



# Port Alberni Better at Home Program



United Way

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



United Way helping seniors  
remain independent.

Alberni Valley Assisted Living Society

## PROGRAM INTRODUCTION - May 2014

Seniors in the Alberni Valley are invited to apply for at home services through the Port Alberni Better at Home Program. Better at Home is a program to help seniors continue to live independently in their own homes by providing access to simple non-medical support services coordinated and delivered locally using a mix of paid workers and volunteers. Services are offered as referrals or arranged directly through Better at Home. While some services may be offered for free, the majority of Better at Home services are provided on a fee-for-service basis based on the client's self-declared household income and per a sliding scale.

Better at Home services do not duplicate any existing home care services provided by community health workers, such as personal hygiene assistance and help with meals, medical needs or physical mobility. The mix of Better at Home services offered in the community are based on the assets and unique needs of local seniors and may include:

- Friendly visiting by Volunteer
- Minor home repairs
- Transportation to appointments
- Grocery shopping
- Light housekeeping
- Light yard work (or snow shoveling)
- One stop contact for information/referral to available services for seniors

Friendly Visiting, Transportation and a Seniors' Information and Referral Service have been identified as priority services for seniors in the Alberni Valley and will be the initial focus of the Port Alberni program. Better At Home is available to all seniors living in the Alberni Valley. Seniors are generally people aged 65 or older, however, our program has not set a minimum age for older adults seeking the Better at Home services. Service delivery will begin in May for those who are registered with the program.

Better at Home is sponsored by the Alberni Valley Assisted Living Society (Heritage Place) through a \$30 million BC Government grant managed by the United Way of the Lower Mainland (UWLM.) The program is being rolled out in over 60 communities across British Columbia. The current funding secures the Better at Home program through 2015, however, it is intended that this service will continue for as long as it is needed.

Whether you want a one stop source of information or need referral and access to a range of seniors' services, we invite you to become part of our Port Alberni Better at Home Program.

**For more information about our Local Program or to apply for services, contact:**

**Barb Stevenson or Lynn Turner at 778-419-3000 or [pabetterathome@shaw.ca](mailto:pabetterathome@shaw.ca)**

You can also visit the Better at Home provincial website for more background information and details about the program at: <http://www.betterathome.ca/>