

# Seniors

## Need help finding a home or staying where you are?



Aging can result in physical and other health changes that make it difficult for seniors to live independently.

Specific programs are available to help seniors to either stay in their homes or find more suitable housing.

### Staying in Your Home Longer

If you are a senior with a small income or have a disability you may qualify for help modifying your home to meet your needs.

[BC Housing Home Adaptation for Independence](#)

1-800-257-7756

## Help Finding Subsidized Seniors Housing

If you need help finding subsidized seniors housing, the Nanaimo Affordable Housing Society maintains a webpage of Housing Options for the City of Nanaimo.

[Nanaimo Affordable Housing Society – Housing Options](#)

250-755-1158

## Help Finding Rental Housing and Paying Rent

If you have a small income you may qualify for help with paying your rent or finding subsidized housing.

**Search** – Find rental housing that meets your specific needs:

[Seniors Services Society](#)

1-604-520-6621

**Cash Assistance** - Find out if you qualify for help to cover the costs of private rental housing:

[BC Housing Shelter Aid for Elderly Renters](#) 1-800-257-7756

**Subsidized Housing** - Find out if you qualify for subsidized housing, and apply for a space:

[BC's Subsidized Housing Program](#)

1-800-787-2807

**Aboriginal Seniors** - Find housing for low income aboriginal seniors:

[BC Housing](#)

1-800-787-2807

[M'akola Housing Society](#)

1-250-756-4217

## Seniors Assisted Living

If you are a senior with a small income and additional needs that may make independent living difficult you may qualify for subsidized supportive housing.

VIHA Assisted Living

1-877-734-4101

VIHA Residential Care

1-877-734-4101

## Reducing Energy Bills

BC Hydro and FortisBC account holders with small incomes may qualify for help to reduce energy bills with a home energy evaluation, the installation of energy saving products and personalized energy efficiency advice. Find out if you qualify:

BC Hydro Energy Conservation Assistance Program

1-800-224-9376

## Resolving Disputes with Landlords

To get help with resolving a dispute with your landlord, contact:

BC Residential Tenancy Branch

1-800-665-8779

Tenant Resource and Advisory Centre (TRAC)

1-800-665-1185

## Need More Help with Housing?

### Region Wide

Seniors Outreach Team

250-755-3301

Provides services for individuals 65 years of age and over with mental disorders and / or age related changes in behavior or

function, which may include referrals to home and community care programs.

**Nanaimo Citizens Advocacy Association** 250-753-2321

Provides programs to assist and advocate for individuals who are the working poor, on income assistance or with disabilities such as with representation or education on residential tenancy issues.

**Vancouver Island Crisis Line** 1-888-494-3888

For 24 hour support when you are in crisis and need someone to listen and provide you with help. This includes figuring out who can help you with family or relationship challenges, resources for finding food, housing, income support and other needs.

**Canadian Mental Health Association** 250-244-4042  
1-800-555-8222

Helps people with mental illness with employment, housing, early intervention for youth, peer support, recreation services for people with mental illness, stress reduction workshops, and public education campaigns for the community.

### **Gabriola Island**

**People for a Healthy Community** 250-247-7311

Connects renters on Gabriola with landlords and other services to help people secure and maintain affordable housing.

### **Oceanside Area**

**Society of Organized Services (SOS) SD 69** 250-248-2093

Provides services and resources to help those struggling to meet daily needs. This includes supports and services for those facing homelessness.

## Find More Community Resources

### **Community Resources Database**

**1-888-494-3888**

In addition to crisis support the **Vancouver Island Crisis Line** provides community resource information and access to the Mental Health Crisis Response Team when appropriate.