

AMICA

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DOUGLAS HOUSE



## WELCOME TO AMICA DOUGLAS HOUSE

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Imagine living just steps from the ocean. Our residence overlooks beautiful Beacon Hill Park in historic James Bay, Victoria. Take in a show at the Royal Theatre, visit the Royal BC Museum, or watch the cruise ships at Ogden Point. At Amica Douglas House, it's all right here for you.

## JUST FOR YOU

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Welcome to senior living tailored to you. From our graceful interiors to our premium amenities and services, at Amica Douglas House you'll find exactly what you're looking for in a senior residence. Our dedicated team is ready to create an exceptional experience that respectfully meets all your personal needs. Feel confident knowing Amica Douglas House has been designed to provide you with everything you need today, and in the years to come.

## BE INSPIRED

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Our wide range of premium amenities and services is designed to meet all your physical, intellectual and social needs.



## PREMIUM AMENITIES AND ENRICHING ACTIVITIES

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- Library lounge, computer lounge
- Wi-Fi in social spaces
- TV lounge
- Fitness centre with personalized and group programs
- Gardener's greenhouse
- Ocean-view lounge

## AMICA DOUGLAS HOUSE OFFERS

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- Hair salon
- Concierge
- 24-hour emergency response system with personal pendants
- Dedicated transportation for shopping and excursions
- Corner store
- In-suite professional care and support

## EXTRAORDINARY CUISINE

Our passion for food can be found in every menu our Red Seal Certified Chef creates. Using the freshest ingredients, our skilled on-site chefs prepare a variety of healthy, balanced, nutritious (and dietician approved) meals to suit every appetite. Everything is served by our attentive staff, ensuring each dining experience is a special one.



## CHOOSE WHERE TO DINE IN STYLE

- Flexible dining – dine when and where you prefer
- Dedicated dining rooms & lounges for Independent Living and Assisted Living
- Patio with courtyard garden
- All day self-serve bistro with fresh fruit and baked goods always available
- Invite your family and friends to join you anytime – we'll even cater your event
- Enjoy meals in the dining room, self-serve bistro, on the patio, or in the comfort of your suite

### CHEF'S DAILY SPECIALS

À-LA-CARTE MENU  
WITH RESIDENTS' FAVOURITES

SPECIAL OCCASION MENUS

UNIQUE DIETARY NEEDS AND  
PREFERENCES ACCOMMODATED

MIND.  
AND BODY.

## DESIGNED FOR YOU

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You choose how to spend each day, whether it's relaxing or joining in on activities.

### ACTIVITIES & SOCIAL EVENTS

- Exercise classes and strength training programs
- Painting, art classes and gardening
- Social events, entertainment, clubs, speakers, movies in our TV lounge
- Celebrations and special occasions
- Family and friends events
- Volunteering opportunities
- Weekly group outings





YOUR  
PERSONALIZED  
WELLNESS PLAN

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UNIQUELY YOURS

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For each resident we develop a Personalized Wellness Plan to help you take advantage of all that Amica has to offer. Together we will build a customized plan based on your social, intellectual, physical, care and support needs to ensure you're always getting the most from life at Amica.



## PERSONALIZING YOUR CARE

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Our professional care and support staff is available around the clock whenever you need assistance. We tailor our services based on your needs and preferences.

## PRIORITIZING YOUR WELLNESS

- Licensed Residential Care
- Registered Nurse leads our Wellness Team
- Licensed Practical Nurse and Wellness Team available 24/7
- Wellness Plan updated whenever your needs or preferences change
- Flexible care and support options provided in the privacy of your suite and based on your personal routine and preferences
- Personalized pharmacy services available through Amica's selected provider



At Amica Douglas House, several local health professionals provide scheduled services on-site:

PHYSIOTHERAPIST

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PODIATRIST

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FOOT CARE NURSE

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AUDIOLOGIST



A young child with curly hair, wearing a pink shirt, is focused on playing chess. An adult's hands are visible, one pointing at a chess piece on the board. The scene is set outdoors with a bright, sunny background.

