

Resources

If you don't have a doctor,
call: 250-597-2227

Community Health Services -
Island Health ("Home Care")
1-877-734-4101

Better at Home
Cowichan: 250-748-2133
Sul'ween: 250-746-6184 ext 333
Ladysmith: 250-754-3331 ext 202

Meals on Wheels
250-715-6481

Lifeline
250-746-0814

Rides to Medical Appointments
250-715-6481

HandyDART
250-748-1230

Caregiver Support Services
250-597-0886

Cowichan Valley Hospice
250-701-4242

Ts'ewultun Health Centre
250-746-6184

H'ulh-etun Health Society
250-246-9495

Alzheimer Society of BC
1-800-462-2833

Ladysmith
Ladysmith Resource Centre
250-245-3079

**Ladysmith Community Health
Centre**
250-739-5777

Stz'uminus Health Centre
250-245-8551 ext 290

Lake Cowichan
Lake Cowichan Health Unit
250-749-6878

Bring this card with you to your
next visit with a healthcare
professional, and begin a
discussion about the best
care plan for you.

Your Name

Doctor's Name

Doctor's Phone Number

For more information, contact:
EPICCommunityGroup@gmail.com



Funding provided by:
BC Association of Community Response Networks
Stopping Adult Abuse and Neglect ...Together

Are You Aging Well?

Information and Resources for Cowichan Region Seniors

Are You Aging Well?

What number best describes you
or your loved one?*

1. Very Well.

You are robust and energetic.
You exercise regularly and are
among the fittest for your age.
Excellent! Keep it up.

2. Well.

You have no active disease
symptoms. You exercise often,
or are at times very active —
for example, seasonally.

*Simplified Rockwood Scale
with permission

**Good for you! Stay active and
address problems quickly as
they arise.**

3. Managing Well.

Your medical problems are well
controlled, but you're not
active beyond routine walking.
Try to increase your activity
and gain greater fitness.

4. Vulnerable.

You're independent, but
symptoms often limit your
activities. You feel slow or
tired during the day.

**Talk to your doctor — you can
still take steps to improve
your health.**

**For people in categories 1 to 4,
staying active or increasing
activity levels is key.**

5. Mild Difficulty.

You are slowing down, and need
help with things like finances,
transportation, housework and
medications. You have trouble
with shopping, walking outside
alone, and preparing meals.

**Talk to your doctor and your
family about changes to your
health. Find out about
supportive community services.**

6. Moderate Difficulty.

You need help with all outside
activities. Stairs are a problem
and you may need help with
bathing and dressing.

**It's essential to get support now
to stay at home. Contact
Community Health Services
for an assessment, and the
other resources listed here.**

7. Severe Difficulty.

You are completely dependent
on others to help you with
personal care. Your medical
issues might be physical or
cognitive, i.e. dementia.
Consult with those who care for
you and make sure you are in
the right place for the care and
assistance you need.

**For people in categories 5 to 7,
working with your doctor,
your family, and your community
to access the right resources and
support is key.**