



In Home Services for Seniors on the North Shore

November 2018

Please ask for an updated list after 6 months of date of issue.

Compiled by Seniors' One Stop (SOS) Information Program

North Shore Community Resources: 604-983-3303



A Message of Gratitude

A heartfelt thank you to each of the Seniors' One Stop (SOS) volunteers, our staff, and sponsors. This important resource would not be possible without the enduring dedication of the SOS volunteers and staff who regularly review, update and deliver this list. The program support, editing, printing and distribution would also not be possible without the generous financial contribution from our SOS Platinum and Patron level sponsors who make the In Home Services for Seniors resource possible. Thank You.

SOS Program Platinum & Patron Sponsors

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Important Information

Seniors' One Stop Information Program at North Shore Community Resources is an information and referral service for seniors and their families.

The names of service providers on this list are provided by request and are in no way a recommendation of the service provided by the particular company or individual.

The person employing a listed service is responsible for verifying information, references and credentials about the prospective service and/or employee. Employees and volunteers of the Seniors' One Stop Information Program and the Board of Directors of North Shore Community Resources are not responsible for the choice of service, and are excluded from any and all liability for negligence arising in connection with the use of this list and/or the actions of any service provider or employee selected.

Tips for Hiring a Home Support Agency or Individual

Assess your home care needs and write a list

- Personal Care (bathing, eating, dressing, toileting)
- Nursing/Professional Care (wound or catheter care, physiotherapy): Client should be referred to VCH Home & Community Care
- Medication supervision
- Household Care (cooking, cleaning, laundry, shopping)
- Emotional Care (companionship, meaningful activities, conversation)
- Transportation to appointments and outings
- Mobility supervision / assistance

Think about any special skills needed

- Health care training
- Driver's License / car available?
- Ability to lift or to operate special equipment (e.g. Oxygen)
- Ability to work with people with memory problems
- Language skills, proficiency in English
- Prior experience with a particular illness or condition

List the duties and tasks you would like to have performed

- This list will help you consider less expensive alternatives such as adult day care, friendly visiting services, home grocery delivery, meals on wheels, etc. It will also form the basis of the written agreement you make with the successful applicant.

List the behaviors that are not acceptable

- Tardiness
- Not performing job duties
- Discussion of personal problems
- Borrowing money

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Think about whether to hire an individual or whether to work with an agency

- Individuals may be cheaper than agencies and you will be able to choose the person who will work with you.
- Agencies perform screening, hiring, and payroll functions; staff a variety of workers to meet varying needs; and can send in a replacement if the regular worker is sick.

Find the right Home Support worker

- Get a personal recommendation from a trusted relative or friend
- Get a list of individuals/agencies from the hospital, your doctor, the Seniors' One Stop Information Line, or the Home & Community Care Case Manager (if involved)
- Screen your prospective applicants by phone [explain your needs and ask about education and experience]
- Schedule interviews and, if possible, have a friend or relative with you when applicants come to your house

Prepare a list of questions for the individual

- What training do you have in personal/household/nursing/ care?
- Where have you worked before?
- What were your duties?
- How do you feel about caring for a disabled person/person with memory problems?
- Are there any duties you are unwilling or unable to perform?
- Have you had experience cooking for other people?
- How do you handle people who are angry/stubborn/fearful?
- Do you have a car?
- Would you be able to transfer someone from a wheelchair to a car or bed?
- What would you do if you were unable to come to work?
- What days and hours are you available and how many hours per week?
- Can you give me two work related and one personal reference?
- Immediately after the interview write down first impressions
- Did they listen well?
- Could they repeat back your instructions?
- Consider the person most qualified with whom you feel most comfortable.
- ALWAYS check the references of the final candidate before making a job offer.

Prepare a list of questions for the agency

- How long has the agency been in business?
- Has the agency gone through an accreditation process (Accreditation Canada, CARF, ISO)? An accredited agency is one that works with an independent governing body to ensure compliance to high standards of quality, client safety and continual improvements to care.
- Does the agency supply references on itself and its employees?
- How long has the average caregiver been working for the agency?
- What type of training is required of its employees?

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- Are Criminal Record Checks done for all employees?
- Will the same person come to the home each time?
- How will the quality of care be supervised?
- Does the agency perform an in-home assessment of care needs?
- Will the care giver and/or the care recipient get a copy of the care plan?
- How will the family be kept informed of the care being provided?
- What are the agency's operating hours and is there a 24 hour line?
- What are the fees? Costs can vary depending on the services requested. Ask if the agency has a minimum number of hours per service
- Are there payment plan options?
- What are the procedures for billing and payment?
- How does the agency deal with emergencies or sick days?
- Who does the care recipient contact if not satisfied with the care given?

