For enquiries, please contact:



Janet Wu, Better at Home Coordinator janet.wu@success.bc.ca

(

Mon-Fri 9:30am-4:30pm English, Cantonese, Mandarin

604-375-0248

What is it?

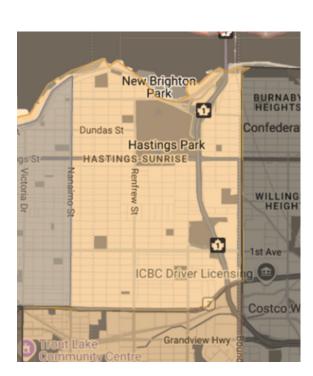
This program supports seniors living independently at home by providing non-medical services, such as Light Housekeeping, Grocery Delivery, Friendly Visiting, and Transportation to Medical Appointments.



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Get the support you need to remain independent in your own home



Better at Home HASTINGS-SUNRISE





Grocery Delivery

Our volunteers will help you with ordering and scheduling your grocery deliveries straight to your door. You only pay for the groceries.

There are no fees: no delivery fee, service fee, or tips. We accept payment for grocery orders via credit card or cash.

Digital Literacy

Improve your digital literacy through one-on-one help, in-person or via Zoom. Learn every day basic such as sending emails, using apps, booking LifeLabs appointments, and more!

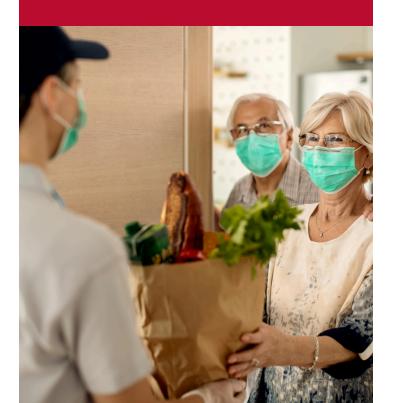
Sessions are 30-45 mins and by appointment only.



Friendly Visiting

Volunteers are paired with seniors for companionship, helping them stay connected to their local community.

Service is provided at no cost.





Light Housekeeping*

Our friendly and professional workers provide a minimum of two hours of light housekeeping services.

Cleaning supplies and equipment, such as detergent and/or vacuum cleaner, must be provided by the client.

*Service is subsidized on a sliding scale, determined by your annual income. All fees and donations help sustain the program.

查詢或申請服務,請聯絡:



Janet Wu,
Better at Home Coordinator
janet.wu@success.bc.ca

604-375-0248 **《** 星期一至五 9:30am-4:30pm 英文、廣東話、國語

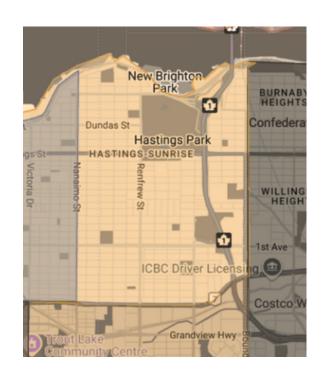
簡介

計劃旨在提供非醫療服務以幫助長 者獨立在家生活,服務包括:簡單 家居清潔、超市代購、友誼探訪及 覆診接送。



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幫助長者在自己家中安享獨立生活



Better at Home HASTINGS-SUNRISE 家中安享計劃





超市代購

義工會協助你下單及安排送貨,直接把 雜貨送到你家門口。

你只需支付食物費用,無需支付送貨費、服務費或小費。

我們接受以信用卡或現金支付雜貨訂單 費用。

數碼學習支援

透過實體或線上一對一,提升數碼技能,學習如:發送電郵、使用手機應用程式、預約LifeLabs等日常基本操作。

每節服務時間為30至45分鐘,須提前預 約。



友誼探訪

義工與長者作出配對後,作定期探訪, 以增強長者與社區的聯繫。

此項服務完全免費。





簡單家居清潔*

親切且專業的工作人員將為長者提供服 務,他們可以提供簡單日常的家務協助, 例如: 吸塵、浴室清潔等。

每次上門時間最低為兩小時。客戶將提供 清潔劑、吸塵器等工作用品。

*服務費用及補助將根據你的年收入而定, 所有收取的費用及捐款將用於支持本計劃 的持續運作。