>• <b>Smoking Cessation Program:</b> Free Nicotine Replacement Therapy (NRT) products or medications. Talk to a local pharmacist</li> </ul>	
<p><b>ALS (Amyotrophic Lateral Sclerosis) Society</b> <a href="http://www.alsbc.ca">www.alsbc.ca</a></p> <ul style="list-style-type: none"> <li>• Info, clinics &amp; support groups; Phone: Monday to Friday: 8am to 4pm</li> </ul>	<b>1-800-708-3228</b>
<p><b>Alzheimer &amp; Dementia</b> Helpline: Monday to Friday: 9am - 8pm</p> <ul style="list-style-type: none"> <li>• <b>Alzheimer Society of BC</b> <a href="http://www.alzheimer.ca/bc">www.alzheimer.ca/bc</a></li> <li>• <b>West Kootenay Alzheimer Resource Centre</b> Call or check the <a href="#">website</a> for information re resources, local family caregiver support groups, workshops &amp; other services</li> <li>• <b>Nelson Support Group meets</b> 3rd Wednesday / month, 1 - 2:30 pm</li> </ul>	<b>1-800-936-6033</b>  <b>778-774-2133</b> or <b>1-855-301-6742</b>
<p><b>Arthritis Society Canada</b> <a href="https://arthritis.ca/">https://arthritis.ca/</a> <b>Info Line</b></p>	<b>1-800-321-1433</b>
<p><b>Bereavement BC Helpline</b> Mon - Fri: 9am - 5pm</p> <ul style="list-style-type: none"> <li>• Connects callers to grief support services within BC. <a href="http://www.bcbh.ca">www.bcbh.ca</a></li> </ul>	<b>1-877-779-2223</b>
<p><b>Brain Injury</b></p> <ul style="list-style-type: none"> <li>• <b>Kootenay Brain Injury Ass'n</b> 202- 1060 Eldorado Street, Trail Offers outreach support &amp; activities <a href="http://www.kootenaybia.ca">www.kootenaybia.ca</a> Participants need to provide documents re injury or be referred <b>778-460-4500</b></li> <li>• <b>Acquired Brain Injury Services (Interior Health)</b> <b>Intake</b> <b>1-800-707-8550</b> Office: Castlegar Health Centre M-Th:8:30am - 4pm <b>Coordinator</b> <b>250-365-9547</b></li> </ul>	

**SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS**

Call for information and / or for a local support group OR call 811 (HealthLinkBC page 6)

<p><b>Cancer</b></p> <ul style="list-style-type: none"> <li>• <b>BC Cancer Agency: Southern Interior Cancer Care, Kelowna</b> Prevention, screening &amp; early detection, diagnosis &amp; treatment services, pain &amp; symptom management clinic, support, etc 399 Royal Ave. <a href="http://www.bccancer.bc.ca/our-services/centres-clinics/">http://www.bccancer.bc.ca/our-services/centres-clinics/</a></li> <li>• <b>Southern Interior Rotary Lodge</b> 330 Strathcona Ave, Kelowna Offers a safe, supportive, reasonably priced lodge for cancer patients while accessing treatment at the Cancer Centre</li> <li>• <b>Canadian Cancer Society</b> <a href="http://www.cancer.ca">www.cancer.ca</a> Info/Helpline and many supports, including travel assistance (page 21)</li> </ul>	<p><b>1-888-563-7773</b></p> <p><b>1-888-939-3333</b></p> <p><b>1-888-939-3333</b></p>
<p><b>Caregiver Support</b></p> <ul style="list-style-type: none"> <li>• <b>Mental Health Caregiver Support Group</b> <b>Darren</b> Elderly Services, Nelson Mental Health &amp; Substance Use</li> <li>• <b>West Kootenay Boundary Caregiver Support</b> Education, resources, 1:1 support and groups for caregivers For details see page 13 or website <a href="http://wkbcaregiver.org/">http://wkbcaregiver.org/</a></li> </ul>	<p><b>250-505-7265</b></p> <p><b>1-888-212-2337</b> ext 5</p>
<p><b>Chronic Disease Management</b></p> <ul style="list-style-type: none"> <li>• Support and Information programs for chronic disease management at the Kootenay Lake Hospital <b>Intake KLH</b></li> <li>• <b>Self-Management Program</b> <a href="http://www.selfmanagementbc.ca">www.selfmanagementbc.ca</a> A free, 6 week program (on-line &amp; in communities) offering info &amp; skills to manage various chronic health problems, pain, cancer &amp; diabetes</li> </ul>	<p><b>1-800-707-8550</b></p> <p><b>250-352-3111</b></p> <p><b>1-866-902-3767</b></p>
<p><b>Chronic Pain Management &amp; Local Resources</b></p> <ul style="list-style-type: none"> <li>• <b>Bill Nelems Pain &amp; Research Centre</b> <a href="https://nelemspain.ca/">https://nelemspain.ca/</a> Administers the <b>KBRH Pain Medicine Clinic, Trail</b></li> <li>• <b>Pain BC Support:</b> Mon – Fri: 9am – 4pm <a href="https://painbc.ca/">https://painbc.ca/</a></li> <li>• <b>Regional Resources &amp; Information</b> <a href="https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools">https://divisionsbc.ca/kootenay-boundary/chronic-pain-tools</a></li> </ul>	<p><b>250-231-3299</b></p> <p><b>1-844-880-7246</b></p>
<p><b>Community Connector</b> WE Graham Community Services</p> <ul style="list-style-type: none"> <li>• Connects older isolated adults to services/ activities; supports wellness</li> <li>• Slocan Valley to New Denver / Hills <a href="https://wegcss.org/seniors/">https://wegcss.org/seniors/</a> <b>Jen</b></li> </ul>	<p><b>250-608-5838</b></p>

**SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS**

Call for information and / or for a local support group OR call 811 (HealthLinkBC page 6)

<b>Crohn's &amp; Colitis Canada</b> <a href="http://www.crohnsandcolitis.ca">www.crohnsandcolitis.ca</a> <ul style="list-style-type: none"> <li>• Call or see website for information &amp; resources</li> </ul>	<b>1-800-513-8202</b>
<b>Dental:</b> See page 9 for details re: <ul style="list-style-type: none"> <li>• <b>Canadian Dental Care Plan</b></li> <li>• <b>Kootenay River Mobile Dental Hygiene Services</b></li> <li>• <b>The Travelling Hygienist</b></li> <li>• <b>WK Community TEETH Clinic</b> <a href="https://www.teethclinicwk.ca/">https://www.teethclinicwk.ca/</a></li> </ul>	<b>250-304-5754</b> <b>778-231-0475</b> <b>778-463-2232</b>
<b>Diabetes</b> <ul style="list-style-type: none"> <li>• See <b>Chronic Disease Management</b> (page 18)</li> <li>• <b>Diabetes Canada Info &amp; Support Line</b> <a href="https://www.diabetes.ca/">https://www.diabetes.ca/</a></li> </ul>	<b>1-800-226-8464</b>
<b>End of Life / Palliative Care</b> <ul style="list-style-type: none"> <li>• See <b>Hospice:</b> page 13 for more details about available services</li> <li>• <b>Home Health Services (IHA)</b> (page 7) <b>Central Intake</b></li> <li>• <b>Nelson &amp; District Hospice Society</b> <a href="http://www.nelsonhospice.org">www.nelsonhospice.org</a> Serves the Slocan Valley to Winlaw</li> <li>• <b>New Denver Hospice Society</b> <a href="http://www.newdenverhospice.com">www.newdenverhospice.com</a></li> </ul>	<b>1-800-707-8550</b> <b>250-352-2337</b> <b>250-358-7298</b>
<b>Fibromyalgia &amp; Chronic Fatigue Syndrome</b> <ul style="list-style-type: none"> <li>• <b>ME/FM Society of BC</b> <a href="http://www.mefm.bc.ca">www.mefm.bc.ca</a></li> </ul>	<b>1-888-353-6322</b>
<b>Hearing Tests/Hearing Aids</b> (see page 11)	
<b>Heart</b> <ul style="list-style-type: none"> <li>• See <b>Chronic Disease Management</b> (page 18)</li> <li>• <b>Heart &amp; Stroke Foundation</b> <a href="http://www.heartandstroke.ca">www.heartandstroke.ca</a></li> </ul>	<b>1-888-473-4636</b>
<b>Kidney (Renal) Disease</b> <ul style="list-style-type: none"> <li>• <b>KB Chronic Kidney Disease Clinic:</b> Kiro Wellness Ctre, Trail Support, referrals, info, resources for non-hospitalized patients <b>Clinic</b></li> <li>• <b>BC Renal:</b> information, support, resources <a href="http://www.bcrenal.ca/">http://www.bcrenal.ca/</a></li> </ul>	<b>250-364-6270</b> <b>1-604-875-7340</b>
<b>Lupus Society (BC)</b> Offers an on-line support group <a href="http://www.bclupus.org">www.bclupus.org</a>	<b>1-866-585-8787</b>
<b>Medication Concerns: HealthlinkBC Pharmacist:</b> 7 days/ wk: 5pm-9am	<b>811</b>

