



# Provincial Resources to Support Persons Living with Dementia and Care Partners

- Yukon -

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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 information call 1-879-677-5315.
- Parking permits are available for people with disabilities in Whitehorse <https://www.whitehorse.ca/departments/bylaw-services/parking-enforcement/accessible-parking-permits>

### Transportation options

- Public transit in **Whitehorse**. Call 1-867-668-8396 for assistance. <https://www.whitehorse.ca/departments/transit/schedules-and-information/fares>
- Handy Bus in **Whitehorse**. Call 668-8394 for assistance <https://www.whitehorse.ca/departments/transit/handy-bus-services>

## 2. Home and Community Support

### Home and Community Care

- Home care can be accessed after a homecare assessment by calling 867-667-5774 or toll free 1-800-661-0408, extension 5774, or by calling regional home care services found here: <https://yukon.ca/en/health-and-wellness/care-services/learn-about-home-care-program>
- Yukon 211 can help people navigate community and social services in their community by calling 2-1-1
- Community day program in Whitehorse: <https://yukon.ca/en/health-and-wellness/care-services/learn-about-seniors-and-elders-community-day-program>

### Long-term care

- For an assessment for a long-term care home call 1-867-393-6366. <https://yukon.ca/en/health-and-wellness/care-services/find-information-long-term-care-yukon>



## Other services

- **Shine a Light on Dementia:** Caregiver Training Program is delivered by Yukon Department of Health and Social Services. Call <tel:1-867-668-8800> or 1-800-661-0504 for more information.

### 3. Exercise Programs

- **Senior exercise program in Whitehorse** and other communities. Call 1-800-661-0408 EXT 8733. <https://yukon.ca/en/health-and-wellness/care-services/register-exercise-program-people-chronic-conditions>
- **YMCA** at Home – free virtual exercise programs at home <https://www.ymcahome.ca>
- **Osteofit** aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. [http://www.bcwomens.ca/our-services/population-health-promotion/osteofit - Find--a--class](http://www.bcwomens.ca/our-services/population-health-promotion/osteofit-Find-a-class)

Marsh Lake- [Marsh Lake Community Centre](#) 867-660-4999  
Tagish- [Tagish Community Centre](#) 867-399-3407

- Learn how our fitness and social program, **Minds in Motion**®, helps people living with any form of early-stage dementia with gentle exercise, social activities and cognitive stimulation. Call 1-800-963-6033 for information. <https://alzheimer.ca/bc/en/help-support/programs-services/minds-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. This program is offered virtually from British Columbia. Call 1-800-936-6033 for more information. <https://alzheimer.ca/bc/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](https://the-ria.ca/wp-content/uploads/2018/11/BUFU-Guide-Memory-Workout_AODA.pdf)
- **Whistle Band Place in Whitehorse** offers a day program for people with dementia to offer cognitive, social and emotional stimulation <https://yukon.ca/en/health-and-wellness/care-services/learn-about-seniors-and-elders-community-day-program>



- **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. Call 1-800-616-8816 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 1-800-936-6033. <https://alzheimer.ca/en/help-support/im-living-dementia/planning-your-future>
- Power of Attorney Information from the government of Yukon. Call 1-800-661-0408 EXT 5366 for more information. [https://yukon.ca/sites/yukon.ca/files/jus-guide\\_enduring\\_power\\_attorney.pdf](https://yukon.ca/sites/yukon.ca/files/jus-guide_enduring_power_attorney.pdf)
- Power of Attorney information from the Yukon Public Legal Education Association. Call 1-867-393-2044 for more information. <http://yplea.com/elders-and-seniors/power-of-attorney/>

## 6. Support Groups

- Please call the **Alzheimer Society of Canada** at 1-800-616-8816 or email at [info@alzheimer.ca](mailto:info@alzheimer.ca) to find local support
- The **Canadian Mental Health Association** facilitates caregiver support groups <https://yukon.ca/en/caregiver-support-group> , call 1-866-456-3838 to find support in your area
- 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

Please contact the provincial Alzheimer Society closest to you.