



MOSAIC



CARES FOR SENIORS

Provides innovative services for older adults who require support connecting to their community or learning to address their social and well-being needs.

CARES for Seniors is a Social Prescribing Program funded by the Government of BC and managed by United Way - working in partnership with Fraser Health and alongside clinical treatments to address seniors' needs in a holistic way.

www.mosaicbc.org/services/projects/cares

For more information contact:

MOSAIC Seniors Community Connector (SCC)

Tel: 604-438-8214 ext.115

Email: cares@mosaicbc.org

5902 Kingsway, Burnaby, BC V5J 1H2

WHO CAN JOIN?

If you are a senior living in Burnaby and experiencing non-medical concerns and barriers that may affect your wellness and your ability to be active and connected, talk to your Health Provider.

They will connect you to a Seniors Community Connector at MOSAIC, who will then meet with you, assist you to develop your wellness plan, set goals, overcome barriers, and connect you with suitable community supports.

SERVICES OFFERED:

- Emotional Support
- Social Connection
- Physical activity programs
- Link to a phone or walking buddy
- Signing up with meals delivery and nutrition programs
- Connecting with Better at Home services such as light housekeeping, grocery shopping, friendly visits, & transportation for medical appointment
- Applying for services and benefits including BC Housing, income assistance, recreation credits, HandyDART, low-cost internet / digital device



United Way
British Columbia

Working with communities in BC's
Interior, Lower Mainland, Central
& Northern Vancouver Island