

Cowichan Region

Better *at* Home

a program of



Volunteer Cowichan

Volunteers Grow Community

Better at Home assists seniors with simple non-medical, day-to-day tasks so that they can continue to live independently in their own homes.

Volunteers are the core of Better At Home. Our Friendly Visitors and other Volunteers provide services that are invaluable and rewarding to our volunteers as well as the seniors they visit.



Volunteers spend time with seniors engaging in conversation, shopping together, attending events, reading, walking, and many other activities! It's all about connecting, caring, and enriching the lives of seniors who may otherwise be isolated, lonely, and not quite able to continue living at home without that helping hand.

If you have a couple of hours each week to share with a senior, we would love to hear from you.

Volunteers Wanted!

Help us assist seniors to live independently
and stay connected to our community.

Call us today 250-748-2133



United Way

Better
at Home

United Way helping seniors
remain independent.

Better at Home is funded by the Government of British Columbia.