

*A Hub for Volunteering  
and Giving*

Founding Partners

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Richmond Community Foundation  
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Programs

Information & Volunteer Centre  
Leadership Richmond  
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Richmond Christmas Fund  
Seniors Community Support Services

Richmond Cares, Richmond Gives

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# Seniors Community Support Services



Another program of



Access services that promote  
healthy aging at [rcrg.org](http://rcrg.org)



*Because we're here...*  
seniors stay independent longer.

## A Caring Community for Seniors

It's estimated that, by 2025, nearly 90,000 Richmond residents will be over the age of 55. To ensure that their needs are met—that they have the necessary support to live independently, with dignity—we need to start today.

At Richmond Cares, Richmond Gives (RCRG), we already have. In fact, we started over 30 years ago. That's how long we've been providing Seniors Community Support Services. Our goal has been, and always will be, to help seniors remain independent for as long as possible, while keeping them connected to the community.



But we don't just serve seniors; we involve them. All of our Seniors Community Support Services are delivered with the help of volunteers, the majority of whom are older adults. Because a caring community for seniors is one in which they have an opportunity to contribute.

# Become a Volunteer

Our Seniors Community Support Services are themselves supported by an incredible team of volunteers—a team we'd love for you to join! Opportunities are available as volunteer shoppers, drivers, and friendly visitors, just to name a few.

To apply, visit [rcrg.org](http://rcrg.org) or call 604-279-7020.



Funding for our **Seniors Community Support Services** is provided by:



United Way helping seniors remain independent

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



## VOLUNTEER SHOPPING

In our **Shop-By-Phone** service, seniors (or a caregiver) can place grocery orders over the phone for Tuesday, Wednesday, or Thursday delivery. Our volunteers then fill the orders at the Seafair Safeway or PriceSmart Foods. The stores subsidize the grocery delivery fee.

In **Group Shopping**, offered on Tuesday and Wednesday mornings, volunteers and seniors shop together, then have coffee or lunch at a nearby restaurant.

**Individual and Personal Shopping** are two additional options, both of which offer greater flexibility for clients with more specialized needs.

Our shopping services are co-funded by Vancouver Coastal Health—Richmond and the Government of BC, through the Better at Home program.

For further information, including how to enroll, visit [rcrg.org](http://rcrg.org) or call **604-279-7020**.

## FAMILY & FRIEND CAREGIVER HUB

Offered in partnership with the United Way of the Lower Mainland, our Family & Friend Caregiver Hub was created to promote the health and well-being of seniors who provide unpaid care to another older adult.

Through the Hub, caregivers can access peer support, recreational and educational workshops, online resources, and a range of other services.

To learn more, call **604-279-7020**.



## SENIORS INFORMATION & REFERRAL

When it comes to community services, our information & referral volunteers are experts. All older adults themselves, they're trained to help seniors and their families find information on multiple topics, including housing, government benefits, citizenship and permanent residence, and the Medical Services Plan of BC. They can also help clients access and complete government forms, and are even able to provide basic income tax assistance.

Information & referral services are available in multiple languages, and are completely free of charge. To request information over the phone, or to book an in-person appointment, call **604-279-7020**.

## SENIOR PEER COUNSELLING

When seniors are experiencing anxiety, frustration, or loneliness, they're often most comfortable speaking with someone to whom they can relate. That's why the volunteer counsellors in our Senior Peer Counselling program are all seniors themselves.

Our trained volunteers meet one-on-one with clients to offer emotional support and help them cope with the sometimes difficult changes that come with the senior years.

All meetings are free and confidential. To learn more, call **604-279-7020**.

## RICHMOND BETTER AT HOME

Funded by the Government of BC and managed by the United Way, the Better at Home program exists to reduce isolation, enhance mobility, and support independence among BC's multicultural seniors population. RCRG runs the program in Richmond.

Our **Transportation** service, supported by volunteer drivers, is for medical and selected non-medical appointments within and outside Richmond. In our **Friendly Visiting** service, volunteers provide companionship through weekly meetings at a client's home. Finally, our **Light Housekeeping** service, offered in partnership with professional contractors, helps seniors maintain safe and healthy homes.

To access Better at Home services, clients must be 65 or older and reside in Richmond, though exceptions may be made for clients as young as 55 who are living with a disability or chronic health condition. While there is a fee for the **Transportation** and **Light Housekeeping** services, subsidies are available for low-income clients.

For information on registering with the Better at Home program, visit [rcrg.org](http://rcrg.org) or call **604-279-7021**.