



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

- British Columbia -

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## 1. Driving and Transportation

### Driving information

- BC bus pass for person with disabilities and their caregivers <https://www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass/seniors> . Call 1 866 866-0800 for assistance.
- BC parking permit for people with disabilities and their caregivers <https://www.sparc.bc.ca/parking-permits/> . Email [permits@sparcs.bc.ca](mailto:permits@sparcs.bc.ca) or call 1-604-718-7794.
- Driving with cognitive limitations and when to get your driving ability re-evaluated. All seniors over 80 years of age in BC must get a driver's medical exam every 2 years. <https://www2.gov.bc.ca/gov/content/transportation/driving-and-cycling/roadsafetybc/medical-fitness/seniors> . Call 1-855- 387-7747 for assistance.

### Transportation options

- **Better At Home** supports seniors to stay independent in their communities, including help with transportation to stores and appointments. This program is available across BC communities. <https://betterathome.ca/map-search/> . Call 1-604-268-1312 for assistance.
- Volunteer drivers in the **Vancouver area and Victoria Island** area: <https://static1.squarespace.com/static/5bbf912cb7c92c1e6794cb32/t/5c5b62df4e17b6659e793e5f/1549492960518/Volunteer+Drivers+-+Vancouver+Island+%26+Gulf+Islands+%28%29.pdf>
- Volunteer drivers in all **other areas of BC**: <https://static1.squarespace.com/static/5bbf912cb7c92c1e6794cb32/t/5c5b63aee5e5f0051af25145/1549493167018/Volunteer+Drivers+-+BCcentral+and+north+.pdf>
- Available in **Vancouver and Victoria**, **HandyDART** is an accessible, door-to-door shared transit service for people with permanent or temporary disabilities that prevent them from using fixed-route transit without assistance from another person. HandyDART picks you up at your accessible door and drops you off at the accessible door of your destination. Call 1-205-727-7811 for assistance. <https://bctransit.com/victoria/riderinfo/handydart>
- **Driving Miss Daisy** is a senior driving service with multiple **locations in British Columbia**. Call 1-877-613-2479 for more information. <https://drivingmissdaisy.ca>



- Most cities and towns have public transit and taxi service.

## 2. Home and Community Support

### Home and Community Care

- Government of British Columbia assesses and organizes home and community care
- Includes community nursing, community rehabilitation, adult day services, home support, caregiver respite/relief, end of life care services, residential care <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/how-to-arrange-for-care>
- PDF brochure which outlines all the options for people in British Columbia who may seek home and community support: [https://www.health.gov.bc.ca/library/publications/year/2007/Guide\\_to\\_Your\\_Care\\_Booklet2007\\_Final.pdf](https://www.health.gov.bc.ca/library/publications/year/2007/Guide_to_Your_Care_Booklet2007_Final.pdf)
- **Better At Home** supports seniors to stay independent in their communities, including help housekeeping, transportation and social visits. This program is available across BC communities. <https://betterathome.ca/map-search/>
- **BC Health Link** connects people to health services by calling 8-1-1 or using their online directory: <https://www.healthlinkbc.ca/services-and-resources/find-services>
- **BC211** connects people to health, community, and government resources via calling or texting 2-1-1 or their online directory: <https://bc.211.ca>

### Regional homecare contacts

- **Fraser Health** Community Care <https://www.fraserhealth.ca/Service-Directory/Services/home-and-community-care#.YSfOpi-73BI> , Call 1-855-412-2121 for assistance.
- **Interior Health** Community Care <https://www.interiorhealth.ca/YourCare/HomeCommunityCare/Pages/AccessingServices.aspx> . List of home care offices throughout the Interior Health Region: <https://www.interiorhealth.ca/YourCare/HomeCommunityCare/Documents/HCCOffices.pdf>



- **Northern Health** Community  
Care: <https://www.northernhealth.ca/services/home-community-care/accessing-services> . List of home care offices in the Northern Health  
Region: [https://www.northernhealth.ca/sites/northern\\_health/files/services/home-community-care/documents/health-offices-by-community.pdf](https://www.northernhealth.ca/sites/northern_health/files/services/home-community-care/documents/health-offices-by-community.pdf)
- **Vancouver Coastal Health** Community Care  
<http://www.vch.ca/your-care/home-community-care/how-to-access-services>
- **North Shore (North Vancouver, West Vancouver)**: (604) 986-7111  
Richmond: (604) 675-3644  
  
Vancouver: (604) 263-7377  
  
Bella Bella: (250) 957-2314  
  
Bella Coola: (250) 799-5311  
  
Powell River: (604) 485-3310  
  
Sea to Sky (Squamish, Whistler, Pemberton): (604) 892-2293  
  
Sunshine Coast (Gibsons, Sechelt): (604) 741-0726
- **Island Health** Community Care: <https://www.islandhealth.ca/our-services/home-care-services/accessing-community-health-services>  
Victoria – 1-250- 388-2273  
  
