

## Who can refer to Nav-CARE?

- Yourself
- Family
- Friends
- Health Care Professionals
- Community Agencies



North Okanagan  
*Hospice Society*

*Serving Residents of the  
North Okanagan since 1984*

[www.nohs.ca](http://www.nohs.ca)



# Nav-CARE

Making Connections, Making a Difference

Are you living with a serious  
illness that isolates and  
overwhelms you?



## To connect with a Nav-CARE Volunteer call:

Clara Dyck, RN, BScN, MSN  
Nav-CARE Volunteer Coordinator  
Education and Resource Leader

North Okanagan Hospice Society  
**250-503-1800, Ext 104**  
[clara@nohs.ca](mailto:clara@nohs.ca)



# Nav-CARE

Making Connections, Making a Difference

This program has a limited number of spaces available.

Nav-CARE developed by:



[www.nohs.ca](http://www.nohs.ca)

*“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



## Nav-CARE volunteers can help

- Relieve feelings of loneliness, isolation and anxiety
- Someone to talk through important decisions and future plans
- Connection to community and the world at large
- Locating local services and resources to help manage your illness
- Assist to re-engage in hobbies and other interests



## About Nav-CARE

Like a helpful neighbour or friend, Nav-CARE volunteers visit you in your home on a regular basis with a focus on enhancing your quality of life.

Nav-CARE’s specially-trained volunteers help improve the lives of people living with serious illness by creating connections to community services and providing caring and compassionate emotional support.

## Is Nav-CARE for me?

Are you a senior experiencing a serious illness and any of the following?

- Loneliness or social isolation
- Recent loss or multiple losses
- Mobility or sensory challenges
- Lost interest with hobbies or activities
- Coping with change and multiple decisions
- Difficulty finding or accessing information or resources

