

***This is an example of contact information that workshop participants may find useful. It was not produced in Chinese or Punjabi because the organizations listed did not have adequate facilities to take inquiries in those languages.*

WATCH YOUR STEP!

Useful Contacts

Sidewalks

To report problems with cracked sidewalks, obstructed walkways, curbs or street furnishings such as newspaper boxes, note the exact location and type of problem and call:

City of Vancouver Streets & Sidewalks **604-323-7651**

They will send someone out to fix the problem. Please note that reports are put on the wait list and repairs are done as crews become available.

North Vancouver Public Works Yard **604-987-7155**

A repair crew will be sent out immediately.

Home Adaptation

The Canadian Mortgage & Housing Corporation (CMHC) offers the Home Adaptations for Seniors Independence (HASI) program for homeowners and landlords. The program pays for such things as installation of handrails and grab bars, lever handles on doors, easy-to-reach storage, etc. CMHC also has the Residential Rehabilitation Assistance Program for Persons with Disabilities, for homes requiring extensive modifications such as wider doorways to accommodate a wheelchair. To find out if you qualify for either of these programs, call **CMHC** at **604-731-5733**.

If you are a veteran, you may qualify for the Veterans Independence Program. Contact the **Veterans Affairs District Office** at **604-666-7942**.

Exercise Programs

For a variety of exercise programs, please call your local community centre or swimming pool. Phone numbers are listed in the Telus pages under 'Parks' and 'Recreation Centres'. The YMCA, the UBC Coast Club, UBC Aquatic Centre and 411 Seniors Centre also offer exercise programs for older adults.

Miscellaneous

BADD – Balance and Dizziness Disorders **604-327-7049**

Information and support for those who have specific problems such as vertigo, inner ear damage, etc.

Dial-A-Dietician Free Nutrition Line**604-732-9191**

Monday to Friday, 8 a.m. – 5 p.m.

A registered dietician / nutritionist will answer your general and medical nutrition questions.

Health Information Finders**604-267-2692**

If you are looking for free information about health services, self help or mutual help groups, alternative or traditional medicine, call the Health Information Centre. If you get an answering machine, leave a message and someone will call you back.

Medical supplies

For information on canes, safety steps, reachers, hip protectors, bath stools, grab bars, etc. please call a medical equipment supplier. They can be found in the Telus pages under 'Medical Equipment and Supplies'.

For information on call alert systems, please look in the Telus pages under 'Medical Alarms'.

Medication Review

Talk with your doctor or pharmacist, especially if you take more than three different medicines. Or call the Medinfo BC program to talk to a pharmacist about any medication-related questions.

604-822-1330**Seniors Well Aware Program****604-687-7927**

Confidential answers to questions about drug and alcohol use.

Whistles

Reasonably priced whistles are available from sporting goods stores. Check the Telus pages to find a store in your area.

Please note that this list is compiled for general purposes only. The information it contains is accurate to the best of our knowledge. The appearance of any organization or business on this list does not constitute endorsement by the Watch Your Step project, 411 Seniors Centre, Health Canada or Veterans Affairs Canada.

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