

Resources

HealthLink BC: 811

BC211: 211

**Community Health Services
Island Health (Home Care):**
1-877-734-4101

Better at Home:
Cowichan Region: 250-748-2133
House of Friendship:
250-748-2422
Ladysmith: 250-754-3331 ext 202

Lifeline: 250-746-0814

HandyDART: 250-748-1230

Meals on Wheels:
Cowichan: 250-715-5312
Ladysmith: 250-245-5088

**Cowichan Family Caregivers
Support Society:** 250-597-0886

Cowichan Valley Hospice:
250-701-4242

Ts'ewulthun Health Centre:
250-746-6184

H'ulh-etun Health Society
250-246-9495

Alzheimer Society of BC:
1-800-462-2833

Heart and Stroke Foundation:
1-250-754-5274

Cowichan Brain Injury:
250-597-4662

Ladysmith
Ladysmith Resource Centre:
250-245-3079

**Ladysmith Community Health
Centre:** 250-739-5777

Stz'uminus Health Centre:
250-245-8551 ext 290

Lake Cowichan
Lake Cowichan Health Unit:
250-749-6878

**Pathways On-line Community
Resource Guide:**
<https://cowichan.pathwaysbc.ca>

Bring this card with you to your
next visit with a healthcare
professional, and begin a
discussion about the best care
plan for you.

Doctor's Name and Phone Number



Funding provided by:
BC Association of
Community Response
Networks

*Stopping Adult Abuse
and Neglect
... Together*

How Are You Aging?

Information and Resources for Cowichan Region Seniors

February 2021

How Are You Aging?

What best describes you or someone you know?*

☐ **Very Well.**

I'm robust and energetic. I'm socially connected, I exercise regularly, and I'm among the fittest for my age.

Excellent! Keep it up.

☐ **Well.**

I have no active disease symptoms. I exercise often, or I'm very active at times, such as seasonally.

*Simplified Rockwood Scale

used with permission

Good for you! Stay active and address problems quickly as they arise.

☐ **Managing Well.**

My medical problems are well controlled, but I'm not active beyond routine walking.

Try to increase your activity and gain greater fitness.

☐ **Vulnerable.**

I'm independent, but symptoms often limit my activities and outings. I feel slow or tired during the day.

Talk to your health care provider — you can still take steps to improve your health.

For people in the first four categories, try to stay active or increase your activity levels.

☐ **Mild Difficulty.**

I'm slowing down, and need help with things like finances, transportation, housework and medications. I have trouble with shopping, walking outside alone, and preparing meals. I spent less time with others than I'd like to.

Talk to your health care provider about changes to your health. Find out about supportive community services.

☐ **Moderate Difficulty.**

I need help with all outside activities. Stairs are a problem and I may need help with bathing and dressing. I feel increasingly isolated.

It's essential to get support now to stay at home. Contact Community Health Services for an assessment, and the other resources listed here.

☐ **Severe Difficulty.**

I'm completely dependent on others to help me with personal care. My medical issues might be physical or mental, such as cognitive decline or dementia. **Consult with those who care for you and make sure you are in the right place for the care and assistance you need.**

For people in the last three categories, work with your health care provider and family to ensure you have the right health care and community supports.