Nanaimo – 1-250-739-5749  
  
North Island – 1-250-331-8570

## Long-term care

- Assisted living facilities provide extended personal care. Contact the home and community care office in your region (**see below for contacts in each region**) <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/assisted-living>
- Long-term care facilities provide 24-hour professional nursing and supportive care. Contact the home and community care office in your region (**see below for contacts in each region**) <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/long-term-care-services>



## Meal delivery services

- Better Meals, with deliveries all across BC <https://www.bettermeals.ca> . Call 1-604-299-1877 for assistant.
- Community meal service directory can be searched via BC Health Link or BC211 linking clients to the various community organizations that offer meals on wheels: <https://www.healthlinkbc.ca/services-and-resources/find-services>  
<https://bc.211.ca>

## 3. Exercise Programs

- **Seniors' Community Parks in B.C.** provide free outdoor exercise equipment and are designed to help older adults stay mobile, healthy, and physically active in their communities. Locations of the community parks all over British Columbia can be found here: <https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/active-aging/physical-activity/seniors-community-parks>
- **Choose to Move** is free and flexible and provides you with the motivation and support to become more active. Choose to Move can help you to integrate activity into your daily routine, meet new friends, and make a positive change! Choose to Move is great for anyone age 65 and older that wants to become active, regardless of ability. Call 1-604-875-4111 Ext 21787 for information.  
<https://www.choosetomove.ca>
- **Osteofit** is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Call 1-604-875-2555 for information and a location near you. Locations of exercises across BC are found here: <http://www.bcwomens.ca/our-services/population-health-promotion/osteofit#Find--a--class>
- **Minds in Motion®**, helps people living with any form of early-stage dementia with gentle exercise and social activities. Call 1-800-963-6033 for information  
<https://alzheimer.ca/bc/en/help-support/programs-services/minds-motion>
- **YMCA Home Fitness** provides home exercise instructions for gentle chair and standing exercises <https://www.ymcahome.ca/>



- **YMCA** in person exercise program are offered in **Vancouver, Prince George, Kelowna, Kamloops, Victoria, Vanderhof** <https://nbc.ymca.ca/health-fitness-2/pgfy-2/programs/health-management/#hipknee>
- **Voices in Motion** is a choir program for people living with dementia and caregivers in Victoria and Vancouver. Online choir is via Zoom. <https://voicesinmotionchoirs.org>
- **Get up and Go** exercise classes for Seniors in the Fraser Health Region <https://patienteduc.fraserhealth.ca/file/get-up-go-1071.pdf> , call 1-604-587-7866 for more information
- **Stay in the Game** – prevent falls program with location found here: <https://vch.eduhealth.ca/PDFs/BE/BE.250.P928.pdf>
  - North Shore Central Intake 604-983-6740
  - Pemberton Health Centre 604-894-6939
  - Richmond Central Intake 604-278-3361
  - Squamish Community Health Care 604-892-2293
  - Sunshine Coast Central Intake 604-741-0726
  - Vancouver Central Intake 604-263-7377
  - Whistler Health Care Centre 604-932-4911
  - Richmond Seniors Falls Prevention Program 604-233-3145
- **Falls Prevention** Clinic in **Vancouver** <http://fallsclinic.ca> , call 604.875.4111 ext. 69611 for more information
- **Keep on Moving** program in the Interior Health Region: <http://www.keeponmoving.ca/home> , call 1-250-828-3742 for more information.

#### 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: <https://alzheimer.ca/bc/en/help-support/programs-services/minds-motion>.



**Local programs in your regions:**

Victoria- The Greater Victoria Research Centre – 1-250-832-2052

Nanaimo – Nanaimo Resource Centre – 1-250-734-4170

North and Central Okanagan – North and Central Okanagan Resource – 1-250-860-0305

South Okanagan – South Okanagan Resource Centre – 1-250-493-8182

Central Interior – Central Interior Resource Centre – 1-250-377-8200

Northern Interior/Skeena - Northern Interior and Skeena Resource Centre – 1- 250-564-7533

East Kootenay – East Kootenay Resource Centre – 1-250-426-0534

Richmond, North and West Vancouver – 1-604 –675-5157

Vancouver, Tri Cities, Pitt Meadows – 1-604-675-5156

- **Memory Work Out** – a guide 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 1-800-936-6033 to find a program near you. <https://alzheimer.ca/en/help-support/programs-services/first-link>

## 5. Power Of Attorney

- Health Care Decision Making: Legal Rights of People Living with Dementia. [https://www.bcli.org/wordpress/wp-content/uploads/2020/03/HCC\\_factSheet\\_EN\\_2020.pdf](https://www.bcli.org/wordpress/wp-content/uploads/2020/03/HCC_factSheet_EN_2020.pdf)



- 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>
- **Seniors First BC** – Power of Attorney Tool kit. Call 1-604-437-1940 for more information. <http://seniorsfirstbc.ca/resources/attorney-toolkit/>

