



Provincial Resources to Support Persons Living with Dementia and Care Partners

- Saskatchewan -

October 2021

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1. Driving and Transportation

Driving information

- Saskatchewan has no regulations of medical reports or retesting of older drivers. Check this document for safe driving for mature drivers: https://www.sgi.sk.ca/documents/625510/305872/older_wiser.pdf/154d5621-53c3-47f5-ad49-ebcf6cfd6f0e
- Accessibility Parking Permits are available. For information, call 1-306-385-7213. Apply here: <https://www.saskabilities.ca/programs-services/daily-living-rehabilitation-services/parking-program-for-people-with-disabilities>

Transportation options

- Driven with Care is a senior driving service in **Regina** <https://www.drivenwithcare.com> . Call 1-306-541-3748 for assistance.
- Access Transit provide accessible transportation in Swift Current and Yorkton <https://www.saskabilities.ca/contact/contact-us/access-transit>
Yorkton 1-306-621-6580
Swift Current 1-306-770-2363
- Search for Handi BUs services in our region on www.sk.211.ca or find a list here: <https://sk.211.ca/search/?search=keyword&keyword=Handi+Bus&location=>
- Public transportation is available in the cities of **Saskatoon, Regina, Moose Jaw** and **Prince Albert**
<https://www.saskatchewan.ca/residents/transportation/public-transportation>

2. Home and Community Support

Home and Community Care

- Home and community care including assessment, nursing care, other therapies, respite care, homemaking, personal care, transportation and meal services are offered through the health regions within the Saskatchewan Health Authority
- **Saskatoon Health Region:** find a local home care office for an assessment https://www.saskatoonhealthregion.ca/locations_services/Services/Ho



[me-Care/Pages/ContactUs.aspx](#) , or call 1-306-655-4346 to get connected to a homecare office in your local area

- **Regina Qu'Appelle Health Region:** find a local home care office for an assessment <http://www.rqhealth.ca/department/community-and-preventative-health/home-care-services>

Regina, 4211 Albert Street (306) 766-7200

Fort Qu'Appelle (306) 332-3306 or (306) 332-3307

Wolseley-Grenfell (306) 697-4045

Balcarres (306) 334-2634

Indian Head-Montmartre (306) 695-4000

Mossomin-Rocanville (306) 435-3888

Broadview-Whitewood (306) 696-2500

Raymore-Lestock (306) 274-2034

- **Sun Country Health Region:** find a local home care office for an assessment <https://www.suncountry.sk.ca/service/26/88/home-care.html> , or call 1 (306) 842-8399 to get connected to a local home care office in your region

- **Five Hills Health Region:** find a local home care office near you <https://www.fhhr.ca/HomeCare.htm> , or call 1-866-211-5696 to arrange for a home care assessment in our region

- **Cypress Health Region:** find a local home care office near you <https://cypresshealth.ca/programs-services/home-care/>

Cabri – 306-587-2921

Eastend/Southline – 306-295-3834

Gull Lake – 306-672-4707

Herbert – 306-784-2466

Hodgeville – 306-677-2292

Leader – 306-628-3164

Mankota – 306-478-2339

Maple Creek – 306-662-5333

Ponteix – 306-625-5103

Shaunavon – 306-297-1989



Swift Current – 306-778-9531

Vanguard – 306-582-2044

- **Sunrise Health Region:** call 1-(306)-563-1250 to arrange for a home care assessment in your local area
- **Heartland Health Region:** find a local home care office and get connected to a care coordinator <https://www.hrha.sk.ca/programs-services/Pages/Home-Care.aspx>

Biggar – 306.948.3323

Davidson – 306.567.2302

Eatonia – 306.967.2985

Eston – 306.962.3215 ext 243

Kerrobert – 306.834.2646

Kindersley – 306.463.1000

Kyle – 306.375.2400

Macklin – 306.753.3202

Outlook – 306.867.8676

Rosetown – 306.882.2672

Unity – 306.228.2666

Wilkie – 306.843.2644

- **Prince Albert Health Region:** find a local home care office in your region <https://paphr.ca/services/home-care-care-homes-end-of-life-palliative-care>

Prince Albert - 306-765-2450

Shellbrook - 306-747-6811

Spiritwood - 306-883-4266

Hafford - 306-549-4266

- **Kelsey Trail Health Region:** find a local home care office for a home care assessment <https://www.kelseytrailhealth.ca/Programs/HomeCare/Pages/default.aspx> , or call 1-306-873-6600 to be directed to a home care office in your region
- **Prairie North Health Region:** find a local home care office for an assessment in your region https://www.pnrha.ca/programs_services/Pages/Home-Care.aspx



