

# Better at Home

Better at Home is a program across BC that provides non-medical supports to assist seniors who need a bit of help to remain living independently, in their own homes. The program is funded by the BC Ministry of Health and managed by United Way BC. Registered non-profit agencies are contracted to operate the programs. Services are provided by a combination of paid staff, contractors and/or volunteers. General services within Better at Home include friendly visiting; light housekeeping; transportation to appointments; basic yard work; grocery shopping; simple home repairs; and snow shoveling. Registration is required, as fees are based on income, on a sliding scale. Not all services will be available in every location, and some services may be waitlisted because of limited resources.

In the South Okanagan, Similkameen there are Better at Home programs in most communities. In Penticton and Summerland contact OneSky

Community Resources at 250-487-3376; in Okanagan Falls, Oliver & Osoyoos contact Desert Sun Counselling and Resource Centre at 250-495-6925; in Keremeos, Cawston, Olalla and Hedley contact Lower Similkameen Community Services at 250-499-2352; in Princeton contact Princeton & District Community Services at 250-295-6696.

Together, we can offer support and connection for the older members of our communities. You can help by volunteering or donating to these valuable programs.

*OneSky Community Resources, Penticton*  
<https://oneskycommunity.com/adult-services/senior-services/better-at-home/>

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at Home**



United Way helping seniors remain independent.

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