



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

Nav-CARE builds a
 compassionate,
 caring community.
 Join us, help us!

*Connect with a
 Volunteer Coordinator
 in your community*



**West Kootenay
 Nav-CARE**

Slocan Valley Nav-CARE Coordinator
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A program of the
Greater Trail Hospice Society



**West Kootenay
 Nav-CARE**



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Nav-CARE

“...we talked about
what I needed to talk
about. The visits fit my
needs each time...”

– Nav-CARE participant

“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



"It was very important to me. Just having somebody to talk to, someone that you trust."
- Nav-CARE participant

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Canada



United Way
British Columbia



THE UNIVERSITY
OF BRITISH COLUMBIA



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