

# Who can refer to Nav-CARE?

- Family
- Friends
- Health Care Professionals
- Community Agencies

## For more information call:

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OF BRITISH COLUMBIA

## Are you Living with a Serious Illness that Isolates and Overwhelms You?

You aren't alone.  
Nav-CARE volunteers  
are here for you.



**Nav-CARE**

Making Connections, Making a Difference



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“...we talked about what I felt 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

If you are living with an illness that isolates and overwhelms you at times, you aren’t alone.

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 resources 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
- Increased disengagement with hobbies or activities
- Coping with transitions and multiple decisions
- Difficulty finding or accessing information or resources

## 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.

One on one relationships tailored to your specific needs.

