

BETTER AT HOME SERVICES

Transportation and Grocery Shopping Services during Covid 19

***We can offer transportation for medical appointments ONLY at this time*
*** Rates apply *****

TRANSPORTATION RATES (return trip included)

City of LangleyBrookswood	\$13.50
Fernridge, Walnut Grove, Ft Langley	\$25
Aldergrove	\$25
Surrey, Abbotsford, Mission, White Rock	\$40
Coquitlam, Port Moody New West, Burnaby	\$50
UBC, Vancouver VGH & Downtown	\$75
Tsawwassen, YVR Richmond	\$80
Horseshoe Bay, W. Van	\$90

Groceries can be shopped for and delivered to your home during Covid. There is no delivery charge for this service.

Light Housekeeping

A trained, paid housekeeper will come to your home to assist with vacuuming, dusting, washing floors, etc. Rates are \$28/hour, 2 hour minimum.

Housekeeping services are on-going with Covid 19 protocols in place.



Big Hearts Homecare
We are family.



Friendly Visitor

A trained and screened volunteer will visit weekly to get to know you and brighten your day.

***Friendly visiting is on hold due to Covid restrictions. Please call and ask about our expanded telephone buddy program**

SUBSIDIES

for Better at Home Services

Fees are charged on a sliding scale based on your annual household income. A wait list for subsidy is usual. Subsidies apply to those 65 and older

604-530-3020

OUTREACH SERVICES

Information and Referral

604-530-3020

Telephone Buddies

Call Ext 304

A friendly, weekly call

Housing Information

Call Ext 304 or 306

Wed., 12:30-2:30 p.m.

**In person appts are on hold
Please call for info**

Government Programs Information

Call Ext 305 or 306

Please call for info

Coffee & Connecting Friendship Group

Call Ext 305

*****On hold*****

Caregiver Support Group

Call Ext 304

Office Hours

Staff are in the Outreach/Better at Home office Monday to Friday from 9:00am to 3:30pm

CALL 604-530-3020

Ext. 304, 305 or 306

We are grateful for the financial support provided by:



Brookwood Denture Clinic Ltd.
DENTURE AND IMPLANT SOLUTIONS



Bria

COMMUNITIES

Soroptimists of the Langleys



604-530-3020

DID YOU KNOW?

Although loneliness and isolation can happen to anyone, seniors are at a much higher risk of experiencing these conditions. Temporary or prolonged isolation can lead to physical, mental, and emotional deterioration.

THE GOOD NEWS!

Isolation can be reversed and loneliness can be alleviated!

Help is available to support you to reconnect and find new friends, new activities and the information that helps you have choices.



604-530-3020

LANGLEY SENIOR RESOURCES SOCIETY



Our mission is to provide programs and services that promote meaningful and healthy lives for mature adults, seniors and their families.

Through a community consultation process in 2012, Langley Senior Resources Society was unanimously chosen to host the **Better at Home** Program for Langley City and Township.

Our Outreach Department has 25 years experience in delivering practical services to seniors that enable them to remain independent and connected to the community.

Better at Home

Adds non-medical home supports to our inventory of Outreach Programs.

WHO IS ELIGIBLE?

- Seniors who live in the City or Township of Langley
- 60 years and up (subsidies apply to those 65 & over only)
- Needing help with basic non-medical tasks

For **Better at Home** Services in other communities:

Call: 604-268-1312

Email: info@betterathome.ca

HOW CAN I HELP?

- Become a volunteer
Call Janice at Ext 302
- Sponsor a low income senior (\$50/month)
- Donate to Langley **Better at Home** through Langley Senior Resources Society
Charitable #12192-4229 RR0001

604-530-3020

LANGLEY



United Way helping seniors remain independent.

Providing non-medical home supports for seniors in Langley City and Township

OUTREACH PROGRAMS



Connecting you to your community