- **Mamawetan Churchill River Health Region:** find a local home care office for an assessment or call 1-306-425-2422 to get directed to a home care office in your region http://www.mcrhealth.ca/programs_services/continuing_care_long_term_care.html
- **Keewatin Yhatte Health Region:** Call 1-306-235-2220 to get directed to home care services in your region
- **Athabasca Health Region:** Call 1-306- 439-2200 to get directed to a home care office in your region
- Call or text 2-1-1 to be connected to a navigator, or check the online 211 directory <https://sk.211.ca> to find health, government and social services and resources in your region
- Rural and Remote Memory Clinic for diagnosis and management of complex cases of suspected dementia. Go to: www.remotememoryclinic.ca or <https://cchsa-ccssma.usask.ca/ruraldementiacare/Rural%20Remote%20Memory%20Clinic.php#ObjectivesandGoals>

Long-Term care

- Special care homes are run by the Saskatchewan Health Authority. Call 1-306-787-7239 or email info@health.gov.sk.ca for more information and to get connected for an assessment.

3. Exercise Programs

- YMCA in Saskatoon <https://ymcasaskatoon.org> , call 1-306-652-7515
- YMCA in Regina <https://regina.ymca.ca> , call 1-306-757-9622
- YMCA at Home – free virtual exercise programs at home <https://www.ymcahome.ca>
- Minds in Motion by the Alzheimer Society <https://alzheimer.ca/sk/en/help-support/programs-services/minds-motion> , call 1-877-949-4141 for information
- First Step Program in Saskatoon: <https://www.saskatoon.ca/parks-recreation-attractions/recreational-activities-fitness/registered-programs/first-step-program> , call 1-306-975-3121 for information.



- Forever in Motion Program for older adults. Offered in the Regina region and Saskatoon region
Regina: <http://www.rghealth.ca/department/health-promotion/forever-in-motion> , call 1-306-766-7200 for information.
Saskatoon: <http://www.in-motion.ca/pages/content/older-adults-forever-in-motion> , call 1-306-844- 4081 for information.

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 1-877-949-4141 for information. <https://alzheimer.ca/sk/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 1-800-263- 3367 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 1-800-263-3367 for more information. <https://alzheimer.ca/en/help-support/im-living-dementia/planning-your-future>
- Power of Attorney information specific to Saskatchewan. Call 1-306-787-5424 for more information. <https://www.saskatchewan.ca/residents/justice-crime-and-the-law/power-of-attorney-guardianship-and-trusts/powers-of-attorney-for-adults>
- Public Legal Education Association of Saskatchewan – information on Power of Attorney. Call 1-306-653-1868 for more information. <https://www.plea.org/plans-for-the-future/power-of-attorney>



6. Support Groups

- The Alzheimer Society of Saskatchewan offers several virtual and in-person support groups for people with dementia and their caregivers. <https://alzheimer.ca/sk/en/help-support/programs-services/find-support-saskatchewan/support-groups> , or call 1-800-263-3367 to get connected to a support group in your region
- C.A.R.E. program by the Canadian Mental Health Association – Saskatchewan chapter. Call 1-306-525-5601 EXT 224 for more information. <https://sk.cmha.ca/programs-services/care-program/>
- 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>

7. Alzheimer Society - Provincial and Regional Chapters

Alzheimer Society of Saskatchewan

301 - 2550 - 12th Ave.
Regina, SK S4P 3X1
Tel: (306) 949-4141
Toll-free: 1-800-263-3367 (Saskatchewan only)
Fax: (306) 949-3069
Email: office@alzheimer.sk.ca
Web: www.alzheimer.ca/sk

Regional offices:

Prairie North Resource Centre
Battlefords District Care Centre
1308 Winnipeg Street
Battleford, SK S0M 0E0
Phone: 1-800-263-3367

Prince Albert Parkland Resource Centre
Victoria Square, Level 2
2345 10th Avenue W
Prince Albert, SK S6V 4H5
Phone: 1-800-263-3367
Phone: 306-922-2296



Email: paparkland@alzheimer.sk.ca

Regina Qu'Appelle Resource Centre
301 - 2550 12th Avenue
Regina, SK S4P 3X1
Phone: 306-949-4141
Fax: 306-949-3069
Email: regina@alzheimer.sk.ca

Saskatoon Resource Centre
Oliver Lodge
1405 Faulkner Crescent
Saskatoon, SK S7L 3R5
Phone: 306-683-6322
Email: saskatoon@alzheimer.sk.ca

Sun Country Resource Centre
St. Joseph's Hospital
1176 Nicholson Road
Estevan S4A 0H3
Phone (306) 842-2273
Email: suncountry@alzheimer.sk.ca

Sunrise Resource Centre - Yorkton
Yorkton & District Nursing Home
200 Bradbrooke Dr
Yorkton, SK, S3N 2K4
Phone (306) 786-3600
Email: sunrise@alzheimer.sk.ca