

Know what to do next.

Your Home Care Action Plan

Built around home care and support that can start this week.

For parent in Vancouver

Path: Home care

Home Care

Meal Delivery

Transportation

This plan is built around the needs you identified: Personal care and home support, Meal preparation and nutrition, Getting to appointments.

This plan has two parts:

1. Stay-at-home support — for help while your loved one remains at home
2. Living and care options — to explore if staying at home becomes too difficult or no longer feels safe

Provider and facility details are based on public and official sources available when this plan was generated. Call providers directly to confirm availability, pricing, and fit.



See all 70+ providers

Home care options in Vancouver

Home Care

Personal care that comes to the home. Can often begin within 48 hours.

Private / paid service. Private home care can often start this week.

Right at Home

1-(604) 563-4663

Metro Vancouver [Home Care](#) Alzheimer's care, hospital-to-home transitions, personal care

Ask about: how soon they can start, hourly rate ranges, and whether they can support hospital-discharge transitions.

Qualicare

1-(778) 652-8426

Metro Vancouver [Home Care](#) Daily personal care, meal preparation, household help

Ask about: how soon they can start, hourly rate ranges, and whether they can support hospital-discharge transitions.

+ 18 more home care options in Vancouver at carecompare.ca

Questions to ask home care providers

Keep these questions handy when calling home care agencies. They help you confirm timing, fit, and backup coverage before you commit.

1. How soon could care start, and what is your minimum shift length?

Start date and minimum hours determine whether the agency can actually solve this week's problem.

2. Who would be coming into the home, and what happens if that caregiver is away?

Continuity matters for trust. Backup coverage also tells you how the agency handles illness, holidays, and schedule changes.

3. Which tasks are included in the hourly rate, and which cost extra?

Ask specifically about bathing, dressing, meals, medication reminders, transportation, and companionship so the quote is not misunderstood.

What you asked for in Vancouver

Start with the options below. If you want help choosing, the next section highlights the first three calls to make.

Based on your answers, this plan includes: Personal care and home support, Meal preparation and nutrition, Getting to appointments.

You don't need to arrange all of this. Start with the one or two that matter most right now.

What to ask on any home-support call:

- Can you start this week?
- What is the minimum commitment or shift length?
- What happens if the regular caregiver is away?

Meal Support

Delivered meals and in-home meal preparation assistance.

Usually private / paid service.

Japanese-Style Meals on Wheels

(604) 687-2172

Serves Vancouver area [Meal Delivery](#) hot meals delivered daily, nutrition support

Care BC Meals on Wheels

(604) 732-7638

Vancouver, BC [Meal Delivery](#) hot meals delivered daily, nutrition support

+ 3 more meal support options in Vancouver at carecompare.ca

Questions to ask meal delivery services

These questions help you check whether the meal service fits health needs and daily routine.

1. Can you accommodate dietary needs such as diabetic, low-sodium, minced, or pureed meals?

Nutrition support only helps if the meals match medical and swallowing needs.

2. How often do you deliver, and what happens on holidays or missed deliveries?

Delivery rhythm matters for someone who depends on prepared meals.

3. Can meals be paused, changed, or increased quickly if needs change?

Families often need flexibility after illness, hospital discharge, or a caregiver schedule change.

Transportation

Some options are public or community-based, some are private paid services.

TransLink Access Transit (HandyDART) — Metro Vancouver

(604) 953-3680

Metro Vancouver [Transportation](#)

Driving Miss Daisy — Senior Transportation

1-(877) 613-2479

Franchises across BC [Transportation](#)

+ 1 more transportation option in Vancouver at carecompare.ca

Questions to ask transportation providers

Keep these questions handy when calling transportation providers. They help prevent surprise costs and confirm the ride is safe for your loved one.

1. How exactly is the ride priced?

Ask if they charge by the trip, by the hour, or by the kilometer. Check for minimum charges (e.g., a 2-hour minimum) and whether time is billed in 15 or 30-minute increments.

2. How much notice do you need for a booking?

Medical needs can change quickly. Ask if they accept same-day bookings or require 5–7 days' notice. For recurring clinic visits, ask if they can guarantee a weekly slot.

3. What specific hands-on help does the driver provide?

Confirm if the service is curbside (like a taxi) or door-through-door. Ask if the driver helps with walkers or wheelchairs and whether they can accompany the senior into the appointment.

Best First Steps

Start Here

Of the options above, these are the three calls to make first.

1 Request a Home Health Intake Assessment

Request a Home Health Intake Assessment for a senior in Vancouver. This is the starting point for publicly funded home care, respite, and long-term care planning — at little or no cost.

