



Better at Home is a program that gives seniors a helping hand to allow them to remain living independently, at home. The majority of older adults want to stay in their home as long as possible but sometimes that means getting some help in place.

Loss of independence is one of the greatest fears of aging. Sometimes the loss is sudden resulting from an accident or illness. More often, it is gradual with increasing difficulty in managing the day to day activities. Staying at home successfully, with help, requires some effort to find the right kind of supports. Choices will depend on a number of factors such as what kind of help is needed, living situation and financial resources to name a few. Each situation is unique but putting the supportive pieces in place can mean healthier and happier days.

The Better at Home program helps seniors with simple day-to-day tasks, complementing other assistance services. The intent is to assist the individual in maintaining independence and staying connected to community.

Services may include friendly visiting, transportation to appointments or activities, grocery shopping, light housekeeping, simple home repairs, basic yard work and snow shoveling. Fees for services are determined on a sliding scale based on annual household income. Some services may be provided free of charge. Registration to the program is required.

The Government of British Columbia funds the program, United Way of the Lower Mainland manages it across the province and local non-profit agencies provide the services with a combination of volunteers and some paid staff or contractors.

Services vary depending upon the community, budget and the availability of volunteers. Volunteering for Better at Home is an opportunity to make a difference in your community helping people to age in place.

Penticton and District Community Resources Society in partnership with South Okanagan Seniors Wellness Society provides services in Penticton, Summerland and Okanagan Falls. For information call 250-487-3376 or 250-487-7455 or email mtischer@pdcrs.com or visit the website: www.betterathomepenticton.ca

South Okanagan Integrated Community Services Society provides services in Oliver and Osoyoos. For information call 250-495-6925 or email southokanaganbetterathome@telus.net or visit the website: www.southokanaganbetterathome.com

For other areas of the province call United Way of the Lower Mainland 604-268-1312 or email info@betterathome.ca or visit the website: www.betterathome.ca

Better at Home Program

“Helping seniors remain
independent”



- Friendly Visiting
- Transportation to appointments
- Light yard work
- Minor home repairs
- Light housekeeping
- Grocery shopping

250-487-3376

www.betterathomepenticton.com

Better at Home is funded by the Government of BC and managed by the United Way



United Way helping seniors remain independent.