

# CAREGIVERS NETWORK FOR EAST KOOTENAY SENIORS

Toll Free: 1 877 489-0803  
Cranbrook: 250 489-0802  
Email: [info@caregiversnetworkek.com](mailto:info@caregiversnetworkek.com)  
Web: [caregiversnetworkek.com](http://caregiversnetworkek.com)

## COMMUNITY RESOURCE LIST

### INTERIOR HEALTH - HOME AND COMMUNITY CARE:

All services provided by Interior Health Authority (IHA) require a B.C. Residency clause of 3 months, and must be approved by Case Manager.

#### Case Manager/Assessment Nurse:

Cranbrook	250-421-8912	Creston	250-428-3600
Fernie	250-423-8275	Sparwood/Elkford	250-425-2064
Golden	250-344-3026	Invermere	250-342-2372
Kimberley	250-432-2008		

- Accepts referrals from professionals and community
- Makes home visits and does an assessment of client's abilities and needs. A financial assessment is done using the previous year's Income Tax- and if a couple are living in the home then both incomes are used to calculate **daily** charge.

Options can include:

Respite for caregiver: - in home short term (e.g. 2 hours) if loved one is unable to stay alone.  
- subject to minimum per diem rate.

Adult Day Program - called Daybreak

- usually hours are from 10:00a.m. - 3:00p.m.  
- Small charge for this (approx. \$10.00/day)- includes a hot meal at lunch time ≈ check with program to see if bus pick up is available. Sometimes it is possible for care recipient to have a bath, nails cut and there is usually a hairdresser/barber available ≈ additional fee charged.

Community Care Workers: - Rates are per day (no matter how many times a day a worker visits).

Options can include: -Personal care - showering, toileting, dressing, changing bed linen, heating a microwave meal, post surgery care.

N.B. Very rarely does this include cooking, house cleaning, shopping, banking, and will never include yard work, snow shoveling etc. ≈ need to hire from community agencies/services

## COMMUNITY RESOURCES

### HOUSING:

**Assisted Living: Subsidized by IHA: - Accessed only through Case Manager who determines eligibility and presents to Placement Committee. Individual facilities cannot authorize placements.**

-Cost is calculated @ 70 % of after tax income. Includes lunch and evening meal Assistance as needed, and approved by Case Manager, for personal care, medication prompting etc.

-24 hour nursing care NOT available

-Includes emergency response alarm to call for assistance

-Personal laundry not included ≈ facilities available

-Includes housekeeping/change bed linens once per week

-Recreation programs and bus transportation to appointment available (staff do not accompany resident to appointments)

Locations:	Creston	250-428-9986 ≈ Crest View Assisted Living Village
	Cranbrook	250-417-0666 ≈ Joseph Creek Assisted Living Village
	Fernie	250-423-4214 - Rocky Mountain Assisted Living Village
	Kimberley	250-427-4014 -Garden View Village
	Invermere	250-341-3350 -Columbia Garden Village
	Golden	Assisted Living not available through IHA Abbeyfield Housing Society 250-344-7997 - managed by a voluntary non-profit. Typically up to 14 residents of retirement age live in their own private bed- sitting rooms furnished with their own things. The residents share lunch and dinner, plus a self-serve breakfast from a well-stocked breakfast bar. Snacks and drinks are also available throughout the day. A House Coordinator attends to the daily running of the house, the shopping and the preparation and serving of meals.

**Residential Care: Subsidized by IHA: - Accessed only through Case Manager who determines eligibility and presents to Placement Committee. Individual facilities cannot authorize placements.**

-Standard accommodation with 24-hour nursing and personal care

-Cost is calculated @ 80 % of after tax income ≈ (2016 rates) Minimum = \$1,005.80; maximum \$3,198.50 ≈ temporary hardship clause available through application to Case Manager.

-Safe and secure living environment.

-Medication supervision and administration.

-Development and maintenance of personal care plans.

-Clinical support services such as rehabilitation and social work services consistent with the care plan.

-Planned physical, social and recreational activities

-Nutritious meals, including therapeutic meals as ordered, and meal replacements.

-Laundry services, including personal clothes that can be washed without special attention to the laundering process.

-General hygiene supplies.

-Routine medical supplies and standard incontinence management.

## COMMUNITY RESOURCES

Locations:	Creston	250-428-9986 ≈ Crest View Village ≈ contracted to Golden Life** 250-428-2283` - Swan Valley Lodge- managed by IHA
	Cranbrook	250-426-3710 ≈ Dr. F.W. Green Home- managed by IHA 250-489-0060 - Joseph Creek Care Village ≈ contracted to Golden Life **
	Fernie	250-423-4214 - Rocky Mountain Village ≈ Contracted to Golden Life **
	Kimberley	250-427-4807 ≈ Kimberley Special Care Home (aka The Pines) ≈ managed by IHA
	Invermere	250-342-2329 ≈ Columbia House Long Term Care Facility ≈ managed by IHA
	Golden	250-344-3042 - Henry M Durand Manor- managed by IHA

Short stays for [respite](#), [convalescence](#) or [palliative care](#)

\*\* Golden Life operates facilities in most communities, contracting to IHA, but they also may have some private accommodation available. Check with operator.

### Subsidized Housing:

all areas	1-604-879-5112 B.C. Housing
Cranbrook	250-426-3544 Mountain View Village Managed by Lions Club ≈ small apartments. Independent living - no services or meals.

