

For enquiries,
registration, or
booking services,
Please contact:

Valentina Coimin

Better at Home Coordinator

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English • Français • Español



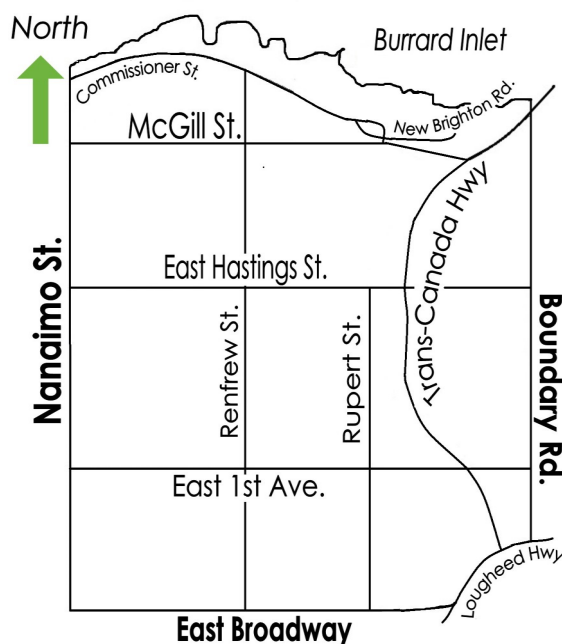
Looking for **volunteer opportunities**? Want to be more **involved in the community** and make a **difference in a senior's life**?

Volunteers are needed to make this program a success!

Contact the program coordinator for more information

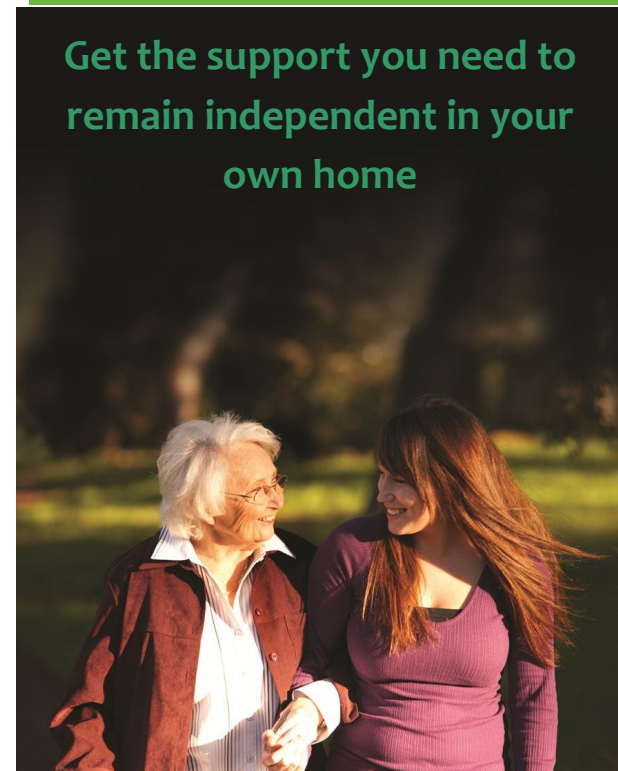
Eligibility

These services are available to seniors over the age of 60 living in Hastings—Sunrise:



Hastings – Sunrise Better at Home

Get the support you need to
remain independent in your
own home



United Way

**Better
at Home**

United Way helping seniors
remain independent.

Better at Home is funded by the Government of British Columbia.



Better at Home

The Better at Home program helps seniors continue living independently in their own homes by providing simple, non-medical support services.

Friendly Visiting

Volunteers are matched with seniors for companionship and to increase their connection to the community where they live.

**Friendly visits have no cost, it is a volunteer service.*

Benefits:

- Friendship and conversation
- Participation in social and leisure activities
- Opportunities for occasional outings
- Support and relief for caregivers

Light Housekeeping

Our friendly and professional workers provide a minimum two hours of light housekeeping services. Cleaning supplies and equipment, such as detergents and vacuums, must be provided by the client.

Services may include:

- Bed making
- Laundry support
- Dusting
- Vacuuming
- Sweeping and/or mopping
- Window cleaning
- Dishwashing
- Kitchen cabinet & surface cleaning
- Stove cleaning
- Bathroom cleaning (bath/shower, sink, toilet)

** Subsidized services are limited to 4 hours a month. Extra hours will be charged additional fees.*

Housekeeping Sliding Scale

Single Income	Household Income	Hourly Rate
Below \$15,900	Below \$25,600	Free
\$15,901-\$23,700	\$25,601-\$35,800	\$6
\$23,701-\$29,350	\$35,801-\$53,150	\$10
\$29,351-\$34,999	\$53,151-\$70,499	\$14
Over \$35,000	Over \$70,500	\$20

Grocery Shopping

Weekly grocery shopping trips to local stores. Bring your bags and enjoy this fun & convenient outing!

Day: Every Tuesday

Times: 9:00 AM to 12:00 PM.

Cost: By donation (suggested \$5)

Transportation to appointments

Volunteer drivers provide safe and courteous rides for seniors to medical appointments.

Fees are determined by zones and senior's annual income. *They do not include parking or toll expenses.*

Please contact us for more information

**This service does not accommodate transportation to surgeries or other medical procedures.*

Fees

Better at Home services are subsidized on a sliding scale, determined mainly by your annual income. Fees and donations collected support the continuation of our program.

Seniors wishing a subsidized rate will be asked to show proof of annual income.