**SUPPORT / INFO LINES / CONTACTS for SPECIFIC CONDITIONS**

Call for information and / or for a local support group OR call 811 (HealthLinkBC page 6)

<p><b>Mental Health</b></p> <ul style="list-style-type: none"> <li>• <b>Alzheimer/Dementia Support Information</b> (page 17)</li> <li>• <b>BC Mental Health Support Line</b> (24/7)</li> <li>• <b>Canadian Mental Health Ass'n (CMHA)</b> <a href="http://www.cmha.bc.ca">www.cmha.bc.ca</a>  <b>CMHA "Bounce Back"</b>: Free online, video or phone programs help manage low mood, stress &amp; anxiety. <a href="https://bouncebackbc.ca/">https://bouncebackbc.ca/</a></li> <li>• <b>Here To Help:</b> <a href="http://www.heretohelp.bc.ca">www.heretohelp.bc.ca</a>  Comprehensive website with resources &amp; links to information re specific mental health illnesses, substance use &amp; eating disorders</li> <li>• <b>Mental Health &amp; Substance Use Services (IHA)</b> (page 8)</li> <li>• <b>Mental Health &amp; Substance Use Regional Consumer, Family &amp; Peer Support Program</b> (page 10)</li> </ul>	<p><b>1-855-301-6742</b>  <b>310-6789</b>  <b>1-800-555-8222</b>  <b>1-866-639-0522</b>    <b>250-505-7247</b>  <b>250-231-7552</b></p>
<p><b>MS (Multiple Sclerosis) Canada</b> <a href="https://mscanada.ca/">https://mscanada.ca/</a></p> <ul style="list-style-type: none"> <li>• Phone or see website for support &amp; info</li> </ul> <p style="text-align: right;"><b>MS Navigator</b></p>	<p><b>1-844-859-6789</b></p>
<p><b>Nutrition:</b> Call the <b>HealthLinkBC Dietician</b> Monday to Friday: 9am-5pm</p>	<p><b>811</b></p>
<p><b>Parkinson Society of BC</b> <a href="http://www.parkinson.bc.ca">www.parkinson.bc.ca</a></p> <ul style="list-style-type: none"> <li>• Trail - Castlegar Area support group contact:</li> </ul> <p style="text-align: right;"><b>Sheila</b></p>	<p><b>1-800-668-3330</b>  <b>250-231-7705</b></p>
<p><b>Respiratory (Lung) Disease</b></p> <ul style="list-style-type: none"> <li>• <b>See Chronic Disease Management</b> (page 18)</li> <li>• <b>Private Respiratory</b> testing &amp; equipment (page 11)</li> <li>• <b>BC Lung Foundation</b> <a href="https://bclung.ca/">https://bclung.ca/</a></li> </ul>	<p><b>1-800-665-5864</b></p>
<p><b>Scleroderma Association of BC</b> <a href="https://sclerodermabc.ca/">https://sclerodermabc.ca/</a></p> <ul style="list-style-type: none"> <li>• For online toolkits &amp; research info:: <a href="https://spinsclero.com/">https://spinsclero.com/</a></li> </ul>	<p><b>1-604-371-1005</b></p>
<p><b>Stroke Recovery Ass'n of BC</b> <a href="https://strokerecoverybc.ca/">https://strokerecoverybc.ca/</a></p> <ul style="list-style-type: none"> <li>• Website offers many online groups and activities via zoom</li> <li>• <b>Support Group</b> for stroke survivors &amp; caregivers in Nelson</li> </ul> <p style="text-align: right;"><b>Marg</b></p>	<p><b>1-888-313-3377</b>  <b>250-354-4453</b></p>
<p><b>Vision Loss</b></p> <ul style="list-style-type: none"> <li>• <b>CNIB (Cnd National Institute for the Blind)</b> <a href="http://www.cnib.ca">www.cnib.ca</a></li> <li>• Support &amp; services re vision loss: online &amp; in-person</li> </ul> <p style="text-align: right;"><b>Kelowna office</b></p>	<p><b>1-800-563-2642</b>  <b>250-763-1191</b></p>

