



Provincial Resources to Support Persons Living with Dementia and Care Partners

- Nunavut -

October 2021

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1. Driving and Transportation

Driving information

- A medical report to assess driving ability is required for all seniors every 5 years starting at age 70, then every 2 years starting at age 80, call toll-free 1-888-975-5999 or email edt@gov.nu.ca
- Accessible parking permits are administered by the motor vehicles office; there is no charge, call 1-867-360-4615 for assistance

Transportation options

- There is no public transit in any Nunavut communities, but all communities are serviced by air to transportation for medical appointments and medical emergencies. For questions about transportation, call 1-800-975-5999.
- Taxi services in different communities in Nunavut are available <https://www.yellowpages.ca/search/si/1/taxis/Nunavut+NU>

2. Home and Community Support

Home, Community Care and Long-Term care

- Home and community care is provided by the Nunavut Department of Health. It includes the following services: homemaking, personal care, nursing care, respite care and rehabilitation, and elder care homes
- For more information and to arrange for a home care assessment, contact your local Health Centre or call the Territorial Home and Continuing Care Program at 867-975-5941, or email LTC@gov.nu.ca
- List, map and contacts of the local health centres in Nunavut <https://gov.nu.ca/health/information/health-centres>
- Call 2-1-1 to reach a navigator who can help you get connected to government, health and social services and resources in your local area



3. Exercise Programs

- **Minds in Motion** by the Alzheimer Society (offered virtually from Manitoba): https://secure2.convio.net/alzmb/site/SPageNavigator/calendar_events/Education/Minds%20in%20Motion/MiM_Home.html . Call 1-204-943-6622 ext. 203 for assistance.
- **YMCA at Home** – free virtual exercise programs at home <https://www.ymcahome.ca>

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 1-204-943-6622 ext. 203 for assistance. This program is offered virtually from Manitoba. https://secure2.convio.net/alzmb/site/SPageNavigator/calendar_events/Education/Minds%20in%20Motion/MiM_Home.html
- **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
- **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. Call 1-800-263-3367 for assistance or refer to the provincial Alzheimer Society contact information: <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 1-800-378-6696 for more information. <https://alzheimer.mb.ca/living-with-dementia/planning-for-the-future/>



6. Support Groups

- Dementia talk – and online support portal for people with dementia and their caregivers <https://discussions.dementiatalk.org>
- Canadian Alzheimer's and dementia support group (Facebook) <https://www.facebook.com/groups/806165616207113>
- Email the Alzheimer Society at info@alzheimer.ca or call 1-800-616-8816 to get connected to a support group near you, or a virtual support group

7. Alzheimer Society - Provincial and Regional Chapters

Please contact the provincial Alzheimer Society closest to you.