

**Better at Home** helps seniors with day-to-day tasks so they can continue to live in their home independently, and remain connected to their communities. The program offers non-medical services to seniors who are:

- 65 years old or older
- Residents of the Cowichan Region
- Living independently
- Require supports in order to remain independent

**Pre-registration is required.**

- Fees for **Better at Home** services are determined on a sliding scale based on the individual's household income.
- Some seniors may qualify for a subsidy.



# Better *at* Home



**United Way helping seniors  
remain independent.**

Funded by the Government of British Columbia

## Contact Us For More Information

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## Cowichan Region Better at Home

a program of



**VOLUNTEER COWICHAN**  
Volunteers Grow Community



## Light Housekeeping

Basic cleaning services and minor chores are provided & may include:

- Dusting
- Sweeping
- Vacuuming
- Bed Making
- Bathroom Cleaning
- Floor Cleaning
- Kitchen/Appliance Cleaning
- Garbage/Recycling
- Interior Windows
- Watering Indoor Plants

### ***Better at Home does not provide:***

- ◆ Assistance with personal care such as bathing and grooming
- ◆ Assistance with medical needs or physical mobility
- ◆ Food or meal preparation
- ◆ Help with pets



## Friendly Visiting

Volunteers offer informal social support and may include the following:

- Sharing stories over coffee or tea
- Going out for walks
- Visiting the library or other community places and events
- Shopping
- Banking

## Downsizing and Moving

Seniors in the process of moving may be provided with help:

- Sorting and organizing belongings
- Packing household items
- Removing unwanted items

### ***Better at Home does not offer:***

- ◆ actual *moving* services

***Fees may be charged on a sliding scale based on the individual's income***

## Minor Home Repair & Light Yard Work

Minor home repairs and light yard work could include:

- Changing light bulbs
- Hanging pictures
- Replacing broken handles
- Other minor repairs
- Weeding and Lawn care
- Pruning, Trimming & Raking

### ***Better at Home does not provide:***

- ◆ Services for any job that requires a *building permit* or a *licensed trades professional*

