

## **Cowichan Family Caregivers Support Society**

Phone: 250-597-0886

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

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



**Cowichan  
Family  
Caregivers  
Support  
Society**

# **Private Companion Care & Health Support Listing**

**Updated January 2025**

**Services offered by personal care and companion care workers vary, but are generally non-medical in nature and provide much needed respite for a family caregiver. They can include tasks such as, meal preparation, playing games, going for walks, outings, transportation, housekeeping, arts and crafts activities, as well as friendly companionship.**

**Finding the right fit for your family's needs is crucial. The Family Caregivers of BC has created a comprehensive recommendation guide for hiring private caregivers that includes cost of services, information on insurance, contracts, and a list of interview questions to ask during the hiring process.**

**To learn more about how to safely and effectively hire individuals or agencies, please visit the Family Caregivers of BC website: [www.familycaregiversbc.ca/archives/6634](http://www.familycaregiversbc.ca/archives/6634)**

*Please note:*

*\*The Cowichan Family Caregivers Support Society maintains this resource listing as a free public service. The inclusion of any organization, agency, service, or individual, does not imply or constitute an endorsement or recommendation and the Cowichan Family Caregivers Support Society does not claim responsibility for any actions taken by any of the services listed. This resource listing is reviewed annually, and we do our best to ensure the most current information is included. Please let a staff member know if you find any information that needs to be updated.*

# Companion Care & More



**Andrew Oriet - AGO Private Care**

**250.510.6021**

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

Companion/Caregiver Services

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

**250.748.9551**

**Mill Bay to Ladysmith**

Companionship, transportation, handyman, packing, moving.

**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)

**Carolyn Burgess - A Helping Hand**

**778.674.6694**

[helpinghand6694@gmail.com](mailto:helpinghand6694@gmail.com)

**Chemainus, Ladysmith and Nanaimo**

In home respite care or outings for your loved one.

**Julie Smyth**

**250.739.4572**

**Chemainus to Nanaimo**

Housecleaning, and Companion Services

**Jenny Willis**

**250.510.0024**

[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 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 ask plenty of questions, 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)**

**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 a clean driver's 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

**Lynda Roland**

**250.510.6131**

**[lets.seize.today@gmail.com](mailto:lets.seize.today@gmail.com)**

**Lake Cowichan and the Cowichan Valley**

15 years of caregiving including community inclusion, residence support, homecare, and working with individuals with CP, MS, dementia, Parkinson's, Down Syndrome, brain damage, memory loss. Comfortable with personal care, lifts, wheelchairs.

**Teresa Patterson**

**250.466.8178**

**[teresalpatterson@hotmail.com](mailto:teresalpatterson@hotmail.com)**

**Cedar to Cobble Hill**

RCA for 30 yrs. + criminal record check available upon request

Minimum 2 hr call out \$30/hr + .60 cents/km

Companion care, cooking, house keeping.

In home services only.

**Rachelle Brubaker**

**250.419.2721**

**Cowichan Valley, including the Lake Cowichan**

Caregiver Services

**Roberta Coburn**

**250.701.4937**

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

**Cobble Hill to Chemainus**

Personal care and housekeeping.

### **STAT - Home & Health Support Services**

**Linda Ikwuagwu - Director**

**1.778.244.4454**

**Vancouver Island**

Medication reminders, Bathing Assistance, Dementia Care, Palliative Care, Foot Care at home, Palliative Care, Complex Nursing Services, Respite and Vacation Services, Companions and Outings, Housekeeping and Laundry, Meal Planning and Preparation, Personal Care Services, Appointments and Shopping.

Skilled experienced providers are screened, bonded, and insured.

### **THREE THUMBS UP Senior Services**

**Indigo - Director**

**236.979.1142**

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

**Nanaimo to Mill Bay**

Dedicated personal assistants and supportive companions.

We offer support with driving, shopping, walking, pet care, housekeeping, gardening, exercise, and house sitting.

Assistance in languages French and Spanish language available

**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.

## **Mobile Foot Care & Hairstyling**



**Barbara Stewart**

**250.715.6568**

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

**Mill Bay to Ladysmith**

Mobile Services: Haircut, Styling, Perming, Colouring

**Christine Lloyd**

**250.896.4808**

Mobile Foot Care Nurse

**Cowichan Valley Foot Care Clinic**

**250.516.1065**

[www.cowichanvalleyfootcare.com](http://www.cowichanvalleyfootcare.com)

Professional foot, nail, and wound care services available on site or at home. Specializing in the care of Diabetic Foot, and preventative care.

**Digits – Mobile Foot Care**

**250.709.1306**

[www.digitfootcare.ca](http://www.digitfootcare.ca)

Treatments include footcare assessment, medical pedicure, treatment of ingrown & fungal nails, corn, callus and wart removal, plantar fasciitis & inflammation, FOX laser treatment, diabetic foot care, education, and footwear.

**Duncan Foot Care Shop**

**250.929.3206**

[www.longevityservices.ca](http://www.longevityservices.ca)

**24 Station St., Duncan**

Registered Nurses offering in-shop and at-home medical level foot care.

In shop and home visits available.

Foot care supplies for sale on site.

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Skilled experienced providers are screened, bonded, and insured.

**Viva Foot Care**

**250.885.8482**

[www.vivafootcare.com](http://www.vivafootcare.com)

Providing quality foot care in the comfort of your home.

# Transportation



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

**250.748.9551**

**Mill Bay to Ladysmith**

Companionship, transportation, handyman, packing, moving.

**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.