

Provincial Resources to Support Persons Living with Dementia and Care Partners

- British Columbia -

August 2022

Topics on this document include:

1. Driving and Transportation.....Page 2
2. Home and Community Support.....Page 3
3. Exercise Programs.....Page 4
4. Cognitive Training Programs.....Page 6
5. Power of Attorney.....Page 6
6. Support Groups.....Page 7
7. Alzheimer Society of British Columbia.....Page 7



1. Driving and Transportation

Driving information

- BC bus pass for person with disabilities and their caregivers, call 1-866-866-0800 for assistance or [click here](#) for more information.
- BC parking permit for people with disabilities and their caregivers, [click here](#) for more information or email permits@sparcs.bc.ca or call 1-604-718-7794 for assistance.
- Driving with cognitive limitations and when to get your driving ability re-evaluated. All seniors over 80 years of age in BC must get a driver's medical exam every 2 years. [Click here](#) for more information or call 1-855- 387-7747 for assistance.

Transportation options

- **Better At Home** supports seniors to stay independent in their communities, including help with transportation to stores and appointments. This program is available across BC communities. [Click here](#) for more information or call 1-604-268-1312 for assistance.
- Volunteer drivers in the **Vancouver area and Victoria Island** area can be found by [clicking here](#).
- Volunteer drivers in all **other areas of BC** can be found by [clicking here](#).
- Available in **Vancouver and Victoria**, **handyDART** is an accessible, door-to-door shared transit service for people with permanent or temporary disabilities that prevent them from using fixed-route transit without assistance from another person. handyDART picks you up at your accessible door and drops you off at the accessible door of your destination. Call 1-205-727-7811 for assistance or [click here](#) for more information.
- **Driving Miss Daisy** is a senior driving service with multiple **locations in British Columbia**. Call 1-877-613-2479 or [click here](#) for more information.
- Most cities and towns have public transit and taxi service.

2. Home and Community Support

Home and Community Care

- Government of British Columbia assesses and organizes home and community care; this includes community nursing, community rehabilitation, adult day services, home support, caregiver respite/relief, end of life care services, residential care. More information can be found by [clicking here](#).
- [Click here](#) to access a PDF brochure that outlines all the options for people in British Columbia who may seek home and community support:
- **Better At Home** supports seniors to stay independent in their communities, including help housekeeping, transportation and social visits. This program is available across BC communities. [Click here](#) for more information.
- **BC Health Link** connects people to health services by calling 8-1-1 or using their online directory which can be found [here](#).
- **BC211** connects people to health, community, and government resources via calling or texting 2-1-1 or their online directory which can be found [here](#).

Long-term care

- Assisted living facilities provide extended personal care. Contact the home and community care office in your region. [Click here](#) for contacts in each region.
- Long-term care facilities provide 24-hour professional nursing and supportive care. Contact the home and community care office in your region. [Click here](#) for contacts in each region.

Home and Community Care contacts in each health region

- **Fraser Health** Community Care. [Click here](#) for more information or call 1-855-412-2121 for assistance.
- **Interior Health** Community Care. [Click here](#) for a list of home care offices throughout the Interior Health Region.

- **Northern Health** Community Care. [Click here](#) for a list of home care offices in the Northern Health Region.
- **Vancouver Coastal Health** Community Care. [Click here](#) for more information.
- **North Shore (North Vancouver, West Vancouver)**: (604) 986-7111
 - Richmond: (604) 675-3644
 - Vancouver: (604) 263-7377
 - Bella Bella: (250) 957-2314
 - Bella Coola: (250) 799-5311
 - Powell River: (604) 485-3310
 - Sea to Sky (Squamish, Whistler, Pemberton): (604) 892-2293
 - Sunshine Coast (Gibsons, Sechelt): (604) 741-0726
- **Island Health** Community Care. [Click here](#) for more information.
 - Victoria 1-250- 388-2273
 - Nanaimo 1-250-739-5749
 - North Island 1-250-331-8570

Meal delivery services

- **Better Meals**, with deliveries all across BC, [click here](#) for more information or call 1-604-299-1877 for assistance.
- Community meal service directory can be searched via [BC Health Link](#) or [BC211](#) linking clients to the various community organizations that offer meals on wheels.

