## For questions or to get started:

Call: 250 814 6132

seniorsnavigation@community-connections.ca

www.community-connections.ca

✳ All inquiries will be contacted for a brief phone conversation to connect you with the programs that best suit your needs! ✳

Funded by the Government of BC and managed by United Way British Columbia

United Way British Columbia

Working with communities in BC's North, Interior, Lower Mainland, Central & Northern Vancouver Island

# Group Programming

**Walking Club:**
Tuesday mornings
Time and location changes seasonally - Inquire for more information!

**Coffee Social:**
Wednesdays 10am-11am
416 2nd st West

**Monthly Lunches:**
Inquire about this month's activity!





# Healthy Aging Supports For Seniors

For general inquires or to get started:
T: 250 814 6132
seniorsnavigation@community-connections.ca
www.community-connections.ca

Community Connections
REVELSTOKE SOCIETY

# Better at Home

Non-medical home support services to assist seniors in aging safely and independently in their own homes.

**Services include:**

- Light Housekeeping $
- Light Yard Work $
- Snow Shoveling $
- Friendly Visits
- Transportation
- Food Security
- Group Events

$ - Services provided by contractors are paid by participants on a sliding scale based on income

# Community Connector

Provides one-to-one support to help seniors access community-based services that strengthen well-being and meaningful connection.

**Community Connectors can assist with referrals to:**

- Social programs
- Physical activity opportunities
- Community services
- Caregiver supports
- And more!

# Seniors Navigation & Support

Personalized assistance to help seniors navigate programs, services, and systems that can often feel confusing or overwhelming. We help with applications, forms, technology barriers, service referrals, and connecting to community resources.

**Support includes:**

- Help with forms and applications
- Referrals to community and government services
- Guidance navigating complex systems to reduce barriers and increase confidence.