Make your home support situation work

- Communicate clearly
- Agree in writing on expected job duties, hours and times of work and any other ground rules
- As the consumer, you are responsible to make sure the person is right for you.
- If the person you have hired is doing a great job; tell them. Well-deserved praise can make a big difference.

For low income care recipients, subsidized home support through Vancouver Coastal Health may be the better option. However, services are limited to Personal Care.

Community Information (after hours): Dial 2-1-1

BC211 provides free information and referral to a full range of community, social, and government services, and operates 24 hours a day, seven days a week. Services are free, confidential, and multilingual.

TTY For Deaf/Hard of Hearing Callers: 604-875-0885

Website: www.bc211.ca

Health Information and Non-Emergency Advice: Dial 8-1-1

8-1-1 is a free-of-charge health information and advice phone line, available 24 hours a day, seven days a week, operated by HealthLink BC, part of the Ministry of Health.

By calling 8-1-1, you can speak to a health services representative, who can help you find health information and services; or connect you directly with a registered nurse, a registered dietitian or a pharmacist.

8-1-1 provides translation services on request in more than 130 languages.

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Cleaning Services

Listings for cleaning services can be found in the Yellow pages (www.yip.ca) under “House Cleaning” or in the classified advertisements at the back of the North Shore News. Also Google House Cleaning North and West Vancouver BC

Home Support Services through Vancouver Coastal Health: 604-986-7111

The goal of publicly subsidized home support services is to help individuals remain independent and safe in their own home as long as possible. Services are based on personal care needs, and could include assistance with daily living activities at home such as bathing, dressing and grooming; special exercises, medication administration and other care needs; support and relief for the primary caregiver. Clients must meet eligibility requirements and costs for service may be determined based on income.

For information on accessing home support services offered by **Vancouver Coastal Health**, please contact **North Shore Home & Community Care** at **604-986-7111**

Home Support Services

We do not endorse any of the companies listed and suggest that you speak with more than one agency or individual before making a decision and that you always meet with a company representative and check references and Better Business Bureau before engaging a service provider. Follow the “Tips for Hiring a Home Support Agency or Individual” listed above.

Each private home care company uses its own criteria to set fee schedules and there are differences in how these charges are applied. Consultation with any agency will be required to reach a final cost estimate.

Service Provider	Services	Contact Information
Ace Personnel Domestic Services 521 W. 57 th Ave. Vancouver, V6P 1R8	Homemaking (laundry, housekeeping, cooking); companions; personal care and live-in (caregivers, nurses, nannies, childcare).	604-321-2778 or 604-263-9140 www.acepersonnel.ca
All Nursing Home Health Services 8658 – 156 Street Surrey V3S 3S1	Homemaking; housekeeping; companions; personal care; appointments; errands; rehabilitation; LPNs; RNs; live-in caregivers.	604-488-9323 www.allnursing.ca
Always Best Care Senior Services 133 West 17 th St. North Vancouver V7M 1V5	Companionship; home help; personal services; live in care; free daily reassurance call service; transportation; free retirement & assisted living placement. 1 hour minimum.	778-945-3010 www.abc-northshore.ca

