



Provincial Resources to Support Persons Living with Dementia and Care Partners

- Prince Edward Island -

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1. Driving and Transportation

Driving information

- If medical concerns arise a physician must report the driver to the Department of Transportation for testing. Varying license accommodations are possible. For information regarding driving licenses call the Department of Transportation and Infrastructure, <https://www.princeedwardisland.ca/en/information/transportation-and-infrastructure/medical-fitness-to-drive> , call 1-902-368-5228.
- Disability parking permit information is available here: https://www.peicod.pe.ca/programs_parking.php
- **55 Alive Drive** Refresher Course are held at locations across the Island in both English and French. For more information or to register for a course, contact the P.E.I. Senior Citizens' Federation at 902-368-9008.

Transportation options

- **Pat & The Elephant** accessibility transportation in PEI. Call 1-902-894-3339 for information <https://patandtheelephant.org>
- T3 Transit (serving **Charlottetown, Stratford and Cornwall**) <https://www.t3transit.ca> or call 902-566-9962
- In **Prince County**:
Transportation West Inc. 902-853-6010
Donna's Transportation Ltd. 902-436-3394

2. Home and Community Support

Home, Community Care and Long-Term Care

- The Home Care Program provides a range of health care and support services to seniors including home support, social work, dietitian services, physiotherapy, occupational therapy, adult day programs and long-term care homes. Learn more here: https://www.princeedwardisland.ca/sites/default/files/publications/provincial_home_care_program_brochure.pdf or call Health PEI 902-368-6130 or email healthpei@gov.pe.ca



- COACH -Caring for Older Adults in the Community and at Home. Phone: 902-368-6130 healthpei@gov.pe.ca([link sends e-mail](#))

Meal delivery services

- Meals on Wheels in **Charlottetown**. Call 1-902-569-7700 for information on service in your area.

Other services

- **Senior Home Repair Program** and the Seniors Safe@Home Program homereno@gov.pe.ca([link sends e-mail](#)) Call: (902) 368-4889 or Toll Free 1-855-374-7366
- **Senior's Independence Initiative**: email sii@gov.pe.ca([link sends e-mail](#)) For assistance in completing the application, call toll-free: 1-877-569-0546

3. Exercise Programs

- Fall prevention and home-based exercise programs are available through the physiotherapist with the PEI Home Care Program. Learn more here: https://www.princeedwardisland.ca/sites/default/files/publications/provincial_home_care_program_brochure.pdf or call Health PEI 902-368-6130 or email healthpei@gov.pe.ca
- Senior's College offers 160 courses for physical, mental and social wellness across the Island. Email seniorscollege@upei.ca or phone 902-894-2867 for more information.
- The Senior Citizen Visitors Program visits seniors in their homes to combat loneliness. For more information go to <https://www.peiscf.com> or call PEI Senior Citizens' Federation Inc. Phone: 902-368-9008 Toll-free: 1-877-368-9008.
- **Minds in Motion** by the Alzheimer Society. Call 1-902-628-2257 to find a program near you. <https://alzheimer.ca/pei/en/minds-in-motion>

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. For more information about this program of physical and cognitive activities call 1-902-628-2257 or email society@alzpei.ca or here at <https://alzheimer.ca/pei/en/minds-in-motion>

- **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

- 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>
- Community Legal Information <https://legalinfopei.ca/> or call 1-902-892-0853
- More information can be a guide regarding Power of Attorney <https://legalinfopei.ca/wp-content/uploads/2021/06/CLI-Powers-of-Attorney-English-2.pdf>

6. Support Groups

- **The Alzheimer's' Society** holds regular support group meeting for care partners in Charlottetown, Summerside and Montague. For more information contact 902-628-2257 or 1-866-628-2257
- For a complete list of support programs and services in PEI go to the [Directory of Services for Individuals and Families Affected by Alzheimer's Disease and Other Dementias](#)



7. Alzheimer Society - Provincial and Regional Chapters

Alzheimer Society of Prince Edward Island

166 Fitzroy St.

Charlottetown, PE C1A 1S1

Tel: (902) 628-2257

Toll-free: 1-866-628-2257 (P.E.I. only)

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Email: society@alzpei.ca

Web: www.alzheimer.ca/pei