

## Support for Seniors

### Westshore Better at Home

Westshore Better at Home supports seniors to remain in their homes. Volunteers offer friendly visits (no fee), transportation (free or by donation), and light housekeeping (fee by sliding scale) to seniors in Colwood and Langford. [Learn more](#)

### View Royal Stride

Pacific Centre Family Services Association is looking to build a pool of volunteer drivers to help with a NEW pilot project to provide accessible transportation for seniors to medical appointments and assistance with grocery shopping. [Learn more](#)



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