

**Mount St. Mary
Hospital** **250-477-8947 X3214**
861 Fairfield Road
Victoria, BC V8V 5A9
Serves those who live in James Bay, Fairfield-
Beacon Hill, and Esquimalt. Operates Monday
through Thursday.

Vancouver Island Health Authority
The bathing program is available for self-referral
at the sites listed below.

**Hillside Seniors Health
Centre** **250-370-5641**
1454 Hillside Avenue
Victoria, BC V8T 2B7
Operates Tuesday through Friday.

The Priory **250-370-5787**
587 Goldstream Avenue
Victoria, BC V9B 2W4
Operates Monday through Friday.

TIP!

Long Term Care Insurance provides cash to fund the cost of nursing care at home or in a facility. For more information on Long Term Care Insurance check in the yellow pages of the TELUS Phone Directory for Insurance Agencies and/or Financial Planners who sell Health Insurance.



Care Planning and Management

The following agencies provide fee-based guidance for planning care services. For non-fee based Care Planning see Vancouver Island Health Authority Home and Community Care on page 3.

Dial-A-Daughter **250-381-5599**
Solutions Ltd. **1-877-210-8844**

Personalized service that assists out of region people to find local government, home-care, recreational and other services for their senior relatives and friends living in the Greater Victoria area.

www.dialadaughter.ca

ElderSafe Support Services
Victoria **250-385-0444**

550-2950 Douglas Street
Victoria, BC V8T 4N4

Sidney **250-654-0444**

209-2453 Beacon Avenue
Sidney, BC V8L 1X7

Provides full planning for ongoing independence including scheduling and coordinating all homemaking services, grounds maintenance and minor home repairs, pet care, relocation services and transportation services. Offers regular phone check in calls and reports to family members if required.

www.eldersafe.com

See advertisement page 66.

Estate of Mind 250-592-5619

857 Victoria Avenue
Victoria BC V8S 4N4

Personalized planning and care services for individuals and their families. Assistance with exploration of housing options, provide household sale preparation, health care advocacy, as well as companionship/assistance with medical appointments, and home finances. Bondable, insured, references.

www.anestateofmind.ca

KPMG-PrimePlus and ElderCare Services 250-480-3562

Contact: Tanya Sterling, CA, CSA

800-730 View Street
Victoria BC V8W 3Y7

KPMG offers a customized package of services designed to guide and support individuals, caregivers and families in life planning, money management, residential, health care, social and legal issues.

www.kpmg.ca

Peace of Mind Asset Management Ltd. 250-655-6555

103-9830 2nd Street
Sidney, BC V8L 3C6

A variety of services offered by qualified Notaries to those who need help through the health care system, relocating and bill paying.

www.caringforyou.ca

Silver Key Seniors Services 250-514-1704

A personal service to help you make your Retirement Housing decision. Presents ideal options considering your specific physical, emotional and financial needs.

www.silverkey.ca



Counselling

Agencies and organizations which help people with emotional difficulties. Listed by subject heading. For Counsellors in private practice please look under Counsellors in the yellow pages of the TELUS Phone Directory.

Information and Referrals

BC Association of Clinical Counsellors 250-595-4448 1-800-909-6303

14 - 2544 Dunlevy

Victoria, BC V8R 5Z2

Professional association for clinical counsellors working at a Master's level. Provides the public with referrals to counsellors.

www.bc-counsellors.org

Abuse

Hill House 250-479-3963

PO Box 48014

3575 Douglas Street

Victoria, BC V8Z 7H5

A temporary shelter for women with or without children who are experiencing abuse in their intimate relationships.

www.cridge.org

Men's Trauma Centre 250-381-6367

203-1420 Quadra Street

Victoria, BC V8W 2L1

Provides one-on-one counselling for men who have experienced sexual abuse or other trauma. Sessions are usually weekly. Free victim services for men.

www.menstrauma.com