

## Who can refer to Nav-CARE?

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



Serving Residents of the North Okanagan since 1984

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

To connect with a  
Nav-CARE Volunteer call:

**Clara Dyck**, RN, MSN, CHPCN(C)

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:



## Nav-CARE

Making Connections, Making a Difference

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



 North Okanagan  
HOSPICE SOCIETY

“It’s nice to know that there’s somebody who can help you out when you need it...giving you a sense of community...”

– Nav-CARE participant



## Nav-CARE volunteers can help you:

- relieve feelings of loneliness, isolation and anxiety
- talk through important decisions and plans
- enhance your connection to the community
- locate services and resources that will help manage illness
- to re-engage in hobbies and interests



## About Nav-CARE

Like a good neighbour or friend, Nav-CARE volunteers help enhance the quality of life for people living with a serious illness.

These specially-trained volunteers will visit you in your home on a regular basis to provide you with compassionate emotional support and connections to community services.

## 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 losses)
- Mobility or sensory challenges
- Lost interest in hobbies/activities
- Coping with change and decisions
- Difficulty accessing resources

