



# Provincial Resources to Support Persons Living with Dementia and Care Partners

- Quebec -

October 2021

---

## Topics on this document include:

1. Driving and Transportation.....Page 2
2. Home and Community Support.....Page 2
3. Exercise programs.....Page 3
4. Cognitive Training programs.....Page 3
5. Power of Attorney.....Page 4
6. Support Groups.....Page 4
7. Alzheimer Society of Quebec.....Page 5



## 1. Driving and Transportation

### Driving information

- A medical report is required at age 75, and then every 2 years starting age 80 to assess for medical conditions that could impair driving. For more information call 1-418-643-7020. <https://saaq.gouv.qc.ca/en/road-safety/client-groups/seniors/health-and-safety>
- Disability parking permits applications can be made online here: <https://saaq.gouv.qc.ca/en/persons-mobility-impairment/obtaining-disabled-parking-permit> or by calling 1-418-643-7020.

### Transportation options

- Paratransit offers transportation for persons with disabilities in the **Montreal area**. For information or reservation call 1 877 433-4004. <https://exo.quebec/en/trip-planner/para-transit>
- Paratransit is offered in the **Quebec City** region <https://www.rtcquebec.ca/en/paratransit-stac/about> . Call 418 687-6327 for information or to make a reservation.
- Public transit in **Montreal** <https://www.stm.info/en/info/advice/visitors>
- Public transit in **Quebec City** <https://www.rtcquebec.ca/en/schedules-and-routes/bus-schedule/all-routes>
- Disability transportation services in Quebec. Call 2-1-1 to find a service in your area. <https://www.211qc.ca/en/accompaniment-and-transportation>

## 2. Home and Community Support

### Home, community, and long-term care

- Home and Community Care is provided by the Quebec Health and Social Services Authority (CISSS Outaouais). To request services, call 8-1-1. <https://ciyss-outaouais.gouv.qc.ca/language/en/accessing-a-service/living-with-a-loss-of-autonomy-and-services-for-seniors/>



## Meal delivery services

- 2-1-1 directory of meals and wheels services in **Quebec** <https://www.211qc.ca/en/search?q=meals%20on%20wheels&sort=name> . Call 2-1-1 for more information.
- Meals on wheels in the **Montreal Region** <https://santropolroulant.org/en/what-is-the-roulant/meals-on-wheels/> . Call 1-514-284-9335 for information.

### 3. Exercise Programs

- The **YMCA** has locations in Montreal and Quebec City offering seniors' exercise programs <https://ymca.ca/Locations>
- **STAND UP** is a fall prevention exercise program for seniors available in the Montreal region <https://santemontreal.qc.ca/en/public/support-and-services/fall-prevention-stand-up/>
- **Le Go Pour Bouger** virtual exercise program for seniors <https://santemontreal.qc.ca/en/public/advice-and-prevention/physical-activity-for-seniors/#c38831>
- Call **2-1-1** to find senior centres in your region who offer exercise programs <https://www.211qc.ca/en/search?q=senior%20exercise%20program&sort=name>
- **Minds in Motion by the Alzheimer Society**. Call 1-888-636-6473 to find a program location near you. <https://alzheimer.ca/federationquebecoise/en>

### 4. Cognitive Training Programs

- **Minds in Motion®** by the Alzheimer Society helps people living with any form of early-stage dementia with gentle exercise, social activities, and cognitive stimulation. Call 1-888-636-6473 for more information. <https://alzheimer.ca/federationquebecoise/en>
- **Memory Work Out** – a workbook for cognitive training for people with early-stage dementia and Alzheimer: [https://the-ria.ca/wp-content/uploads/2018/11/BUFU-Guide-Memory-Workout\\_AODA.pdf](https://the-ria.ca/wp-content/uploads/2018/11/BUFU-Guide-Memory-Workout_AODA.pdf)



- **Hello Brain** – cognitive training delivered online or via an app (there is also a paper version for those without computer or tablet/smartphone access): <http://www.hellobrain.eu/en/gettheapp>
- **First Link by the Alzheimer Society** can help you connect to programs in your community. Refer to the provincial Alzheimer Society contact information or call 1-800-263-3367 for assistance: <https://alzheimer.ca/en/help-support/programs-services/first-link>

## 5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. Call 1-800-936-6033 for more information. <https://alzheimer.ca/en/help-support/im-living-dementia/planning-your-future>
- Educoloir provides free education regarding the law in Quebec. <https://educaloi.qc.ca/en/capsules/power-of-attorney/>
- Power of Attorney information from Justice Quebec. Call 1-866-536-5140 Option 3 for assistance. <https://www.justice.gouv.qc.ca/en/your-money-and-your-possession/power-of-attorney-and-protective-supervision/power-of-attorney-mandate>

## 6. Support Groups

- **The Alzheimer Society** offers in-person and virtual support groups across regions in Quebec. Call 1-888-636-6473 for information and to get connected to a support group. <https://alzheimer.ca/en/help-support/programs-services/find-support>
- **AGI (Alzheimer Groupe INC)** offers caregiver support in person and virtually. Call 1-514-485-7946 for more information or to get connected to a support group. <https://www.agiteam.org/3/services-programs-for-families.htm>
- The **YWCA Montreal**, supported by its Foundation, provides services to women, girls and their families so they can participate in and contribute to society to the best of their abilities. They are offering support groups for caregivers. Call 1-514-866-9941 to get connected. <https://www.ydesfemmesmtl.org/en/community-services/caregivers/>
- Check **211 Quebec** <https://www.211qc.ca> or call 2-1-1 to get information about caregiver support groups in your area.



## **7. Alzheimer Society - Provincial and Regional Chapters**

### **Federation of Quebec Alzheimer Societies**

5165, rue Sherbrooke Ouest, bur. 211

Montreal, QC H4A 1T6

Tel: (514) 369-7891

Toll-free: 1-888-636-6473 (Quebec only)

Fax: (514) 369-7900

Email: [info@alzheimerquebec.ca](mailto:info@alzheimerquebec.ca)

Web: [www.alzheimer.ca/federationquebecoise](http://www.alzheimer.ca/federationquebecoise)