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Bayshore Home Health 410 – 555 West 12 th Ave. Vancouver, V5Z 3X7	Homemaking; housekeeping; companions; personal care; LPNs; RNs; live-in.	604-873-2545 1-877-289-3997 www.bayshore.ca
Better at Home Care Inc. 202 – 1929 West Broadway Vancouver, V6J 1Z3	Respite care; general nursing; housekeeping; companionship; transportation; meal preparation; grocery shopping; errands.	778-654-7555 www.betterathomecare.com
Classic Lifecare 1000-1200 West 73 rd Ave. Vancouver, V6P 6G5	Home help and personal care; live-in caregivers; home support; companionship.	604-263-3621 www.classiclifecare.com
Comfort Keepers 206-1801 Welch St. North Vancouver, V7P 1B7	Housekeeping, meal preparation, companionship, personal care, assisted rides, personal safety & emergency response, free in-home assessments, 24/7 call answer.	604-998-8806 www.northandwestvancouver.comfortkeepers.ca
Daughter for a Day North & West Vancouver 106-310 East 2 nd Street North Vancouver V7L 1C7	Companionship, meal preparation; light housekeeping; accompaniment to appointments; personal care, post- surgery, overnight care; services are charged in package deals.	778-990-8315 www.daughterforaday.ca
Denley Holdings Inc. North Vancouver	Personal care; 24 hour care; companionship; meal prep; transportation; shopping and errands; respite care. Downsizing and moving.	604-715-2613
Helping Hands 655 - 333 Brooksbank Ave. North Vancouver, V7J 3V8	RNs; LPNs; certified Care Aides; live-in staff. Hourly service (minimum 3 hours)	604-781-4784 www.helpinghandshomenursing.com
Holistic Total Care 1201-2024 Fullerton Avenue North Vancouver, V7P 3G4	Companionship, bathing & dressing, activities of daily living, grocery shopping, meal prep, light housekeeping, medication reminders, doctor's appointment, live-in & overnight care	604-726-8872 www.holistictotalcare.ca
Home Care Assistance 1861 Marine Drive West Vancouver, V7V 1J7	Personal care; palliative care; dementia care, transportation to doctors' appointments; errands, meal prep; light house cleaning; laundry; companionship; live in and overnight care. Minimum 3 hours/day, 15 hours/week.	778-279-3634 www.homecareassistancevancouver.ca

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Homecare West 330 – 233 West 1 st Street North Vancouver, V7M 1B3	Personal care 3 to 24/hours a day; home care assistants; companionship; live-in caregivers; light housecleaning; escort to appointments. Min. 3 hour visit.	604-924-5455 www.homecarewest.com
Home Instead Senior Care 301-2232 Marine Drive West Vancouver, V7V 1K4	For adults or seniors: personal care; dementia care; transitional care, 24 hour respite and palliative care. Companionship; meal prep, light housekeeping, home help; medication reminders, transportation, escort to shopping and errands.	604-925-1570 778-734-0125 www.homeinstead.ca/3022/
Independent Quality Home Care 300-1275 West 6 th Avenue Vancouver, V6H 1A6	Companions; home help; caregivers; personal care; complex care; homemakers; medical escorts; live-in care.	604-725-9014 www.iqhomecare.com
Just Like Family Senior Home Care Services Suite 200 – 100 Park Royal West Vancouver, V7T 1A2	Personal care, dementia, palliative & hospital recovery care. Light housekeeping, companionship. short/long term care, live-in/out caregivers.	604-440-3331 www.justlikefamily.ca
Karp Home Care 9304 Salish Court Burnaby V3J 7C5	In home personal care; foot care, housekeeping, meal prep, transportation, companionship. Serves North & West Van.	604-420-7800 www.karphomecare.com
Living Well Home Care 301-1221 Lonsdale Ave. North Vancouver, V7M 2H5	Home support; personal care; companionship and accompaniment on outings; specialized and live-in care.	604-904-2397 www.livingwellhomecare.ca
Loving Home Care Services 7-636 Clyde Ave. West Vancouver, V7T 1E1	Companionship, personal care, meal prep, home support, housekeeping, appointment accompaniment, post- surgery, overnight care, specialized and live-in care.	604-926-8403 www.lovinghomecareservices.com
Nurse Next Door 205-1868 Marine Drive West Vancouver, V7V 1J6	Home care; personal care; RNs; LPNs, live-in caregivers, overnight care, companionship, transportation.	1-888-988-9913 www.nursenextdoor.com
Retire-At-Home 137-1641 Lonsdale Ave. North Vancouver, V7M 2J5	Home care; companionship; and personal, and nursing care.	604-998-1628 www.retireathomeNS.com

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Proof of Care Health at Home Unit 27 – 285 17 th Street West Vancouver, V7V 3S6	Nursing, personal & companion care at home or in assisted living/long term care.	604-986-2273 www.proofofcare.com
Right at Home Canada 104-2590 Granville Street, Vancouver, V6H 3H1	Respite, palliative, overnight care; general nursing; navigating health care system, discharge planning, dementia care, housekeeping; companionship; transportation; meal prep; grocery shopping; errands.	604-738-8991 www.rightathomecanada.com/vancouver
Royalty Home Health Care #701-140 E. 14 th St. North Vancouver, V7L 2N3	Home support; companionship; personal care; overnight care; live-in caregivers.	604-986-6796 www.royaltyhomecare.ca
Safe Care Home Support 211-3030 Lincoln Ave. Coquitlam, V3B 6B4	Personal care; dementia care; professional nursing, post-hospital care, respite care, foot care, companionship; homemaking; outdoor activities; live in care. Serves Lower Mainland.	604-945-5005 www.safecarehomesupport.ca
Shylo Nursing & Home Healthcare Services Ltd. 1305 St. Georges Ave. North Vancouver, V7L 3J2	Companionship; homemakers; personal care; live-in caregivers; Transportation to and from appointments and appointment accompaniment	604-985-6881 www.shylohomehealthcare.ca
Strive Living Society #500 – 4370 Dominion St. Burnaby, V5G 4C7	Non-profit agency. Home care services, seniors care services.	604-936-9944 778-373-1237 www.striveliving.ca
We Care Home Health Services 301–145 West 15 th St. North Vancouver, V7M 1R9	Personal care, homemaking, companionship, transportation to and from appointments. LPNs; RNs; live-in caregivers. Serves North Shore.	604-980-6350 www.wecare.ca/Homehealthcare-in-north-vancouver-bc