## TRANSPORTATION

### ❖ MEDICAL APPOINTMENTS

<b>BC Transit Health Connections</b> <a href="http://www.bctransit.com/west-kootenay">www.bctransit.com/west-kootenay</a> <ul style="list-style-type: none"> <li>Provides accessible transportation to medical appointments in Nelson</li> </ul>		<b>1-855-993-3100</b>
<b>Hope Air</b> <a href="http://www.hopeair.ca">www.hopeair.ca</a> <ul style="list-style-type: none"> <li>Free air travel provided to low income Canadians who must travel to obtain non-emergency specialist medical care.</li> </ul>		<b>1-877-346-4673</b>
<b>Private Medical Transportation Services</b> <ul style="list-style-type: none"> <li><b>Interior Medical Transport (IMT)</b> <a href="https://www.bcimt.ca/">https://www.bcimt.ca/</a></li> <li><b>NOW Shuttle</b> <a href="https://www.nowshuttle.ca/">https://www.nowshuttle.ca/</a></li> </ul>		<b>250-368-7978</b> <b>250-540-6746</b>
<b>Travel Assistance Program (TAP)</b> <ul style="list-style-type: none"> <li>Reductions on some carriers (eg Pacific Coastal, BC Ferries) for eligible BC residents travelling to non-emergency medical specialists</li> </ul>	<b>Inquiries</b>	<b>1-800-663-7100</b>
<b>Travel Treatment Fund Canadian Cancer Society</b> <ul style="list-style-type: none"> <li>Helps offset cancer treatment travel expenses</li> </ul>	<b>Info &amp; Register</b> <a href="https://cancer.ca">https://cancer.ca</a>	<b>1-888-939-3333</b>

### ❖ REGULAR / DISABILITIES

<b>BC Bus Pass Program</b> Low cost annual pass for low income seniors		<b>1-866-866-0800</b>
<b>Glacier Cabs Taxi Service</b> 593 Baker St <a href="https://www.glaciercabs.ca/">https://www.glaciercabs.ca/</a>		<b>250-354-1111</b>
<b>Mountain Man Mike's Bus Service</b> <a href="http://www.mountainmanmikes.ca">www.mountainmanmikes.ca</a> <ul style="list-style-type: none"> <li>Travel WK- Vancouver return (2 days/wk) &amp; to/from Calgary (1 day/wk)</li> </ul>		<b>778-382-7729</b>
<b>Silver City Stagelines</b> Info & book online <a href="https://fritztravels.com">https://fritztravels.com</a> <ul style="list-style-type: none"> <li>Travel seven days a week between Trail, Nelson, Castlegar &amp; Kelowna</li> </ul>		<b>(778) 760-1891</b> <b>(text only)</b>
<b>Volunteer Driver Programs</b> <ul style="list-style-type: none"> <li>Medical, social &amp; recreational transportation for those unable to access other travel assistance. Cost/km</li> </ul>	<b>Kootenay Seniors</b> <b>WK Volunter Drivers</b>	<b>778-463-5247</b> <b>1-877-304-2990</b>
<b>West Kootenay Transit Services &amp; HandyDART</b> <ul style="list-style-type: none"> <li>WK Area bus services info <a href="https://www.bctransit.com/west-kootenay">https://www.bctransit.com/west-kootenay</a></li> <li><b>handyDART</b>: Register &amp; Book: Monday to Friday: 7:30am -4pm For those unable to use regular local transit due to disability/health</li> </ul>		<b>1-855-993-3100</b>