

IF YOU ARE A SENIOR OR YOU KNOW A SENIOR WHO NEEDS HELP, WE'RE HERE.

Call 2-1-1 or go to www.bc211.ca now.

You'll be connected with someone who can help with:

- phone and/or virtual check-ins
- grocery shopping and delivery
- prepared meal delivery
- prescription pick up and drop off

Service delivery is free to anyone over 65.

Volunteers are screened and assessed according to current Government of British Columbia guidelines.

Frequency dependent on service requested and volunteer availability. Program does not cover the cost of food or prescriptions.

ਹੁਣੇ 2-1-1 ਨੂੰ ਫੋਨ ਕਰੋ।

اکنون با شماره 2-1-1 تماس بگیرید.

إتصل الآن بـ 2-1-1.

請即致電 2-1-1。

Appelez directement au 2-1-1.

Hãy gọi 2-1-1 ngay bây giờ.

立即致电 2-1-1。

Llame al 2-1-1 ahora.



United Way



6271-0520

SAFE SENIORS, STRONG COMMUNITIES – WE'RE HERE FOR YOU.

Keeping yourself safe during COVID-19 is critically important. As an active, connected and engaged senior living independently with the help of family and friends, this can be a challenging time, especially as we continue to maintain safety through physical distancing during the coming months.

United Way's Better at Home program, bc211 and the Province of British Columbia have created Safe Seniors, Strong Communities to make sure you have the support you need by working with your local community to provide essential non-medical home supports.

Feeling unwell?

Call 8-1-1 toll-free in B.C., or for the deaf and hard of hearing, call **7-1-1**.

Take every precaution to ensure you are staying safe.

Avoid physical contact (*2 metres distance*). Wash your hands regularly.

Safe Seniors, Strong Communities partners