In Home Services which do not offer Personal Care

Service Provider	Services	Contact Information
B – I - Well Family Doctor for Elders (Dr. Kathleen Bell-Irving)	Primary-care medicine for seniors at home. A team of physicians, nurses, and other health care professionals for seniors who may be best cared for with in-home visits. Monthly fee.	604-281-0045 www.drkbell.irving.com

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Caring Hand Senior Services	Shopping; transportation; meal prep; companionship; prepare home after hospital stay; research for government programs.	604-980-7724 www.caringhand.ca
Driving Miss Daisy	Assistance, accompaniment and transportation for appointments, to the airport, social functions, etc.; wheelchair accessible vehicles. Home support services such as light housekeeping, meal prep., etc.	604-767-4030 www.drivingmissdaisynorthshore.ca
Elderberry Senior's Support Service 22 – 1923 Purcell Way North Vancouver, BC V7J 3H4	Concierge services; companionship; house and yard care; appointments/phone calls/forms; transportation; shopping; and gardening.	604-992-8072 www.elderberryseniors.ca
Loving Care Anywhere	House/cat/dog/ sitting; companionship; accompaniment to appointments; medical administration	604-889-7615 bamshanks@shaw.ca
Someone to Lean On	Companionship; outings; correspondence; bill payment.	604-980-4033 604-377-9463 cell

Home and Care Management Services / Professional Services

Private companies which provide in-home care management and assistance to seniors and their families.

Service Provider	Services	Contact Information
SeniorsAdvocate.ca	Certified Professional Consultant on Aging, Certificates in Advocacy and Residential Care Advocacy, hospital and housing navigator, trained in Dementia Care. Provides later life planning with personalized resource book; executive management; crisis management; care management and a voice for seniors. 20 minute free phone consultation.	Barbara J. Kirby 604-767-4994 www.seniorsadvocate.ca
Diamond Geriatrics Inc. 288 West 8 th Avenue Vancouver, V5Y 3X2	Care management, counseling, and consulting for seniors & caregivers. Including choosing a care facility; monitoring care; advocacy; crisis management; relocation assistance.	778-885-5695 cell www.diamondgeriatrics.com
Home to Home Advisory Services	Eldercare advice, assistance, and planning for transition into retirement residences, new homes, and downsizing; care management after moving.	604-739-8080 www.home-to-home.ca

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Kim Skilling Registered Professional Counselor	Private counseling service, by phone and in home, regarding loss and bereavement; crisis; anxiety; depression; etc. Reduced rates for seniors.	604-782-4993 connectcounselling.ca
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Home Emergency Response

Available as a wristband or a pendant, the device lets you summon help any time of the day or night – even if you can't speak.

Service Provider	Services	Contact Information
Philips Life Line	HomeSafe connects you to response centre for 24/7 assistance with a simple push of your help button.	1-866-817-5185 www.lifeline.ca/en/
Telus Health – Living Well Companion	Personal alert system monitored 24 hours a day.	1-855-255-8828 for information https://www.telus.com/en/health/personal/livingwell-companion

Dentists and Dental Hygienists

Service Provider	Services	Contact Information
Dr. Jan Khanansho	Visits in Mt. Seymour area.	604-929-1228
Dr. James Tjorhom	Visits in North and West Vancouver.	604-988-1330
Willow Mobile Dental Hygiene	Dental hygiene; home visits in Greater Vancouver.	604-787-0756

Hearing

Service Provider	Services	Contact Information
Hear at Home 149 – 1233 Lynn Valley Rd. North Vancouver, V7J 0A1	Mobile hearing clinic and hearing aids.	778-340-1101 www.hearathome.com

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Optometrists

Service Provider	Services	Contact Information
Mobile Eyes Optometry	House calls for eye care.	604-263-5519

Pharmacies that Dispense Medication in the Home

Prescribing physician must put on the prescription that the client must have “Daily administration at home”. Generally, there is no extra charge but clients should check with the pharmacy of their choice. In home patient medication administration and monitoring includes witnessing dose(s) ingestion, daily log, individual review of medication treatment and more. A 24 hour pharmacy emergency contact is available to patient and family members should questions or concerns arise.

