



AGING IN PLACE ON THE SUNSHINE COAST

Helping you stay comfortable, independent, and connected.

Thinking about downsizing or your next move?

Bob Michor
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Whether you're staying put, downsizing, or exploring retirement-friendly housing, Bob is happy to help.

Many Sunshine Coast residents would like to remain in their homes and communities as they age. Whether you're planning ahead, helping a parent, or considering a future move, understanding the local resources available can make all the difference.

As a long-time Sunshine Coast resident and REALTOR®, Bob has helped many clients navigate housing decisions related to retirement, downsizing, accessibility, and aging in place.

[View the online resource page](#)

7 numbers every Sunshine Coast senior should know

<p>1. Personal Health</p> <p>Your doctor's office</p>	<p>2. Home Health</p> <p>604-741-0726 Sunshine Coast Home & Community Care</p>
<p>3. Mental Health</p> <p>604-885-6101 Older Adult Mental Health Team</p>	<p>4. Better at Home</p> <p>Gibsons/Sechelt: 604-885-5881 ext. 249 Pender Harbour: 604-212-2232</p>
<p>5. Community Resource Centre</p> <p>604-885-4088</p>	<p>6. BC211</p> <p>Dial 2-1-1</p>
<p>7. HealthLink BC</p> <p>Dial 8-1-1</p>	

Local contacts and resources

Office of the Seniors Advocate	seniorsadvocatebc.ca info@seniorsadvocatebc.ca Toll-free: 1-877-952-3181
Nick Gaskin Pender Harbour Health Centre	5066 Francis Peninsula Road, Madeira Park nick.gaskin@penderharbourhealth.com Office: 604-883-2764
Vancouver Coastal Health Home Support	5630 Inlet Avenue, Sechelt Intake: 604-741-0726
Kelly Foley Sunshine Coast Housing Coordinator	kelly@coverthecoast.org
Tanis Watson Senior's Community Connector	scc@resourcecentre.ca 604-989-4945 5674 Cowrie Street, Sechelt
Courtney Cole Caregiver Support Coordinator	caregivers@resourcecentre.ca 604-741-2470 5674 Cowrie Street, Sechelt

A final note

The Sunshine Coast offers a strong network of services that can help seniors remain independent and connected to their communities. If you have questions about housing options, accessibility, downsizing, or finding the right home for your next stage of life, Bob is happy to help.

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[Open the full Aging in Place page on BobMichor.ca](#)