



Provincial Resources to Support Persons Living with Dementia and Care Partners

- Northwest Territories -

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. For assistance call 1-867-767-9087 or email: dmv@gov.nt.ca
- Parking permits are available for people with disabilities in Yellowknife <https://www.yellowknife.ca/en/living-here/disability-placards.asp> . Call 1-800-492-8885 or email admin@nwtcd.net .

Transportation options

- Public Transit is available in **Yellowknife** <https://www.yellowknife.ca/en/living-here/transit.asp>
- Yellowknife Accessible Transit Service (YATS) is a component of Yellowknife Transit that provides accessible door-to-accessible door service for persons who are unable to board, ride, or disembark the fixed route transit system with safety and dignity due to a temporary or permanent physical or functional disability. For assistance call 1-867-920-5600. <https://www.yellowknife.ca/en/living-here/accessible-transit.asp>

2. Home and Community Support

Home, Community Care and Long-Term care

- Is provided by the Northwest Territories Health and Social Services Authority – Senior and Continuing Care department
- To call for an assessment, dial 1-867-767-9030 or searching for regional offices and contact information here: <https://www.hss.gov.nt.ca/en/services/continuing-care-services/contact-information-home-care>
- Health and Social Services employ System Navigators, who can help navigate health and social services. They can be reached toll free at 1-855-846-9601 or by email at hss_navigator@gov.nt.ca
- This handbook for Seniors offers an extensive list for health and social services, including **meals on wheels** and community care: https://www.hss.gov.nt.ca/sites/hss/files/seniors_information_handbook.pdf



- The Northwest Territories Senior's Society also offers resources and provides a toll – free information phone line 1-800-661-0878, or can be reached via email at ed@seniorsnwt.ca

3. Exercise Programs

- **Minds in Motion** by the Alzheimer Society <https://alzheimer.ca/ab/en/help-support/programs-services/minds-motion> , call 1-866-950-5465 for information.
- **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 1-866-950-5465 for information. <https://alzheimer.ca/ab/en/help-support/programs-services/minds-motion>
- **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. Refer to the provincial Alzheimer Society contact information or call 1-866-950-5465 to find a program near you. <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 1-866-950-5465 for more information. <https://alzheimer.ca/ab/en/take-action/donate/leave-legacy/planning-peace-mind>
- Power of Attorney information by the government of Northwest Territories: <https://www.justice.gov.nt.ca/en/files/power-of-attorney/Power%20of%20Attorney%20Guide.pdf>



6. Support Groups

- **The Alzheimer Society of Alberta and Northwest Territories** offers several virtual and in-person support groups for people with dementia and caregivers <https://alzheimer.ca/ab/en/help-support/programs-services> , or call 1-866-950-5465 to get connected to a support group in your region
- 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 Alberta and Northwest Territories

#306, 10430 - 61 Avenue
Edmonton, Alberta T6H 2J3
Tel: (780) 488-2266
Toll-free: 1-866-950-5465 (AB and NWT only)
Fax: (780) 488-3055
Email: info@alzheimer.ab.ca
Web: www.alzheimer.ca/ab

Regional office:

Yellowknife

#116, 5109 48th Street
Yellowknife, Northwest Territories X1A 1N5
Phone: [1-866-950-5465](tel:1-866-950-5465)
Toll-free: [1-866-950-5465](tel:1-866-950-5465)
Fax: [867-669-9392](tel:867-669-9392)
Email: mmaclellan@alzheimer.ab.ca