Service Provider	Services	Contact Information
Naz's Pharmacy 6428 Main Street Vancouver, V5W 2V4	See above. Use local pharmacies in your region.	604-880-2340 www.nazwellness.com
People's Pharmacy 102–1200 Lonsdale Ave., North Van	See above.	604-984-0686 www.peoplesdrugmart.com
Philips Home Healthcare Solutions	See above.	1-800-387-8120 ext 7746 1-250-686-5030 www.lifeline.ca
Remedy's Rx 1268 Marine Drive, North Van	See above.	604-770-2030 http://miracleprescriptions.com
Safe Med Pharmacy 852 Marine Drive, North Van	See above.	604-770-4414 604-700-6383

Physiotherapy

The Medical Services Plan pays \$23 per visit for a **combined** annual limit of 10 visits per calendar year for Physiotherapist / Chiropractor / Massage Therapist / Podiatrist / Acupuncturist **for people receiving premium assistance**. Please advise the practitioner before treatment if you are receiving premium assistance and are eligible for a reduction in the hourly rate.

Service Provider	Services	Contact Information
My Home Rehab	In-home rehab and strengthening; fall prevention; post-op rehab; physio/kinesiology/massage; transport to medical appointments.	604-338-4912 www.myhomerehab.net
Physio2u	In-home physiotherapy services. Assessments and treatments.	778-846-7695 www.Physio2U.ca

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Podiatry and Foot Care

Service Provider	Services	Contact Information
Dr. Ray Bolen 204 – 1455 Bellevue Avenue West Vancouver, BC V7T 1L3	Podiatrist; may visit existing patients in-home and a small number of new clients in the West Van Village or North Shore areas.	604-926-1331
Dr. David Dixon 1912 Lonsdale Ave. North Vancouver, V7M 2K1	Podiatrist; visits bed-ridden clients.	604-984-0471
North Shore Foot Care	Mobile nursing foot care service providing professional foot care in the comfort of your home, care facility or community setting Deep Cove to Horseshoe Bay.	604-209-5937 www.northshorefootcare.ca
Total Toe Care	Trained chiropodist. In-home foot care. Visit is \$60.	604-649-1624
We Care 301 – 145 West 15 th Street North Vancouver, V7M 1R9	Foot care; nurse visit is \$60.	604-980-6350
Footcare Nurses of Greater Vancouver: Website to locate foot care nurses in different areas: www.bcfootcarenurses.ca		

Meals Delivered to the Home

Batchfood	Weekly, changing menu balanced meals incorporating healthy cooking techniques; single serve; microwavable. Arrives frozen, ready to be defrosted.	778-882-7214 www.batchfood.com
Better Meals	Wide selection of affordable, nutritious, ready-to-eat full course meals and a la carte food items. Items are delivered weekly to the door in re-heatable containers.	604-299-1877 1-888-838-1888 www.bettermeals.com
Casalinga	Assortment of complete ready-made meals prepared daily, frozen and delivered to your home once a week.	604-435-1994 www.casalinga.ca
Mumaluv	Healthy meals are perfect for anyone who wishes to eat well & maximize their energy levels. Offer gift packages of meals.	1-888-662-6258

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North Shore Meals on Wheels	Volunteers deliver affordable meals to ill, disabled, or elderly NS residents who are unable to prepare nutritious meals for themselves. Office hours Mon, Wed, Fri 9:00-1:00.	604-922-3414 www.northshoremealsonwheels.org
Real Meals	Certified organic and natural ingredient meals. Flash frozen.	604-375-9990 www.eatrealmeals.com
Ready Maid Meals	Balanced meals made fresh and flash frozen from locally sourced ingredients. Minimum order case of 10 meals. Mix & match incl. soups, desserts to fill your case. Need sufficient freezer storage space.	604-620-5474 http://readymaidmeals.com/
The Salvation Army	Weekly menu of soups, casseroles, 3 part meals and world cuisine. Frozen.	604-988-7225 www.northshoresalvationarmy.com
Well Fed	Meal solutions and inspiration for the time starved who still want to eat well. Frozen meals.	604-971-4756 www.wellfedstudio.com

