



Provincial Resources to Support Persons Living with Dementia and Care Partners

- Newfoundland and Labrador -

October 2021

Topics on this document include:

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



1. Driving and Transportation

Driving information

- A medical report to assess driving abilities is required by all seniors at age 75 and age 80, then every two years: <https://www.gov.nl.ca/motorregistration/existing-drivers/driver-records-and-suspended-drivers/medical-standards-and-mandatory-reporting/> For more information call 1-709-729-0345 or toll free 1-877-636-6867.
- Accessibility parking permits for people with disabilities are provided by the department of motor vehicle services, and applications can be made here: <https://www.gov.nl.ca/motorregistration/accessible-parking-permit/>

Transportation options

- Public transit is available in the city of St. John's: <http://www.stjohns.ca/living-st-johns/city-services/public-transit-0>
- Go Bus provides accessible transport for people with disabilities in St. John's: https://www.metrobus.com/ALF/gobus_info.asp
- Public transit in Corner Brook: <https://www.cornerbrook.com/bus-transit/>
- Clarenville Region offers accessible transportation for seniors: <https://clarenville.ca/discover-clarenville/transportation/>
- Happy Valley Goose Bay senior driving service: http://www.lfchvgb.ca/home/seniors_van.htm
- Accessible Taxi service is available in the following cities and towns:

St. John's – Newfound Cabs: 744-4444

Conception Bay South – Bursley's inc.: 834-6999

Lewisporte – Lewisporte Taxi: 535-8100

Bay Roberts – My Taxi Cabs: 786-1888

Dildo – Jonavax Taxi: 582-2444

Grand Falls-Windsor – Blagdon's Taxi 489-6661

Corner Brook – Star Taxi: 634-4343

Norris Point – Pittmans Taxi: 458-2486



2. Home and Community Support

Home, Community Care and Long-Term Care

- The Home Support Program provides non- professional assistance with personal care, homemaking, respite care and behavioural support. <https://www.gov.nl.ca/hcs/files/personsdisabilities-pdf-home-support-brochure.pdf> Please contact the local regional health authority for more information.
- For a long-term care assessment contact the regional health authority (see contacts below) or visit the website: <https://www.gov.nl.ca/hcs/findhealthservices/in-your-community/#rltcs>
 - Eastern Health - **St. John's Regional/Northeast Avalon Peninsula:** 709.752.4835/4717
 - **Avalon Peninsula/Conception Bay North:** 709.786.5217
 - **Clarenville/Burin and Bonavista Peninsula:** 709.466.5700
 - **Central Health:**709.651.6324
 - **Western Health:** 709.695.6263
 - **Labrador Grenfell Health:** 1.833.284.4751

Meal delivery services

- Meals on Wheels in **St. John's:** Call 1-709-758-8400 or visit the website. <https://www.redcross.ca/in-your-community/newfoundland-and-labrador/nutrition-and-transportation/meals-on-wheels/newfoundland-and-labrador-provincial-office-meals-on-wheels>
- Meals on wheels for **Western Health** <https://westernhealth.nl.ca/home/health-topics-main/meals-on-wheels/>. Call 646-5800, ext. 7246 for information

Other services

- Provincial **Home Repair program.** For further information about the Provincial Home Repair Program, please contact staff at the regional office nearest you:
 - Avalon Regional Office: (709) 724-3196
 - Corner Brook: (709) 639-5201
 - Gander: (709) 256-1300
 - Goose Bay: (709) 896-1920



- Grand Falls-Windsor: (709) 292-1000
- Marystown: (709) 279-5375
- Stephenville: (709) 643-6826

3. Exercise Programs

- **NL +50 Federation Inc.** Devoted to the wellbeing of the older persons in Newfoundland. For information about seniors' clubs, contact the Federation President at 709-533-6189
- **Active for Life**, City of St John's Recreation program. For more information see: <https://www.active.com/st-john-s-nl/classes/senior-s-week-active-for-life-demo-2021?int=>
- The **YMCA** offering senior exercise programs has locations in Grand Falls-Windsor, Saint John's and Corner Brook <https://ymca.ca/Locations>
- **Minds in Motion by the Alzheimer Society.** Call 1-877-776-0608 to find a program location near you. <https://alzheimer.ca/en/help-support/programs-services>

4. Cognitive Training Programs

- **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
- **Minds in Motion** by the Alzheimer Society. Call 1-877-776-0608 to find a program location near you. <https://alzheimer.ca/en/help-support/programs-services>
- **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
- **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

- Seniors and the Law <https://www.gov.nl.ca/cssd/files/seniors-pdf-seniors-law.pdf>
- Advanced Health Care Directives and Substitute Decision Makers https://codnl.ca/wp-content/uploads/2015/01/AHCD_Booklet.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>

6. Support Groups

- **Mount Pearl Seniors Independence Group** offers support groups for care partners. Call 709-748-6485 or e-mail mtpearlseniors@hotmail.com
- **The Alzheimer Society** of Newfoundland and Labrador offers Virtual Family Support Groups for people affected by dementia to connect with others on a similar journey.
- Virtual Family Support Groups are available in Eastern Region and Western Region. Call ASNL at 1709-576-0608, toll-free at 1-877-776-0608, <https://alzheimer.ca/nl/en/help-support/find-support-newfoundland-labrador/virtual-family-support-group>
- For counselling services and information call: Mental health Crisis Line (24 hour) 1-888-737-4668
- Seniors NL Information Line 1-800-563-5599



7. Alzheimer Society - Provincial and Regional Chapters

Alzheimer Society of Newfoundland and Labrador

107 - 835 Topsail Road

Mount Pearl, NL A1N 3J6

Tel: (709) 576-0608

Toll-free: 1-877-776-0608 (NL only)

Fax: (709) 576-0798

Email: info@alzheimer.nl.ca

Web: www.alzheimer.ca/nl