

somebody to talk to, someone that you trust."
- Nav-CARE participant

Nav-CARE Volunteer Navigators Can Help

Provide companionship and social engagement

Support decision-making and prioritization

Offer information on local community services to help you

Create opportunities for enjoyment of the natural world with a companion

Re-engage in what makes life feel meaningful

Family members are welcome





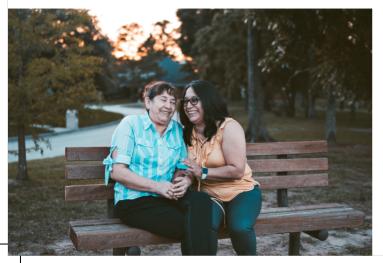
Slocan Valley Nav-CARE Coordinator
Ana Bokstrom
250-551-6190
slocanvalley@westkootenaynavcare.org
westkootenaynavcare.org
A program of the
Greater Trail Hospice Society





"You know someone's coming by, checking up on you, giving you a sense of community ... it's nice to know that there's somebody there who can help you out when you need it."

- Nav-CARE participant



About Nav-CARE

Nav-CARE was developed in partnership with rural communities.

Our approach is evidence-based and built on research led by Dr.
Barb Pesut, Canada Research Chair in Health, Ethics and Diversity at UBC and Dr. Wendy Duggleby, Research Chair in Aging and Quality of Life, at the University of Alberta.

After a successful 2-year pilot, the program is now expanding into communities across Canada.

Nav-CARE Making Connections, Making a Difference

Nav-CARE is a new, free program designed to provide support to elders, as well as adults with declining health.

Specially trained volunteers work with you to access resources and services in your community while providing companionship and emotional support.

Nav-CARE volunteers can provide enhanced coping with changes in life circumstances, health challenges, or chronic illness, which can feel overwhelming and isolating. According to a recent survey*, one in five seniors say they experience emotional distress and have difficulty coping day to day.

We understand that everyone needs a helping hand once in a while. Like a helpful neighbor or friend, Nav-CARE volunteers visit you in your home or on the phone on a regular basis.

* Canadian Institute for Health analysis based on Commonwealth Fund 2016 survey of seniors in 11 countries



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