

COVID info: <https://www2.gov.bc.ca/gov/content/covid-19/info/response>

Gasoline

- People with disabilities can get **help at the pumps** at Otter Co-op, 44046 Progress Way.
- Disabled drivers can find and get help with Shell's **fuelService app** or by calling the **toll-free number** at their pumps.



Food

- Volunteers will **shop for and deliver your groceries**. Call 778-860-5499.
- Call 604-824-0939 for warm and frozen cooked **meal delivery, food hampers and adult incontinence supplies**.
- Meals on Wheels delivers low cost meals. Call 604-793-7242.
- Low-income seniors can receive groceries weekly. Contact 604-793-9979 or director@cdsrs.ca.

Housing & Help at Home

- For information and assistance for **housing support**: 604-793-9979 or info@cdsrs.ca.
- Do you have questions about your **tenancy rights** or **housing needs**? Call 604-795-5994.
- For subsidized help with **laundry, yard work or light house keeping** call 778-860-5499.

Finding Services and Completing Forms

- Find **support services, education, resources**, and receive **form completion assistance**. Contact 604-793-9979 or info@cdsrs.ca.
- **Stay connected** to **locate resources** with social prescribing program. Contact 604-792-4267 or reshidl@comserv.bc.ca.

Transportation

- **Subsidized taxi rides** are available for COVID-19 vaccinations, local and occasional out-of-town medical appointments. Call 778-860-5499.
- Accessible door-to-door shared **transit** for **people with disabilities**. Taxi vouchers may also be available. Call HandyDart at 604-795-5121 to apply.
- For **complimentary rides** for **cancer patients** to and from treatment centres call 604-515-5400.

Volunteer Opportunities

- **Chat on the phone** with other seniors **weekly** or help **serve** other seniors at **indoor events**. Contact 604-798-2023 or neighbourhealth@gmail.com.
- Become a **seniors peer counsellor**, call 604-793-7204.
- **Deliver meals** with Meals on Wheels, contact MOW@comserv.bc.ca or 604-793-7242.
- **Chilliwack Seniors Society** is looking for volunteers. Contact 604-793-9979 or info@cdsrs.ca.

Staying Active

- Chilliwack YMCA offers Y Gentle Cardio, Y Gentle Strength and Balance, Aquafit, as well as many accessible pieces of exercise equipment. Call 604 792 3371 or <https://www.gv.ymca.ca/chilliwack-ymca> for more info.

Older Adult Abuse Prevention

- Chilliwack Community Response Network (CCRN) offers **support**, call 604-845-4374.
- Seniors Abuse & Information Line (SAIL) is a **safe place to talk** to a trained intake worker about abuse or mistreatment. Contact: 604-437-1940 or 1-866-437-1940.

Dementia Support

- Call the First Link® Dementia Helpline for information, support and online programs for **Alzheimer's disease** or **other dementias**, 1-800-936-6033, Monday to Friday, 9:00am-8:00pm.

Connections for Seniors

- Chilliwack Senior Peer Counsellors support seniors with **one-to-one peer counselling**. Call 604-793-7204.
- The Compassionate Neighbourhood Health Partners Society a **weekly friendly chat** for those who are alone and one-on-one support for seniors on a serious illness journey. Contact 604-798-2023 or neighbourhealth@gmail.com.
- **Seniors Connect Café meets weekly** on Thursdays from 10:00-11:30am, indoors. Want more information? Don't drive? Contact 604-798-2023 or neighbourhealth@gmail.com.
- Chilliwack Seniors Society has **online activities**. Contact 604-793-9979 or director@cdsrs.ca.
- Volunteers with the Chilliwack Community Services Better at Home program **visit with seniors over the phone**. Call 778-860-5499.



- Get support to stay in touch with friends and relatives on your tablet. 604-701-9794 or volunteertutors@chilliwacklearning.com.
- Do **activities** or **chat** weekly with **youth** about life stories, hobbies and interests. Contact 604-798-2023 or neighbourhealth@gmail.com.
- A **virtual Day Program for Older Adults** (NETCare) is available. Referrals through the Home Health Service Line, 1-855-412-2121, or your Community Health Nurse.

Support for Caregivers

- Meet other **caregivers** of older adults to **exchange experiences**. A Monday evening has been added for those who still work. Contact 604-798-2023 or neighbourhealth@gmail.com.
- Call the Alzheimer Society of BC's Dementia Helpline to join a **caregiver virtual support group**, 1-800-936-6033.