3. [Exercise Programs](#)

- **Choose to Move** is free and flexible and provides you with the motivation and support to become more active. Choose to Move can help you to integrate activity into your daily routine, meet new friends, and make a positive change! Choose to Move is great for anyone age 65 and older that wants to become active, regardless of ability. [Click here](#) to visit their website or call 1-604-875-4111 (ext. 21787) for more information.
- **Voices in Motion** is a choir program for people living with dementia, caregivers and friends in Victoria and Vancouver. Online choir is via Zoom. For more information [click here](#) to visit their website.



- **Seniors' Community Parks** in B.C. provides free outdoor exercise equipment and are designed to help older adults stay mobile, healthy, and physically active in their communities. [Click here](#) to find the locations of the community parks all over British Columbia.
- **Osteofit** is BC Women's certified exercise, education and falls prevention program for individuals with osteoporosis, low bone density or who are at risk of fractures and falls. Osteofit aims to provide safe and gentle exercises for individuals with minimal previous exercise experience. Call 1-604-875-2555 for more information or [click here](#) to find the locations of exercise across BC.
- **Minds in Motion** (By the Alzheimer Society) helps people living with any form of early-stage dementia with gentle exercise and social activities. Call 1-800-963-6033 or [click here](#) to visit their website for more information.
- **YMCA Home Fitness** provides home exercise instructions for gentle chair and standing exercises. In person exercise programs are offered in all locations across British Columbia, including Vancouver, Prince George, Kelowna, Kamloops, Victoria, Vanderhoof. [Click here](#) for more information.
- **Fraser Health Authority** provides get up and go exercise classes for Seniors. [Click here](#) or call 1-604-587-7866 for more information.
- **Stay in the Game** is a program provided by Vancouver Coastal Health. [Click here](#) for more information on their available locations.
 - North Shore Central Intake 604-983-6740
 - Pemberton Health Centre 604-894-6939
 - Richmond Central Intake 604-278-3361
 - Squamish Community Health Care 604-892-2293
 - Sunshine Coast Central Intake 604-741-0726
 - Vancouver Central Intake 604-263-7377
 - Whistler Health Care Centre 604-932-4911
 - Richmond Seniors Falls Prevention Program 604-233-3145
- **Falls Prevention Clinic** is a clinic provided by Vancouver Coastal Health. [Click here](#) or call 1-604-875-4111 (ext. 69611) for more information.
- **Northern Health** in partnership with the YMCA of Northern British Columbia offers exercise classed for seniors with locations in Prince George and Vanderhoof. [Click here](#) to visit their website.
- **Interior Health** offers their Keep on Moving program. [Click here](#) to visit their website or call 1-250-828-3742 for more 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, [click here](#) for more information.

Local programs in your regions:

- Victoria – The Greater Victoria Research Centre – 1-250-832-2052
 - Nanaimo – Nanaimo Resource Centre – 1-250-734-4170
 - North and Central Okanagan – North and Central Okanagan Resource – 1-250-860-0305
 - South Okanagan – South Okanagan Resource Centre – 1-250-493-8182
 - Central Interior – Central Interior Resource Centre – 1-250-377-8200
 - Northern Interior/Skeena – Northern Interior and Skeena Resource Centre – 1-250-564-7533
 - East Kootenay – East Kootenay Resource Centre – 1-250-426-0534
 - Richmond, North and West Vancouver – 1-604-675-5157
 - Vancouver, Tri Cities, Pitt Meadows – 1-604-675-5156
- **Memory Work Out** is a guide for cognitive training for people with early-stage dementia and Alzheimer. [Click here](#) to access this guide.
 - **Hello Brain** is a cognitive training delivered online or via an app, [click here](#) to get the app.
 - **First Link by the Alzheimer Society** can help you connect to programs in your community. [Click here](#) to refer to the provincial Alzheimer Society contact information or call 1-800-936-6033 to find a program near you.

5. Power Of Attorney

- Health Care Decision Making: Legal Rights of People Living with Dementia. [Click here](#) for more information.
- Planning for Power of Attorney resources from the Alzheimer Society. [Click here](#) or call 1-800-936-6033 for more information.
- **Seniors First BC** – Power of Attorney Tool kit. [Click here](#) or call 1-604-437-1940 for more information.