## CONTINUE YOUR LIFESTYLE

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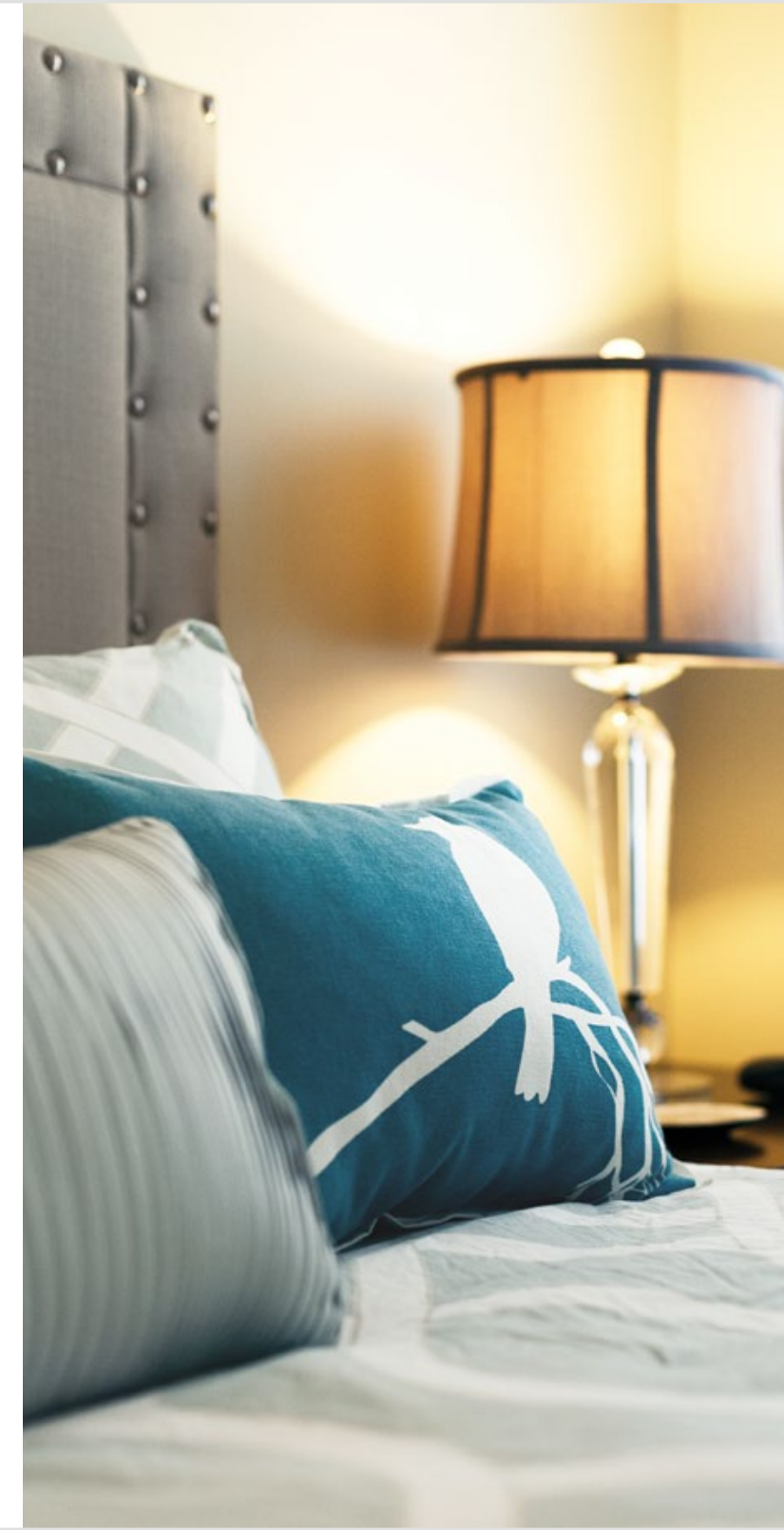
Our unique approach to discovery helps our certified staff get to know what makes you the extraordinary person you are. You can be assured the lifestyle you enjoy now will continue at Amica Douglas House. If your lifestyle needs change, we will adapt to meet them, so you don't have to worry about moving again.

### LIVE INDEPENDENTLY

Enjoy Independent Living, secure in the knowledge you will always have the support and care you need, whenever you need it. Our premium amenities and wide range of life enriching activities are available to all residents. It's up to you how much or how little to participate. Just know as your needs evolve, so too does our care.

### LIVE WITH ASSISTANCE

Should you need additional support with daily living, our Licensed Residential Care suites have a wellness team on the same floor to give you added peace of mind.



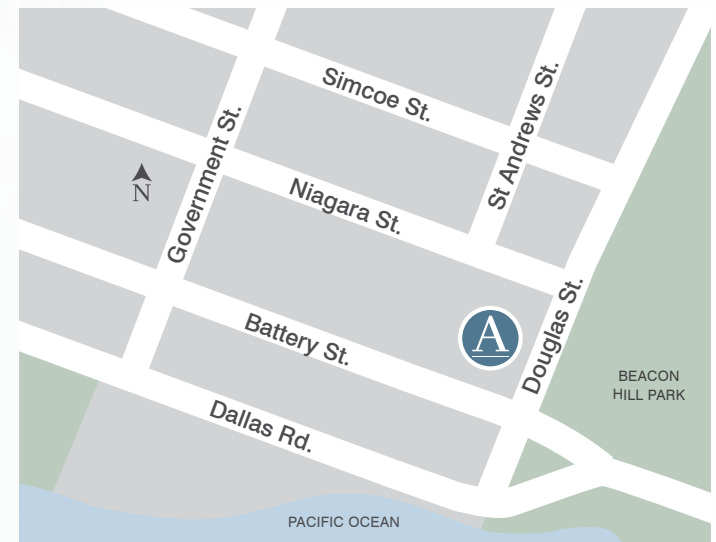




## TRIAL STAY

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Interested in discovering if Amica Douglas House is right for you? We offer short stays for you to experience firsthand what life here is like. We also offer respite stays if you find yourself in need of some extra care and support.



50 DOUGLAS ST, VICTORIA

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