

# 7 NUMBERS

## EVERY NORTH SHORE SENIOR NEEDS

### PERSONAL HEALTH

1

Your doctor (GP) or nurse practitioner (NP)

Tel # \_\_\_\_\_

**When:** Office/clinic hours

**Why:** Your GP or NP is your health expert. Call if you have an urgent concern you think needs to be seen. Don't have a GP? **Call the GP Link at 778-945-3017.** The N.S. Division of Family Practice will connect you with a doctor.

### HOME HEALTH

2

604-986-7111

VCH North Shore Home Health

**When:** Monday to Friday 8 a.m. - 4:30 p.m.

**Why:** To find out if you qualify for home support for personal care, home care nursing or rehab, palliative care, day programs for adults or respite services for caregivers.

**What:** Trained phone staff will identify your needs and refer you to appropriate services. Some services may be free based on income.

### MENTAL HEALTH

3

604-982-5600

Older Adult Mental Health Team - North Shore

**When:** Monday to Friday 8:30 a.m. - 4:30 p.m.

**Why:** If you have concerns for yourself or others about mental illness and dementia, behaviour issues, physical or functional decline or substance use and unsure about what to do.

**What:** Mental Health clinicians will identify your needs, address your concerns and refer you to the appropriate service. A GP referral is required.

### SENIORS' RESOURCES

4

604-983-3303

Seniors' One Stop (nsrc.bc.ca)

**When:** Monday to Friday 9 a.m. - 4:30 p.m.

**Why:** If you need information and access to a wide range of North Shore non-profit, public and private resources for seniors.

**What:** Confidential consultations with seniors and those who support them, including professionals, in person, in our office, over the phone or via email.

### COMMUNITY SERVICES

5

2-1-1 (bc211.ca)

**When:** 7 days/week, 24 hours/day

**Why:** If you need a service and aren't sure what it's called or where to find it, connect to an Information and Referral Specialist with detailed knowledge of community, social and government services.

### HEALTH INFORMATION

6

8-1-1 (healthlinkbc.ca)

**When:** 7 days/week, 24 hours/day

**Why:** If you're feeling unwell or have a minor injury and are unsure about what to do. Or if you just have a health question or need advice about a health issue.

**What:** Health advice from a nurse; nutrition information from a dietitian; advice about drugs and pills from a pharmacist; where to find health services in your community.

### EMERGENCY SERVICES

7

9-1-1

**When:** 7 days/week, 24 hours/day

**Why:** Any serious emergency. Ambulance attendants will arrive to assess if you need to be transported to the local emergency department.

Vancouver  
CoastalHealth

Order at [vch.eduhealth.ca](http://vch.eduhealth.ca)  
Catalogue #GT.22.S59  
November 2016

North Shore  
Community Resources  
Connecting You to Community Services

bc211 we can help  
in partnership with  
the United Way

BRITISH  
COLUMBIA

HealthLinkBC

North Shore  
Division of Family Practice  
A GPIC initiative