### Non medical home help:

Better At Home:	Funded by Government of B.C. through United Way ≈ Vancouver. Provides non medical support in home ≈ Friendly visiting, shopping, yard work, housekeeping, some social events. Costs are on sliding scale, based on a verbal declaration of income.
Cranbrook	250-426-2943 <a href="mailto:betterathome@ccssebc.com">betterathome@ccssebc.com</a>
Creston	250-428-5520 <a href="mailto:betterathome@valley.services">betterathome@valley.services</a>
Columbia Valley	250-342-5566 <a href="mailto:jlindal@familydynamix.ca">jlindal@familydynamix.ca</a>

Private companies available in some communities ≈ costs will be per hour ≈ check phone book or web sites.

## COMMUNITY RESOURCES

Dinners At Home: Program funded through IHA. Frozen meals available for pick up. Choices and special diets accommodated ≈ check with operator for cost and minimum order. Have to go through case manager.

Cranbrook	250-420-2302
Creston	250-428-3827
Fernie	250-423-8275
Golden	250-344-5271
Invermere	250-341-3350
Kimberley	250-427-2215
Sparwood/ Elkford	250-423-8275

Health issues: 811 ≈ all areas. 711 hearing impaired. Nurses and pharmacists available to discuss health concerns and medication questions

Medical alarms: 1-866-387-1548 Lifeline Alarms  
1-800-855-255-8828 Telus LivingWell Companion

### **Crisis Lines 24 hours a day:**

General Crisis Line: all areas	1-888-353-2273.	General emotional support.
Suicide Crisis Line: all areas	1-800-784-2433.	Suicide intervention.
Mental Health Line: all areas	310-6789	Mental health support and referral.

**Medical Equipment:** Red Cross Loan Cupboard ≈ short term (3 months) loan of equipment - must have health practitioner referral ≈ call for hours of operation

Cranbrook	250-426-5105
Creston	250-428-9619
Elkford	250-865-2247
Fernie	250-423-4453
Golden	250-344-5271
Invermere	250-342-6788
Kimberley	250-427-2887

Private companies:

All areas	Kootenay Columbia Home Medical Equipment Sales, service 1-800-661-4022
Cranbrook	Pharmasave ≈ sales, service, rentals 250-426-3368 or 250-417-0270
Creston	250-428-8766

## COMMUNITY RESOURCES

**Hospice:** Provides comfort to individuals living with a terminal illness and support to their loved ones.

Cranbrook/ Kimberley	250-417-2019 1-855-417-2019 <a href="mailto:hospice1@telus.net">hospice1@telus.net</a>
Creston	250-428-7575
Golden	250-344-6300 ext. 5756
Columbia Valley	250-688-1143
Elk Valley	250-423-4453 ext. 309

**Caregiver support:** 250-489-0802 ≈ Cranbrook  
1-877-489-0803 ≈ Toll Free  
Email: [info@caregiversnetworkek.com](mailto:info@caregiversnetworkek.com)  
Website: [www.caregiversnetworkek.com](http://www.caregiversnetworkek.com)  
Caregivers Network for East Kootenay Seniors helps people caring for seniors who live in the East Kootenay. Offering free support groups for caregivers in Cranbrook, Creston, Fernie, Golden, Invermere and Kimberley. Telephone support and information provided on toll free line.

**Transportation:** Bus passes for seniors and people with disabilities  
1-866-866-0800

**Handi-Dart** Must be registered -form requires doctor's signature with photo (passport size)

Cranbrook	250-417-3178
Kimberley	250-427-7400
Creston	250-428-7750

**Taxi Saver Program**  
Participating taxi Cranbrook only ≈ 250-417-3178  
Sun City Cabs ≈ 250-426-1111  
Provides a 50% subsidy toward cost of taxi Service - \$60.00 package for \$30.00. Must be registered with Handi-Dart.  
Must have disability preventing from using regular transit system.

**Transit system**

Cranbrook	250-417-4636
Creston	1-877-843-2877
Columbia Valley (South Connector)	1-877-343-2461

## COMMUNITY RESOURCES

Health Connection Bus: Provides communities with accessible transportation options to non-emergency medical appointments. Although medical appointments have priority, everyone is eligible to use this service if space is available. Cost is \$2.50 one way, \$5.00 roundtrip. All trips must be booked 24 hours in advance.

To Cranbrook Hospital from:

Golden	250-344-5237 (Monday & Friday) Leaves Golden 8:00am, Invermere ≈ Hospital 9:20am, Invermere ≈ Chambers of Commerce 9:25am, Cranbrook 11:15am. Leaves Cranbrook 3:00pm, Invermere 5:00pm, Golden 6:30pm.
Kimberley	250-427-7400 (Tuesday to Friday) Leaves Kimberley 8:30am, 11:00am, 2:15pm. Leaves Cranbrook 9:45am, 1:00pm, 3:00pm.
Elkford	1-855-417-4636 (Wednesday & Friday) Leaves Elkford 8:00am, Sparwood 8:30am, Fernie 9:00am, Cranbrook 10:15 am. Leaves Cranbrook 3:00pm, Fernie 4:00pm, Sparwood 4:30pm, Elkford 5:00pm.
Creston	1-877-843-2877 (Tuesday and Thursday) Leaves Creston community complex bus stop 8:30am. Leaves Cranbrook 2:55pm.

Travel Assistance Program Available when medical care is not available locally. Patient's physician must complete the TAP form. Contact program prior to travel. <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc>

Hope Air 1-877-346-4673 [www.hopeair.ca](http://www.hopeair.ca)  
Providing free flights to people who cannot afford the cost of an airline ticket for specialized medical care outside their home community.