Say: "I need a Home Health Intake Assessment for a senior in Vancouver"

Publicly funded starting point

- **HealthLink BC — Home & Community Care Intake 8-1-1**

Assigned to: _____

2 Arrange private home care as a bridge

While you wait for the public assessment, private home care can start within 48 hours. It bridges the gap and can be reduced or cancelled once public support begins.

Private / paid — ask about minimum hours and rates

- **Right at Home** 1-(604) 563-4663
- **Qualicare** 1-(778) 652-8426

Assigned to: _____

3 Connect with caregiver support

Family Caregivers of BC offers free one-on-one coaching to help you navigate the care system. You do not need to figure this out alone.

Free

- **Family Caregivers of BC** 1-877-520-3267

Assigned to: _____

Start with #1 — the publicly funded assessment is free. #2 is optional if you need help sooner.

Quick Match: Need — First Contact

Need	First contact
Bathing and dressing	Right at Home Greater Vancouver - Home Care — (604) 563-4663
Meal preparation and nutrition	Japanese-Style Meals on Wheels — 604-687-2172
Getting to appointments	TransLink Access Transit (HandyDART) — Metro Vancouver — 604-953-3680

Right Now

Complete the Top 3 above first. Once you have done that, the resources below are here when you need them.

Get urgent help from the right place:

- 8-1-1** If not sure what health support is needed
- 9-1-1** If medical emergency
- 1-800-784-2433** BC Crisis Line — for emotional distress (24/7)
- 1-866-437-1940** Seniors Abuse Line — for abuse or neglect concerns

What most families do next

- Arrange meals or groceries for this week
- Set up transportation to appointments
- Talk to a family member so you are not doing this alone

If Staying at Home Starts to Feel Less Realistic

The next section is different. It is not about services coming into the home. It is about places to live or care settings to explore if staying at home is becoming too difficult, unsafe, or unsustainable.

Call to get information, ask about costs and waitlists, and request a tour when the time feels right.

Other Living and Care Options to Explore

Retirement Living / Independent Living

This is often a bridge option when someone can still live fairly independently but would benefit from meals, housekeeping, social connection, or a simpler living setup.

Usually private / paid.

Granville Gardens

(604) 563-3540

Vancouver Coastal Health For-profit

Ask about: current availability, monthly costs, and what supports are available if needs change.

More options at carecompare.ca

Have you called about retirement living / independent living yet?

Yes Not yet

Assisted Living

This can be a bridge option when someone needs more help than independent living provides, but does not need the level of care offered in long-term care.

Costs and funding can vary. Ask whether there are private-pay and publicly subsidized options.

Southview Heights

(604) 438-3367

Vancouver Coastal Health Non-profit

Ask about: current availability, supportive services included, and how they handle changing care needs over time.

More options at carecompare.ca

Have you called about assisted living yet?

Yes Not yet

Long-Term Care

This is usually not the first bridge option. It is generally explored when care needs are higher and safety can no longer be managed well at home or in assisted living.

Usually entered through assessment and public care system pathways. The Home Health Intake Assessment (8-1-1) helps start this process.

Fair Haven – Vancouver

Vancouver Coastal Health Non-profit

(604) 433-2939

Ask about: current waitlist status, whether they support hospital-discharge planning, and the care levels they accept.

More options at carecompare.ca

Applying now does not commit you. It keeps your options open.

Have you called about long-term care yet?

Yes Not yet

Home Safety Modifications

If staying at home is still the goal, ask about home changes such as grab bars, ramps, better lighting, and bathroom safety improvements.

Government funding may be available through the BC Home Adaptations for Independence (HAFI) program.

Use carecompare.ca to find home safety modifications options near Vancouver.

Want more options or to compare?

This plan shows your top picks. See all 70+ matched providers, compare ratings, and contact them directly.

Scan here anytime — your results are always available.

Go to: carecompare.ca/search?types=home_care%2Cmeal_delivery%2Csenior_transport%2Ctransportation&city=Vancouver



Scan to view

Care Coordination Log

Track calls, tours, costs, and next steps as your family works through providers.

Provider / Service	Date	Spoke With	Next Step
Right at Home Assigned to:			
Qualicare Assigned to:			
Japanese-Style Meals on Wheels Assigned to:			
Care BC Meals on Wheels Assigned to:			
TransLink Access Transit (Ha... Assigned to:			
Driving Miss Daisy — Senior ... Assigned to:			

If this situation feels new and overwhelming, that is normal. Most families learn as they go.

For now, focus on just three things.

1. Call your top 2 home care providers from the list above today.
2. Ask the questions from the "what to ask" box above.
3. Share the plan with family so everyone is working from the same page.

You do not need to solve everything today. You just need the next right step.

What to do next

This plan has everything you need to start making calls today.

If your situation changes or you want to update your options:

- Return to carecompare.ca and choose Services
- To estimate monthly costs, choose Calculator



carecompare.ca

CareCompare.ca

Free · Independent · No referral fees