6. Support Groups

- **Support groups** for caregivers (virtual). [Click here](#) or call 1-800-936-6033 to find a local group in your region.
- **Family caregivers of BC.** [Click here](#) or call 1-250-384-0408 for more information.
- **Canadian Alzheimer's and dementia support group.** [Click here](#) for the link to their Facebook Support group.
- **Dementia talk** is an online support portal for people with dementia and their caregivers. [Click here](#) for more information.

7. Alzheimer Society - Provincial and Regional Chapters

Alzheimer Society of British Columbia

#300 - 828 West 8th Ave.
Vancouver, BC V5Z 1E2
Tel: (604) 681-6530
Toll-free: 1-800-936-6033 (B.C. only)
Fax: (604) 669-6907
Email: info@alzheimerbc.org
Web: www.alzheimer.ca/bc

Regional offices

Northern Region

Alzheimer resource centre - Northern Interior, Skeena and Peace
1811 Victoria Street
Suite 302
Prince George BC V2L 2L6
Phone number: [250-564-7533](tel:250-564-7533), Toll-free: [1-866-564-7533](tel:1-866-564-7533)
Email address: info.princegeorge@alzheimerbc.org

Vancouver Island

Victoria

306 Burnside Road West
Suite 202
Victoria BC V8Z 1M1
Phone number: [250-382-2052](tel:250-382-2052)



Email: info.victoria@alzheimerbc.org

Nanaimo

4488 Wellington Road

Unit 4

Nanaimo BC V9T 2H3

Phone number: 250-734-4170

Phone number (Toll-free): 1-800-462-2833 (Island only)

Email address: info.nanaimo@alzheimerbc.org

Vancouver Coastal

North Vancouver

1200 Lynn Valley Road

Suite 212

North Vancouver BC V7J 2A2

Phone number: 1-604-984-8348 or 1-604-984-8347

Phone number (Toll-free): 1-866-984-8348 OR 1-855-984-8347

Email address: info.northshore@alzheimerbc.org

Vancouver

828 West 8th Avenue

Suite 300

Vancouver BC V5Z 1E2

Phone number: 604-675-5150

Email address: info.vancouver@alzheimerbc.org

Richmond

7000 Minoru Boulevard

Suite 290

Richmond BC V6Y 3Z5

Phone number: (English) 604-675-5150 or (Cantonese or Mandarin) 604-687-8299

Email address: info.chinese@alzheimerbc.org

Fraser Region

Surrey

15127 100th Avenue

Suite 201

Surrey, BC, V3R 0N9

Phone: 604-298-0780

Fax: 604-298-0781

Email: info.northfraser@alzheimerbc.org

**Abbotsford**

2825 Clearbrook Road
Suite 214
Abbotsford, BC, V2T 6S3
Phone: 604-859-3889
Fax: 604-859-8341
Email: info.southfraser@alzheimerbc.org

Chilliwack

9291 Corbould Street
Chilliwack, BC, V2P 4A6
Phone: 604-702-4603
Fax: 604-702-4606
Email: info.southfraser@alzheimerbc.org

White Rock

1475 Anderson Street
Suite 4
White Rock BC V4B 0A8
Phone number: 604-541-0606
Email address: info.southfraser@alzheimerbc.org

Interior Region**Kamloops**

235 1st Avenue
Suite 405
Kamloops, BC, V2C 3J4
Phone: 250-377-8200
Toll-free: 1-800-886-6946
Fax: 250-377-8484
Email: info.kamloops@alzheimerbc.org

Kelowna

1664 Richter Street
Suite 307
Kelowna, BC, V1Y 8N3
Phone: 250-860-0305
Toll-free: 1-800-634-3399
Fax: 250-860-0418
Email: info.kelowna@alzheimerbc.org

**Penticton**

35 Backstreet Boulevard

Suite 104 Penticton, BC, V2A 1H7

Phone: 250-493-8182

Toll-free: 1-888-318-1122

Fax: 250-493-6833

Email: info.penticton@alzheimerbc.org

Nelson

We are currently offering virtual support only.

Phone: 1-778-774-2133

Toll-free: 1-855-301-6742

Fax: 1-778-774-2134

Email: info.westkootenay@alzheimerbc.org

Cranbrook

We are currently offering virtual support only.

Phone: 778-761-2011 or 778-774-2133

Toll-free: 1-833-426-0534

Email: info.eastkootenay@alzheimerbc.org