Estate Planning; Financial Planning

Service Provider	Services	Contact Information
Edward Jones, Adam Wang 206-3650 Mt. Seymour Parkway North Vancouver, V7H 2Y5	Retirement income planning; estate planning; investment management	604-924-9886 edwardjones.ca/adam-wang
Westcoast Wills & Estates (Mike Beishuizen, Jeremy Wong, Kist) 308 – 1200 Lonsdale Avenue North Vancouver, V7M 3H6	Estate planning; wills; powers of attorney; health care directives; probate assistance for executors.	604-230-1068 www.westcoastwills.com

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Hairdressing and Manicure

The hairdressers listed all provide in-home services to both men and women.

Service Provider	Services	Contact Information
Antonia Barbera	Hairdresser.	604-986-6018 604-329-6494 cell
Gilla at Phase IV	Hairdresser.	604-765-2771
Pamela Rose	Hairdresser.	604-985-5503 604-307-0213 cell
Shears 2 U Mobile Hairstyling	Mobile hairstyling. Minimum \$60 per visit.	604-377-0057

Home Upkeep and Repair Services

Service Provider	Services	Contact Information
Dagg and Co	From general home repairs, installation of grab bars and other safety equipment to full complete bathroom, kitchen, and bedroom accessibility upgrades, as well as wheel chair ramp installations. Call for estimates.	778.835.5754 Geoff Dagg geoff@daggandco.com www.daggandco.com
Senior Citizens' Repair Service	Small repairs & renovations for seniors & disabled persons. Plumbers, electricians, carpenters, painters, skilled tradesmen (\$35/hour); travel extra \$35.	604-529-1100 Please call Monday to Friday between 9 a.m. and noon
Uncle Mike Handyman	Wall, floor renovation, plumbing, lights, small electrical repairs, scrap removal. (\$65/hour – 2 men) (\$80/hour – 3 men)	604-227-6349

Organizing/Moving/Relocation Services/Estate Liquidation

Assist with planning, sorting, packing/unpacking & distribution of personal and household items, coordinate movers & cleaners, arrange for appraisals & conduct garage/estate sales.

Service Provider	Services	Contact Information
Daybreak Home Transitions for Seniors Ltd. #408-1489 Marine Drive West Vancouver, B.C.	See above. Ask for estimate.	604-922-2458 www.daybreakhometransitions.ca
Estate Liquidation Services	See above. Ask for estimate.	604-603-3236 www.estateliquidation.ca

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Homex Moving	See above. Ask for estimate.	778-994-5403 homexbc@yahoo.com
Les Clutter Services	See above. Ask for estimate.	604-813-1985 www.lesclutterservices.com
Next Phase Moving & Downsizing	See above. Ask for estimate.	604-209-4241 604-329-9597 www.nextphasemoves.com
Seniors Real Estate News	A source of information about seniors housing for sale in Metro Vancouver. Google and click on the type of housing and municipality wanted.	604-855-0800 604-807-5250 cell www.seniorsrealestatenews.com
Seniors Services Society	A non-profit agency which provides information for seniors' housing in British Columbia.	604-520-6621 www.seniorsservicessociety.ca Click on Housing Services.
Shelley Williams 201-657 Marine Drive West Vancouver, BC V7T 1A4	Realtor; specialized in helping seniors with downsizing.	604-803-4280 www.shelleywilliams.ca
Solutions Organizing	See above. Ask for estimate.	604-578-8954 www.Solutionsorganizing.com
Stay Organized Professional Organizing Services 5631-199 Street Langley, BC	Organizing; space planning; downsizing; staging; moving; packing/unpacking.	604-704-7632 www.stayorganized.ca
With Care – Home Transition Services	See above. Ask for estimate.	604-760-8184 www.withcare.ca

Technology

Service Provider	Services	Contact Information
eGurus Technology Tutors	Provides in-home and remote technology setup, tutoring and support to simplify technology and empower people.	1-855-832-4878 www.eGurus.ca
Your Friends in Technology	Learn one-on-one or in a group, at your convenience and speed Texting, email, Internet, Apps, photos and more. Laptop, computer, iPad, iPhone	Maria: 604- 916-1744 mthodgins@icloud.com Angela: 778- 839-5048 angelajw@shaw.ca