



## 长者在家无忧计划

### 快乐山邻里屋的长者在家无忧计划是什么？

长者在家无忧计划目的是帮助长者在自己家中保持独立生活， 并提供包括日常简单的，非医疗护理性质的服务为主。服务项目包括由清洁人员提供的家政服务，家政服务包括简单家庭卫生清洁，由义工提供的义工服务，义工服务包括轻便买菜，简易维修，及温馨探访。

家政服务包括什么？如何收费？

家政服务具体包括：清洁浴缸，厕所，地板，洗衣，洗碗，厨房的炉头表面，及更换床单。

收费：收费标准以去年个人的或夫妻的收入进行评估。具体收费定位需要依据您提供的往年加拿大的政府个人所得税评估报告 (Notice of Assessment). 可能收费会从政府完全补贴(个人收费为零)到最高收费25加元每小时。

如何申请或推荐别人使用快乐山邻里屋的长者在家无忧计划？

如需申请或推荐别人使用此项目，请填写申请表格。

申请表格可通过以下方式获取或提交：

登陆www. mpnh.org 下载表格，来临快乐山邻里屋自取，

电子邮件索取及传真提交已填写申请表格。

联系人 Jessie Huang

电话 604.879.8208 分机 105

传真 604.879.4136

电子邮件 [jhuang@mpnh.org](mailto:jhuang@mpnh.org)

## MOUNT PLEASANT NEIGHBOURHOOD HOUSE SENIORS PROGRAM

The seniors program at our House aims to promote health and wellness, build supportive social relationships, and foster cross-cultural understanding by providing diverse activities for seniors.

### How to Apply

Application forms can be found at [www.mpnh.org/BetterAtHome](http://www.mpnh.org/BetterAtHome)

If you have any questions regarding the MPNH Better at Home Program, or would like to apply for our services, please contact us.

### Shaelee Gummer

*Better at Home Coordinator*  
work: 604.879.8208 ext 104  
email: [sgummer@mpnh.org](mailto:sgummer@mpnh.org)

### Jessie Huang

*Better At Home Programmer (Chinese)*  
work: 604.879.8208 ext 105  
email: [jhuang@mpnh.org](mailto:jhuang@mpnh.org)

### Elizabeth McIlfaterick

*Volunteer Programmer*  
work: 604.879.8208 ext 110  
email: [emcillfaterick@mpnh.org](mailto:emcillfaterick@mpnh.org)

### Claudine Matlo

*Director of Community Programs*  
work: 604.879.8208 ext 138  
cell: 604.418.5103  
email: [cmatlo@mpnh.org](mailto:cmatlo@mpnh.org)

# Mount Pleasant Neighbourhood House Better At Home

## 长者在家无忧计划



[www.mpnh.org/BetterAtHome](http://www.mpnh.org/BetterAtHome)

800 East Broadway, Vancouver | 604.879.8208  
Unceded Coast Salish Territory



Mount Pleasant  
Neighbourhood House



United Way helping seniors remain independent.

## WHAT IS MOUNT PLEASANT NEIGHBOURHOOD HOUSE BETTER AT HOME?

The Better at Home program helps seniors 55+ with simple, non-medical, day-to-day tasks, so that they can continue to live independently in their own home.

### FEES

Better at Home services are subsidized on a sliding scale, determined mainly by your annual income. Fees and donations collected support the continuation of our program. Seniors requesting a subsidized rate will be asked to show proof of annual income.

### ELIGIBILITY

Our services are available to seniors 55+ living in Mount Pleasant.



## MOUNT PLEASANT NEIGHBOURHOOD HOUSE BETTER AT HOME SERVICES

### LIGHT HOUSEKEEPING

Housekeeping services are delivered by individuals employed by MPNH. An assessment is required by our coordinators. Fees are on a sliding scale:



2020 Sliding Scale Subsidy. Based on hourly rate. Income is based on previous year's "CRA Notice of Assessment"				
Single Income	Household Income	Fee Category	Basis	Charge to Client
Below \$18,360	Below \$27,960	A (at capacity)	Guaranteed Income Supplement (GIS and OAS)	\$0.00 (100% subsidy) Donations Appreciated
\$18,360 - \$25,514	\$27,961 - \$46,107	B (at capacity)		\$10.00 (70% subsidy)
\$25,515 - \$33,007	\$46,108 - \$64,753	C (at capacity)	Above GIC cutoff, but below average income	\$15.00 (50% subsidy)
\$33,008 - \$41,500	\$64,754 - \$83,400	D	Above GIC cutoff, but below average income	\$20.00 (30% subsidy)
Over \$41,500	Over \$83,400	E	Average income for BC persons over 65+	\$25.00 (no subsidy)

### GROCERY SHOPPING

Volunteers are available to assist with weekly grocery shopping: making lists, bagging groceries, and more.



### VOLUNTEER VISITING

Social visits, walking companions, and more.

### VOLUNTEER TRANSPORTATION

Available to accompany seniors to appointments. \$6/round trip, if using volunteer's vehicle.

### INTERESTED IN VOLUNTEERING?

Elizabeth McIlfaterick

work: 604-879-8208 ext.110

[e.mcllfaterick@mpnh.org](mailto:e.mcllfaterick@mpnh.org)

### COMMUNITY/SHOPPING SHUTTLE

Group shuttle to various community locations. Contact Jessie for details and to arrange a pick up. \$6/round trip.



### HANDYPERSON SERVICES

Small home repairs.