

# Navigator Support

Are you an older adult with a developmental disability?

Would you like help with services and supports?

Getting older may cause your health to change.

You might have to deal with new money issues or legal issues.

Some supports that used to work well might not work the way they did in the past.

A new **navigator** service is available to help you and your family plan and access services and supports as you move to the older years of life.

## What is a navigator?

Your navigator is someone who acts as a single point of contact to help you with your planning.

## Start planning early

Planning ahead will help you make good decisions about your future, such as:

- ✓ where you are going to live
- ✓ how to deal with money issues
- ✓ how to try new activities
- ✓ who will take care of you
- ✓ how to meet new people and make new friends
- ✓ how to deal with new illnesses and end of life

Planning involves you, your family and people you know. Everyone works together to help you live your best life.

## How can a navigator help you?

A navigator can help you:

- ✓ Make a plan based on your goals
- ✓ Access all the supports you need through one person
- ✓ Find clear information about services and supports
- ✓ Deal with the life changes that happen as you get older

## How does the navigator service work?

You share your goals, interests, questions and concerns with a navigator. You can tell a navigator what supports you think would be helpful. The navigator will help you build a plan for reaching your goals.

## How do you know if you are eligible?

You can get help from a navigator if:

- ✓ You have a developmental disability
- ✓ You are 55 or older
- ✓ You are going through a time of change because you are getting older or because your caregiver(s) is getting older

A navigator can help explain the process needed to confirm a developmental disability.

## How do you get started with a navigator?

- ✓ You, a family member or friend can call a navigator
- ✓ You can talk to your CLBC contact and ask for a referral
- ✓ You can talk to your health authority contact and ask for a referral

## More about the new integrated service delivery model and the new services:

Developing a more integrated approach to planning is an important part of improving services for people with developmental disabilities.

Navigator services have opened in some communities to test the integrated service model before putting it into action around the province. Burnaby was selected as an early implementation site for services to older adults (55 and over).

The navigator service uses a new web-based system for gathering and collecting information.

The new system means you and the people who help support you can collect important information about you in one place to make sure you get the best support possible.

You will need to give your permission to have a navigator and your support team use the web-based system.

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## Burnaby

400-5021 Kingsway  
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604-313-0146 or 604-313-0624

For more information on the new [Services to Adults with Development Disabilities](#) program, visit: [www.sd.gov.bc.ca/pwd/isst.html](http://www.sd.gov.bc.ca/pwd/isst.html)

Or telephone:  
**1 855 356-5609**