

## **Cowichan Family Caregivers Support Society**

Phone: 250-597-0886

Email: [hello@familycaregiverssupport.org](mailto:hello@familycaregiverssupport.org)

Website: [familycaregiverssupport.org](http://familycaregiverssupport.org)



## **Personal Care Workers & Companion Care Workers Updated November 2023**

Services offered by personal care and companion care workers vary but are typically non-medical in nature and provide much-needed respite for a family caregiver. It can include such things as friendly companionship, meal preparation, playing games, going for a walk, outings, transportation, housekeeping, cultural compatibility (shared language), arts and craft activities, as well as friendly regularized connection for the caregiver, etc.

Finding the right fit for your family's needs is important. To learn more about how to hire individuals or agencies safely and effectively the Family Caregivers of BC has created a comprehensive resource for hiring private caregivers, including a list of questions to ask in the hiring process: <https://www.familycaregiversbc.ca/archives/6634>

***Please note:** The Cowichan Family Caregivers Support Society maintains this Personal Care &/or Companion Care Worker list to enhance public access to information about resources available. The inclusion of any individual, organization, agency, or service in this list does not imply or constitute an endorsement or recommendation. For your own comfort and safety, we recommend asking for references as needed.*

**The Cowichan Family Caregivers Support Society does not claim responsibility for any actions taken by any of the individual organizations or agencies included in this list. If you have an experience with one of the listings that you would like to share, please contact us.**

*In alphabetical order:*

**Andrew Oriet** - AGO Private Care

250.510.6021

Companion/Caregiver Services

[agoriet@shaw.ca](mailto:agoriet@shaw.ca)

**Andrew Wright** - Wright-Way Companion Services

250.748.9551

Mill Bay to Ladysmith

Companionship, transportation, handyman, packing, moving.

**Azja Jones Martin**

250.413.7560

[azajonesmartin@gmail.com](mailto:azajonesmartin@gmail.com)

Nutritious meal prep

Errands

Home organization for function and efficiency

Childcare (pick-ups, drop-offs, excursions in nature)

I help fill in the gaps and take things off the to-do list to support families in gaining space and time to be present with loved ones and practice self-care. I bring a compassionate, grounded presence to the spaces I work in, and complete tasks efficiently with joy and a high level of care and attention to detail. My goal is to bring ease to life and to support the health and wellness of all members of a family system.

**Barbara Stewart**

Phone: 250.715.6568

Email: [stewartlb@shaw.ca](mailto:stewartlb@shaw.ca)

Mill Bay to Ladysmith

Mobile Services: Haircut, Styling, Perming, Colouring

**Brooke Maver**

306.399.0034

Duncan to Ladysmith

Personal Companion Care Services; companionship, appointments, walks, cooking, small house chores, overnight respite Previous manager of St. Anne's Garden Club (Adult Day Program)

**Cara Hagar**

250.522.0022

[carafelicehagar@hotmail.com](mailto:carafelicehagar@hotmail.com)

Cowichan Valley

Mobile Hair cutting services with twenty years of hair styling experience working in salons and operating my own shop for seven years. Also offering care companion support (five years experience): for chores, errands, gardening, misc.

**Christine Lloyd**

250.896.4808

Mobile Foot Care Nurse

**Doug Campbell**

250.324.3221

[dougjcampbell@shaw.ca](mailto:dougjcampbell@shaw.ca)

Mill Bay to Ladysmith

Moving Forward Companion Care Services

**Evie Kubacka**

Home Ezie by Evie, Companion Care Services

250.210.2214

[evie.kbuackaj@icloud.com](mailto:evie.kbuackaj@icloud.com)

Mill Bay to Ladysmith

Companion care, gardening, landscaping, nutrition, downsizing, organizing, decluttering, housecleaning.

**James Taggart**

250.888.9852

[jamestaggart@shaw.ca](mailto:jamestaggart@shaw.ca)

Cowichan Valley

Transportation and Travel Companion. For persons with mobility challenges and/or dementia who require a travel companion for day surgeries and specialist appointments in Victoria. Monday to Saturday, by appointment. Daily capacity based on medical requirements. Cost sharing is encouraged; a maximum of 3 persons. HCA certified (4.33 GPA) and registered, in good standing, with the Vancouver Island Health Authority. Letters of reference, vaccinations, and credentials, including criminal record checks, are available upon request. The means of transportation is a 2019 Traverse, with a valet seat. Wheelchairs and transfer equipment are available upon request; based on medical requirements. Medical and nutritional requirements must be disclosed and are confidential.

**Julie Smyth**

250.739.4572

Chemainus to Nanaimo

Housecleaning, and Companion Services

**Jenny Willis**

250.510.0024 or

[info@smilingheart.ca](mailto:info@smilingheart.ca)

Private Companion Services. After 30 years as a health care aid and recreation/activities in long-term care, I now offer services as a private companion. I genuinely enjoy people and am curious about those I spend time with. I enjoy planning meaningful outings and activities, connecting with community programs (where appropriate), and really being with folks no matter what their mental, emotional, spiritual, or physical situations are. I have a heart for service, and a light attitude, and ask plenty of questions with openness and respect while keeping well-being the focus of it all. I'm happy to share references and work history details when you call.

**Kate Winter**

HOMESTEADY

250 709 4488

[Home-steady@outlook.com](mailto:Home-steady@outlook.com)

Available to travel between Chemainus, Crofton and the Cowichan Valley.

I am self-employed, offering individualized home support such as companion care, housekeeping, appointments and outings, minor home repairs and maintenance, shopping and meal prep. I am insured and can provide a criminal record check and clean drivers abstract.

**Lana Gall**

Lana Cares

250.701.5487

[lanargall67@gmail.com](mailto:lanargall67@gmail.com)

Ladysmith and Nanaimo

Companion care, cooking, cleaning, errands, appointments.

**Lisa Enger**

250.516.6303

[lisaenger68@gmail.com](mailto:lisaenger68@gmail.com)

Duncan to Mill Bay/Shawnigan Lake

Elderly Care

**Rachelle Brubaker**

250.419.2721

Cowichan Valley, including the Lake Cowichan area.

Caregiver Services

**Roberta Coburn**

250.701.4937

[rlcoburn@hotmail.ca](mailto:rlcoburn@hotmail.ca)

Cobble Hill to Chemainus

Personal care and housekeeping

**Tracy Taylor**

250.748.4834

Duncan

Practical, adaptable, affordable home support for your loved one, and for you.

**Zel Hopson**

250.616.0574

[zelhopson@hotmail.com](mailto:zelhopson@hotmail.com)

Ladysmith to Nanaimo

Cooking, cleaning, errands, appointments, companionship.