

## Where will I live?

If I suddenly have to move

**Changes in housing needs can occur over time or in an instant. Access to supports or alternate housing can take to 2 years. If you answer yes to any of the following questions further planning may be required.**

**You will want to take action/ Plan**

- Are you finding it more difficult to manage taking care of your home and property?

- Can you afford to remain living in your current home?

- Is your home becoming less accessible due to stairs and other safety factors?

- Have you considered what support you need to help you stay in your home?

- Are you feeling safe and secure in your home?

- Do you have the support of family or friends close by?

- Options for home support such as yard care or cleaners?

- The financial requirements for home maintenance and support?

- Options for home delivery of groceries and medications?

- Practicing and using public transportation?

**Are you prepared for the unexpected? Do you have a plan?**

- Is your home close to public transit or the services you require?

**Have you considered?**

- Your support circle of friends and family able to help?

**What are your options?**

- Own Home with support such as

Better at Home  
Services

- Own home with support of family and friends
- Smaller condo or apartments to own or rent with supports as you age

- **Who can you contact for help?**

#### **Housing Resources**

**Community Health Services**  
**Island Health** (Home Care) to register for Assisted living or residential care and in home care services 1-887-734-4101

House of Friendship 250-748-2422

Ladysmith 250-754-3331 ext 202

#### **Other services**

Cowichan Housing Association- Rental Assistance and Tenant Support 250-597-1938

Nurse Next Door

1-866-866-0800

Benefits Wayfinder Program  
[www.benefitswayfinder.org](http://www.benefitswayfinder.org)

Harmony Health Care 250-701-9990

Pathways on line resource guide  
[www.cowichan.pathwaysbc.ca](http://www.cowichan.pathwaysbc.ca)

Home Improvement Assistance Program

[www.2.gov.bc.ca](http://www.2.gov.bc.ca)

BC Rebate for Accessible Home Adaptations 1800-257-7756

[www.bchousing.org//housing-assistance/BC-RAHA](http://www.bchousing.org//housing-assistance/BC-RAHA)

Shelter Aid for Elderly Renters (SAFER) BC housing 1800-257-7756

- Assisted Living Seniors Residences
- Long Term Care

**Better at Home:**  
Cowichan Region 250-748-2133

Unique Home Health Care- 250 715 1094

Seniors Supplement Program

BC Rent Bank interest free rent loans  
[www.bcrentbank.ca](http://www.bcrentbank.ca)

The Hamlets

Ts'its'uwatul Lelum 250-597-  
2252

Duncan Manor

Abbeyfield house

Cerwydden Care

Wedgewood House

Cairnsmore Place

Cowichan Lodge

St Peter's Crescent

Deertrail Cottage

Cowichan Housing Association

Sunridge Place

Sherwood House