

SENIORS SURVIVAL GUIDE

WHERE TO GO FOR HELP

Experiencing Abuse?

Try the Island Health (South) Community Access Line!
Accepts reports of elder abuse and neglect.

250-388-2273
www.islandhealth.ca/learn-about-health/adult-abuse-neglect

Try the Community Response Network (CRN)!
Local networks facilitate support coordinated responses to abuse, neglect, and self neglect of vulnerable adults in BC.

250-896-8577
www.bccrns.ca

Need Information?

Try Seniors Serving Seniors (SSS)!

Provides referral services and information for such things as recreation, housing, home help, legal resources, and transportation.

250-413-3211
sl@sssbc.org

Full Seniors' Services Directory
www.sssbc.org/service-directory/

Need Legal Advice?

Try Elder Law Clinic!

Offers pro bono legal advice to eligible older adults (55+) residing in BC.

1-866-437-1940



Need Help at Home?

Try Capital City Volunteers!

Helps with simple non-medical, day-to-day tasks so you can continue to live independently in your own home.

250-388-7844, Ext. 310
info@capitalcityvolunteers.org

Try Elderdog for help with your Pets!
778-587-5212
info@elderdog.ca

Want to Try Something New?

Try Volunteer Victoria!

Whether you're passionate about helping others, want to learn new skills, or simply wish to connect with like-minded people, we'll help you find the perfect fit from hundreds of local non-profits.

250-386-2269
Volvic@volunteervictoria.bc.ca
www.volunteervictoria.bc.ca

Feeling Isolated?

Try Social Prescribing!

Non-medical support that helps older adults set and achieve personal health and wellness goals. This can include exercise classes, social groups, or housing support. It's a holistic approach that addresses social, emotional, and practical needs affecting health and quality of life.

Self Referral Online at
www.oakbayvolunteers.org

connector@oakbayvolunteers.org
672-974-2323



Need Tenant Info?

Try TAPS!

Provides support for tenants who are experiencing issues that fall under the jurisdiction of the Residential Tenancy Branch.

250-361-3521

Feeling Unsafe?

Police (Non Emergency) : 250-995-7654

Greater Victoria Police Victim Services:
250-995-7351 www.gvpvs.org