

Recognizing a growing need

Seniors and elders are an important and growing part of our communities, and their active involvement enriches everyone's lives. To ensure that older adults continue to play an active part in our communities, they often need support to live independently in their own homes, surrounded by friends, families and neighbours.

Better at Home helps seniors with simple day-to-day tasks, allowing seniors to maintain their independence and stay connected with their community.

The United Way role

United Way of the Lower Mainland supports seniors to age with dignity and in the comfort of their own homes. With funding provided by the government of BC, the United Way manages the operation of 67 Better at Home programs across the province.

A range of non-medical home support services

Better at Home services vary from community to community. Services provided in **Cranbrook** include:

- Light Housekeeping
- Light Yard Work
- Snow Shoveling
- Minor Home Repairs
- Social Connections Programs
- Transportation
- Grocery Shopping Assistance

How to find out more

For information, or to apply for services in Cranbrook:

Email: betterathome@ccsseb.com

Phone: 250.426.2943

Mail: 209A 16th Ave N

Cranbrook, BC, V1C 5S8

www: betterathome.ccscranbrook.ca



Find us on Facebook
"Cranbrook Better at Home"

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For more information visit
www.betterathome.ca



Better at Home

United Way helping seniors
remain independent.



Supporting the non-medical needs of older adults in BC



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

Better
at Home



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What is Better at Home?

United Way's Better at Home program helps BC's older adults continue living independently in their own homes by providing simple, non-medical home support services. Its unique 'seniors planning for seniors' approach means older adults contribute to the design, operation, and evaluation of their local program.

Who delivers the services?

In each community, local non-profit organizations deliver Better at Home services. Services are provided by volunteers, contractors and/or paid staff.

Am I eligible and how do I apply?

If you are a senior or elder living in a community that has a Better at Home program, you can apply by calling **604.268.1312**, or see the back page of this pamphlet for your local program contact details.



Who pays for Better at Home?

The Government of BC, through the Ministry of Health, provides funding to the United Way of the Lower Mainland to manage the Better at Home program across BC. Individual community organizations will also accept donations, raise funds, and encourage volunteer participation.

Seniors who receive Better at Home services will pay a fee based on their income. Some services may be free. The fees-for-service are fed back into the local program in order to serve more seniors.

Which communities does Better at Home currently serve?

United Way manages 67 Better at Home programs across the province.

You can find a list of all Better at Home communities by calling **604.268.1312**, or see the back page of this pamphlet for your local program contact details.

Get Involved!

The huge hearts of volunteers throughout the province ensure that Better at Home, United Way, and our partner agencies can provide much-needed and accessible services to BC's older adults.

Thousands of volunteers are currently engaged with Better at Home across BC, but we are always looking for more! Your help supports a diverse, inclusive and vibrant neighbourhood for everyone.

To volunteer, donate, or get involved with your local Better at Home program, see the back page of this pamphlet for your local program contact details.

