

Provincial Resources to Support Persons Living with Dementia and Care Partners

- Nova Scotia -

October 2021

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1. Driving and Transportation

Driving information

- Nova Scotia has no regulations of medical reports or retesting of older drivers. More information of monitoring physical and cognitive abilities for driving and when to arrange for a driving test can be found here: <https://novascotia.ca/sns/rmv/licence/medicals.asp>
- Applications for disability parking permits can be made at your local motor vehicle registration office: <https://novascotia.ca/sns/rmv/registration/mobility.asp>

Transportation options

- Public transit in **Cape Breton**: <https://www.cbrm.ns.ca/transit>
- Public transit in the **Halifax** region: <https://www.halifax.ca/transportation/halifax-transit>
- Public transit in **Yarmouth**: <https://www.townofyarmouth.ca/transit-route-schedule.html>
- Accessible community transit in **Antigonish**: <https://antigonishcts.ruralrides.ca>
- Senior Transit provides accessible transportation in the **Halifax** region and the **Windsor** region: <https://seniorstransit.com>
- The **Community Transportation Network** provides a directory for community transport services in communities across Nova Scotia: <https://communitytransitns.ca/need-a-ride/>
- **Driving Miss Daisy** is a senior driving service servicing the **Halifax** Region. Call 1-877-613-2479 for more information. <https://drivingmissdaisy.ca>

2. Home and Community Support

Home and Community Care

- **Home Care** services for home support and nursing services are available through Continuing Care at 1-800-225-7225 to speak with a care coordinator More information is available here: <https://novascotia.ca/dhw/ccs/home-care.asp>.



- A complete list of all home care agencies by region can be found here: https://novascotia.ca/dhw/ccs/documents/Home_Support.pdf
- The **Senior Citizens Assistance Program** provides up to \$6500 for home repairs. For more information call 1-844-424-5110 or <https://housing.novascotia.ca/programs/housing-programs-seniors/senior-citizens-assistance-program>
- **Geriatric Navigators** assists with connecting health care and community support for people over 65 years. Call 902-465-8446 or go to: <http://www.cdha.nshealth.ca/geriatric-medicine/geriatric-navigator-community-dgh>

Long-term care

- Continuing care is licenced and funded by the Department of Health and Wellness. To get an assessment, call 1-800-225-7225. <https://novascotia.ca/dhw/ccs/long-term-care.asp>

Meal delivery services

- The Victorian Order of Nurses offers meals on wheels throughout the province. Call 1.866.540.2356 to find this service in your area. <https://www.von.ca/en/meals>
- Meals and More offers meal delivery in the **Sackville and Amherst** Nova Scotia. Call 506-536-8102 or email meals@mealsandmore.ca
- Meals on wheels in **Yarmouth** are prepared and delivered by the Yarmouth hospital to Yarmouth residents. Call 1-902-742-3542 ext. 1774 to organize meal delivery.
- Meals on Wheels in **Springhill** <http://www.high-crest.net> . Call 1-902-597-2797
- Meals on Wheels in **Pictou**: Call 1-902-485-4592 Ext. 4
- Meals on Wheels in **Truro**: Call 1-902.893.2523 or 1-902.895.2371
- Meals on Wheels in **Tatamagouche**. Call 1-902.657.3101 ext 29



3. Exercise Programs

- **Wellness Navigators** are health professionals who work with the Nova Scotia Community Health Teams and know NS health care, the community, and government systems. To meet a Wellness Navigator at a Community Health Team location or at a public location call 902-460-4560. Their program guide has more information: <http://www.nshealth.ca/sites/nshealth.ca/files/march-august-2020-community-health-team-program-guide.pdf>
- **Ageing Well Together** promotes healthy ageing through physical activity in various Nova Scotia communities. For more information call: (902) 422-0914 or tollfree 1-855-253-9355. For examples of their programs, a fall prevention checklist or home-based exercises go to: <https://www.nscommunitylinks.ca/>
- The **YMCA** offers seniors' programs and has locations in Cape Breton, Cumberland, Pictou, Halifax/Dartmouth, and in Southwest NS <https://ymca.ca/Locations>
- **Minds in Motion** by the Alzheimer Society. Call 1-800-611-6345 to find a program location near you. <https://alzheimer.ca/ns/en/help-support/programs-services/minds-motion>

4. Cognitive Training Programs

- The Minds in Motion® program combines physical activity, socialization and mental stimulation for individuals with early to mid-stage Alzheimer's disease or other dementias, and their care partners. To learn more contact 1-800-611-6345. <https://alzheimer.ca/ns/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
- 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

- Legal Info Nova Scotia provides information about power of attorney and other legal issues for citizens of Nova Scotia. Call them at 1 800 665-9779 or 902-455-3135, or at their website <https://www.legalinfo.org/rsform?formId=38&view=rsform>
- 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

- Caregivers' Nova Scotia Association. <mailto:Info@CaregiversNS.org> or call 1.877.488.7390 for more information.
 - **Capital Region**
Phone: 902.421.7390
Fax: 902.421.7338
 - **Cape Breton Region**
Phone: 902.371.3883
<mailto:CapeBreton@CaregiversNS.org>
 - **Northern & Eastern Mainland Region**
Phone: 902.229.8464
<mailto:Northern@CaregiversNS.org>
 - **Valley Region**
Phone: 902.680.8706
<mailto:Valley@CaregiversNS.org>
 - **Western Region**
Phone: 902.514.1281
<mailto:Southshore@CaregiversNS.org>
- The Alzheimer Society of Nova Scotia (ANS) runs in person and/or online program called **Family Caregiver Education Series**. For more information call the ANS at 902-422-7961 or tollfree at 1-800-611- 6345 or <https://alzheimer.ca/ns/en/fces>



7. Alzheimer Society - Provincial and Regional Chapters

Alzheimer Society of Nova Scotia

112-2719 Gladstone St.

Halifax, NS B3K 4W6

Tel: (902) 422-7961

Toll-free: 1-800-611-6345 (Nova Scotia only)

Fax: (902) 422-7971

Email: alzheimer@asns.ca

Web: www.alzheimer.ca/ns