

Recognizing a growing need

Seniors and elders are an important and growing part of our communities, and their active involvement enriches everyone's lives. To ensure that older adults continue to play an active part in our communities, they often need support to live independently in their own homes, surrounded by friends, families and neighbours.

Better at Home helps seniors with simple day-to-day tasks, allowing seniors to maintain their independence and stay connected with their community.

The United Way B.C. role

United Way British Columbia supports seniors to age with dignity and in the comfort of their own homes. With funding provided by the government of B.C., the United Way manages the operation of over 85 Better at Home programs across the province.



Better at Home is funded by the Government of B.C. and is managed by United Way British Columbia.

A range of non-medical home support services

Better at Home services vary from community to community.

Services provided by **Fort Nelson Better at Home** include:

- Friendly Visiting
- Grocery Delivery (Must pre-order)
- Light Housekeeping (Subsidized)
- Snow removal (Subsidized)
- Light yard work (Subsidized)
- Transportation (Bus passes for NRSS Seniors Bus)

How to find out more

Contact **Fort Nelson Better at Home** to find out more and to apply for services:

Phone: 250-775-0605

Email: betterathomefortnelson@gmail.com

In partnership with:
Northern Lamplighters Seniors Activity Centre



For more information visit
www.betterathome.ca



Better at Home

United Way helping seniors remain independent.



Supporting the non-medical needs of older adults in B.C.



United Way helping seniors
remain independent.

What is Better at Home?

United Way British Columbia's Better at Home program helps B.C.'s older adults continue living independently in their own homes by providing simple, non-medical home support services. Its unique 'seniors planning for seniors' approach means older adults contribute to the design, operation, and evaluation of their local program.

Who delivers the services?

In each community, local non-profit organizations deliver Better at Home services. Services are provided by volunteers, contractors and/or paid staff.

Am I eligible and how do I apply?

If you are a senior or elder living in a community that has a Better at Home program, you can apply by calling **604.268.1312**, or see the back page of this pamphlet for your local program contact details.



Who pays for Better at Home?

The Government of B.C., through the Ministry of Health, provides funding to United Way British Columbia to manage the Better at Home program across BC. Individual community organizations will also accept donations, raise funds, and encourage volunteer participation.

Seniors who receive Better at Home services will pay a fee based on their income. Some services may be free. The fees-for-service are fed back into the local program in order to serve more seniors.

Which communities does Better at Home currently serve?

United Way British Columbia manages the operation of over 85 Better at Home programs across the province.

You can find a list of all Better at Home communities by calling **604.268.1312**, or see the back page of this pamphlet for your local program contact details.

Get Involved!

The huge hearts of volunteers throughout the province ensure that Better at Home, United Way British Columbia, and our partner agencies can provide much-needed and accessible services to B.C.'s older adults.

Thousands of volunteers are currently engaged with Better at Home across B.C., but we are always looking for more! Your help supports a diverse, inclusive and vibrant neighbourhood for everyone.

To volunteer, donate, or get involved with your local Better at Home program, see the back page of this pamphlet for your local program contact details.

