

Welcome to SHOAL Centre Assisted Living!

- SHOAL Centre is owned and operated by Beacon Community Services
- We offer 30 Assisted Living suites subsidized by the Vancouver Island Health Authority
- You furnish your private, lockable suite with your own belongings
- Suites are considered studio suites, but the sleeping area is separate
- Each suite contains a kitchenette including a microwave and bar fridge
- Bathrooms have walk-in showers with fold-down bath seats and are fully accessible
- All units are equipped with a 24-hour emergency response system

Assisted Living includes:

- Personal Care Assistance, which may include help with bathing, grooming, dressing, and medication management
- Light housekeeping and laundry service of linens is provided each week
- Enjoy lunch and dinner in our dining room, the "Tides at SHOAL"
- Regular recreational activities are provided by our Activities Coordinator
- Cable service (classic package)

Recreational and Social Opportunities

SHOAL Centre offers an abundance of opportunities for recreation and socializing.

- Regular recreation programming provided by our Activity Coordinator
- Morning and afternoon activities are offered Monday through Friday
- Activities include things like carpet bowling, bingo, manicures, crafts etc.
- Monthly bus trips, wellness talks, pet visits and entertainers
- Music therapy is offered weekly
- Morning and afternoon coffee/tea time each day
- The Tuck Shop is available for snacks and socializing
- Access to a wide range of SHOAL Centre community activities and special events at a reduced cost
- Meals are served in our public dining room "The Tides at SHOAL"
- Garden boxes are available for residents to plant and care for
- Our outdoor patio is a great place to enjoy a sunny day
- Excellent access to bus service and walking distance to Sidney amenities
- Resident Discussion Tea every 3 months

What will I have to pay?

- Residents pay 70% of their monthly after-tax income, up to a maximum amount.
- A security deposit will be required
- Hydro surcharge of \$15 per month

What else am I responsible for?

- Tenant household insurance
- Telephone service
- Internet service
- Purchase of groceries for breakfast and snacks
- Travel to medical appointments
- Picking up medications from the pharmacy, or being home at time of delivery

Who do I talk to about moving in?

You need to be assessed by a VIHA Case Manager to find out if you are eligible for Assisted Living.

If you do not have a Case Manager, call VIHA Home and Community Care at:

(250) 388-2273
1-888-533-2273 (toll free)