

OLDER AND WISER: Many resources available for seniors

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Older and **WISER** Margaret Coates



Are you a senior looking for information about a service or program on the North Shore, or are you a son or daughter who would like information about services for your parents?

Finding your way along the information highway can be confusing and frustrating. Fortunately there are sources of information readily available to us that are easy to navigate and use.

One of those sources is the Seniors Directory 2017, produced by the North Shore News in partnership with North Shore Community Resources Society (NSCRS).

It has a well laid out magazine-style format and provides a great array of useful information for seniors. It lists information about finance, health and support services, housing, legal and personal security, meal programs and shopping services, social, education and recreation programs, transportation, and volunteering.

There are emergency numbers, lists of MLAs and MPs, and a number of advertisements about home care, home support, residential care, estate planning, equipment for seniors and more.

The Seniors Directory can be found at seniors centres, organizations that serve seniors, libraries and some businesses. If you're Internet savvy, you can find one at issuu.com/nsnfeatures/docs/seniors_directory_2017 (http://issuu.com/nsnfeatures/docs/seniors_directory_2017).

In the directory, you can easily access information about services provided by the government and NSCRS.

In the Seniors Directory there are also listings for groups that advocate on behalf of seniors, including Lionsview Seniors' Planning Society, which acts as a strong voice for seniors on an array of issues such as health and social concerns, housing, and dementia-friendly communities. They also link organizations together through their Seniors Coalition, which meets several times a year.

The directory also lists the North Shore Women's Centre, which provides services and advocacy supports for women on the North Shore. They can be reached at 604-984-6009.

If you want to make a phone call, try dialling 211 to reach a multilingual service that provides information (24 hours, seven days a week) about community, social and government services in B.C.

It also offers access to the Red Book Online (a searchable database about a number of programs and services across the Lower Mainland).

Calling 811 will connect you to a registered nurse, pharmacist or dietitian for help any time of day or night. They may be able to tell you how to treat a problem, when to see a doctor or when to go to the emergency room. Their service is also multilingual. The service is available for people who are deaf or hearing impaired by calling 711.

If phoning someone about your health concerns doesn't work for you then consider the BC HealthGuide Handbook, which can be obtained at healthlinkbc.ca, or by phoning the seniors advocate's office for a free copy. The guide has information about a variety of topics including home treatments, healthy lifestyle choices, preventative measures to keep you healthy and other health-related information.

If you're the kind of person who prefers to have a face-to-face conversation for information, then consider visiting the Seniors' One Stop office (a program of NSCRS) at Capilano Mall (on the second floor). It provides a wide range of information and referrals for seniors, caregivers, and families who support seniors. They assist with basic forms for pensions, housing, and more. They also provide phone support at 604-985-7138.

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