## 6. Support Groups

- **Alzheimer Café** for people with early dementia symptoms - call 1-800-936-6033 to find a local group in your region, <https://alzheimer.ca/bc/en/help-support/programs-services/support-groups/early-stage-support-groups>
- **Support groups** for caregivers (virtual) <https://alzheimer.ca/bc/en/help-support/programs-services/support-groups> , call 1-800-936-6033 to find a local group in your region
- **Family caregivers of BC** <https://www.familycaregiversbc.ca> . Call 1-250-384-0408 for more information.
- **Canadian Alzheimer's and dementia support group** (Facebook) <https://www.facebook.com/groups/806165616207113>
- **Dementia talk** – and online support portal for people with dementia and their caregivers <https://discussions.dementiatalk.org>

## 7. Alzheimer Society - Provincial and Regional Chapters

### **Alzheimer Society of British Columbia**

#300 - 828 West 8th Ave.  
Vancouver, BC V5Z 1E2  
Tel: (604) 681-6530  
Toll-free: 1-800-936-6033 (B.C. only)  
Fax: (604) 669-6907  
Email: [info@alzheimerbc.org](mailto:info@alzheimerbc.org)  
Web: [www.alzheimer.ca/bc](http://www.alzheimer.ca/bc)





Regional offices:

**Northern Region**

Alzheimer resource centre - Northern Interior, Skeena and Peace  
1811 Victoria Street  
Suite 302  
Prince George BC V2L 2L6

Phone number: 250-564-7533, Toll-free: 1-866-564-7533

Email address: info.princegeorge@alzheimerbc.org

**Vancouver Island**

**Victoria**

306 Burnside Road West  
Suite 202  
Victoria BC V8Z 1M1

Phone number: 250-382-2052, Email: info.victoria@alzheimerbc.org

**Nanaimo**

4488 Wellington Road  
Unit 4  
Nanaimo BC V9T 2H3

Phone number: 250-734-4170

Phone number (Toll-free): 1-800-462-2833 (Island only)

Email address: info.nanaimo@alzheimerbc.org

**Vancouver Coastal**

**North Vancouver**

1200 Lynn Valley Road  
Suite 212  
North Vancouver BC V7J 2A2

Phone number: 604-984-8348 OR 604-984-8347

Phone number (Toll-free): 1-866-984-8348 OR 1-855-984-8347

Email address: info.northshore@alzheimerbc.org

**Vancouver**

828 West 8th Avenue  
Suite 300  
Vancouver BC V5Z 1E2



Phone number: 604-675-5150

Email address: info.vancouver@alzheimerbc.org

**Richmond**

7000 Minoru Boulevard  
Suite 290  
Richmond BC V6Y 3Z5

Phone number: English: 604-675-5150; Cantonese or Mandarin: 604-687-8299

Email address: info.chinese@alzheimerbc.org

**Fraser Region**

**Surrey**

15127 100th Avenue

Suite 201

Surrey, BC, V3R 0N9

Phone: 604-298-0780\_

Fax: 604-298-0781

Email: info.northfraser@alzheimerbc.org

**Abbotsford**

2825 Clearbrook Road

Suite 214

Abbotsford, BC, V2T 6S3

Phone: 604-859-3889

Fax: 604-859-8341

Email: info.southfraser@alzheimerbc.org

**Chilliwack**

9291 Corbould Street



Chilliwack, BC, V2P 4A6

Phone: 604-702-4603

Fax: 604-702-4606

Email: info.southfraser@alzheimerbc.org

### **White Rock**

1475 Anderson Street  
Suite 4  
White Rock BC V4B 0A8

Phone number: 604-541-0606

Email address: info.southfraser@alzheimerbc.org

## **Interior Region**

### **Kamloops**

235 1st Avenue

Suite 405

Kamloops, BC, V2C 3J4

Phone: 250-377-8200

Toll-free: 1-800-886-6946

Fax: 250-377-8484

Email: info.kamloops@alzheimerbc.org

### **Kelowna**

1664 Richter Street

Suite 307

Kelowna, BC, V1Y 8N3

Phone: 250-860-0305

Toll-free: 1-800-634-3399



Fax: 250-860-0418

Email: info.kelowna@alzheimerbc.org

**Penticton**

35 Backstreet Boulevard

Suite 104

Penticton, BC, V2A 1H7

Phone: 250-493-8182

Toll-free: 1-888-318-1122

Fax: 250-493-6833

Email: info.penticton@alzheimerbc.org

**Nelson**

We are currently offering virtual support only.

Phone: 1-778-774-2133

Toll-free: 1-855-301-6742

Fax: 1-778-774-2134

Email: info.westkootenay@alzheimerbc.org

**Cranbrook**

We are currently offering virtual support only.

Phone: 778-761-2011 or 778-774-2133

Toll-free: 1-833-426-0534

Email: info.eastkootenay@alzheimerbc.org