

Older Adult Assistant Card Application Form

Name: _____

Address _____

Postal Code _____

Birthdate D/M/Y: _____

Home phone: _____

Email: _____

Assistance Required for:

- Hearing or visual impairment
- Medical condition affecting balance
- Needs assistance in change room/washroom
- Difficulty following instructions
- Requires assistance transferring with equipment
- Wanders

Emergency Contact (please print):

Name: _____

Phone: _____

Staff Initial: _____ Date: _____

Recreation Centre:

The information on this form is collected under the authority of Section 251. The information provided will be used for the processing of registration and related processing regarding withdrawing from the said program with the Saanich Parks and Recreation Department, District of Saanich. If you have questions please contact the District's Privacy Officer at 250-475-1775. You can also email us at foi@saanich.ca or write to us at:

District of Saanich
770 Vernon Ave.
Victoria, BC V8X 2W7



NEW!

SOME RECOMMENDED DROP-IN CLASSES

- Shallow Waterfit
- Mild Waterfit
- Waterworks
- Water Walking
- 50+ Group Fitness
- 50+ Stretch & Strength
- Gentle Fit
- Totally Core
- Stretch Class
- Golf at Cedar Hill Golf Course
*If assistant plays, their fee is 50% off

Additional programs are available. Contact the Recreation Programmer at your local Saanich Recreation Centre or Cedar Hill Golf Course for more information.

OLDER ADULT ASSISTANT CARD

This card allows an older adult who requires assistance in a drop-in program, fitness class or registered program to bring another person to help them at no extra cost.

saanich.ca/recreation



If balance, mobility or other impairments prevent you from participating, do not stop your favourite activity for fear of injury or falling, bring a friend or caregiver! Saanich Parks and Recreation encourages everyone to stay active and engaged as they age.

To help with maintaining everyone's participation, the new Older Adult Assistant Card is available to caregivers, a spouse, another adult family member, or a friend to attend with an older adult requiring assistance. This card allows an assistant free access to support you while you participate.



What can the assistant do?

The recreation assistant attending with you **MUST** be within arms reach at all times. They can participate in a fitness class while at your side, however, their priority should be to assist you. In the weightroom your assistant must be with you to help you on and off the machines. For registered programs requiring supplies, the assistant must pay for the course and supplies if they wish to participate.

How to apply for an Older Adult Assistant Card

The adult requiring assistance applies for the card at any Saanich Recreation Centre they plan to attend.

- Fill out the application form
- Take it to the front reception desk and they will pass the application on to the Recreation Programmer for approval
- You will receive a phone call from the Recreation Programmer. If approved, you will be contacted when your pass is ready for pick up. This may take up to one week.

SAANICH RECREATION CENTRES

CEDAR HILL RECREATION CENTRE
3220 Cedar Hill Road, Victoria, BC
250-475-7121

GORDON HEAD RECREATION CENTRE
4100 Lambrick Way, Victoria, BC
250-475-7100

G.R. PEARKES RECREATION CENTRE
3100 Tillicum Road, Victoria, BC
250-475-5400

SAANICH COMMONWEALTH PLACE
4636 Elk Lake Drive, Victoria, BC
250-475-7630

CEDAR HILL GOLF COURSE
1400 Derby Road, Victoria, BC
250-475-7151



How do I use the Older Adult Assistant card?

When you and your assistant arrive for your activity, check in at the reception desk and show your Assistant Card. Your assistant will be given a stamp on their hand. If you have forgotten your card the receptionist can look it up on the computer for you.

For registered programs, such as Osteofit or Gentle Fit, the Recreation Programmer must approve the registration for your assistant in advance. Space is limited in some programs, it is not guaranteed that you will be able to attend a program with your assistant. Most drop-in programs will have space available.

Lost Card

If you lose your Older Adult Assistant card, or no longer require it, please inform the recreation centre as soon as possible so we can update your records.