

**Better  
at Home**

United Way helping seniors  
remain independent.



Assessing the communities of Terrace and Kitimat B.C.  
Prepared by Community Developer Diana Penner



Terrace and Kitimat are as diverse and different as the two bears pictured above; yet they share many of the same needs. The Kermode and Black Bear share a genetic link, resources, and lifestyle that is not so different from our human population in its' environment.

Join me, as we explore together, how seniors, can live independently in the unique northwestern communities of Terrace and Kitimat B.C.

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## **Introduction**

Better at Home is a program that helps seniors with simple day-to-day tasks so that they can continue to live independently in their own homes and remain connected to their communities. The program is funded by the Government of British Columbia and managed by the United Way of the Lower Mainland, with services delivered by a local non-profit organization. The Better at Home program is designed to address the specific needs of local seniors, allowing communities to choose from the following basket of services:

friendly visiting

transportation to appointments

snow shoveling

light yard work

simple home repairs

grocery shopping

light housekeeping

Terrace and Kitimat have been identified as a potential Better at Home site. Diana Penner was contracted as the Community Developer to assess community readiness, identify seniors' assets, needs and priorities in regards to the basket of services, and help identify a potential lead organization best suited in the community to deliver the Better at Home program.

This report reflects the findings of the community developer and will be used by the lead organization to design an appropriate local Better at Home program that meets community needs.