

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

- New Brunswick -

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*Please note, if a service is available in French and English, it will be indicated with an asterisk (\*)*



## 1. Driving and Transportation

### Driving information

- \*If medical concerns arise a physician must report the driver to the Department of Public Safety for retesting. Otherwise, New Brunswick has no regulations of medical reports or retesting of drivers based on age. For more information of monitoring physical and cognitive abilities for driving and when to arrange for a driving test call 1-506-453-3992, or [click here](#) for more information.
- \*Applications for designated disabled parking permits can be found [here](#).

### Transportation options

- \*Public transit in **Saint John**. [Click here](#) or call 506-658-4455 for more information.
- \*Handi Bus in **Saint John**. [Click here](#) to visit their website. For additional assistance, call 1-506-648-0609 or 1-506-634-7004.
- \*Public transit in **Fredericton**. [Click here](#) or call 506-460-2200 for more information.
- **Fredericton** Paratransit service. Call 1-506-460-2212 or [click here](#) to visit their website for more information.
- \*Public transit **Moncton**. [Click here](#) to visit their website or call 506- 857-2008 for more information.
- \*Accessibility transportation in **Dieppe**. Call 1-506-877-7900 or [click here](#) to visit their website for more information.

### For transportation in rural communities:

- \***Chaleur** (Region 6) Transportation Coopérative. Call (506) 547-2975 or email them at [transport@connectchaleur.ca](mailto:transport@connectchaleur.ca) for more information.
- **Charlotte County** (Region 8) Charlotte Dial A Ride. Call (506) 466-4414, email them at [dispatcherdialaride@nb.aibn.com](mailto:dispatcherdialaride@nb.aibn.com) or [click here](#) to visit their website.
- \***Edmundston & North Sector of Madawaska** (Region 4) not available.



- **Kent County** (Region 11) KENT Community Transportation. Call (506) 523-1239 or visit them on Facebook.
- **McAdam** (Region 9) McAdam Transportation. Call (506) 784-7044 or (506) 784-2293 for more information.
- **Miramichi/Northumberland** (Region 7) RIC Northumberland CIN. Call (506) 625-5919 or you can contact them via email at [tcnorthumberlandct@gmail.com](mailto:tcnorthumberlandct@gmail.com).
- **\*Acadian Peninsula** (Region 12) Déplacement Péninsule. Call (506) 727-2012, visit their Facebook page or [click here](#) to visit their website.
- **\*Restigouche** (Region 5) RESTIGOUCHE Community Transportation. Call (506) 759-8448 or visit their Facebook page for more information.
- **Sussex** and region (Region 2) Sussex Dial a Ride. Call (506) 433-4453 or visit their Facebook page or website by [clicking here](#) for more information.
- **Westmorland – Albert** (Region 1) Urban/Rural Rides (WA Transpo). Call (506) 962-3073 or (506)215-2100 or 962-3073 for the Dispatcher. You can contact them via email at [r.r.ruralrides@gmail.com](mailto:r.r.ruralrides@gmail.com), or by mail at 83 Horsman St, Salisbury, NB E4J 2H3
- **Oromocto** area, call (506)-488-3544.

## 2. Home and Community Support

### Home and Community Care

- **\*Home First** – supports seniors to live in their own homes. For more information call 1-855-550-0552.
- **\*Extra-Mural Program** provides home and community-based health care. For more information call 1-844-982-7367  
[Click here](#) for service in English  
[Click here](#) for service in French

### Long-term care

- **\*Long-term care** facilities such as special care homes and nursing homes are organized by the Department of Social development. Call 1-833-733-7835 to arrange for an assessment or [click here](#) to visit their website.

## Meal delivery services

- **\*Meals and More** offers meal delivery in **Moncton, Riverview, Dieppe, Memramcook (St. Joseph), Dorchester, Sackville, Shediac, Lakeville**. Call (506)-536-8102 or email [meals@mealsandmore.ca](mailto:meals@mealsandmore.ca) for more information.
- **\*Meals on Wheels New Brunswick**. [Click here](#) for more information.
- Meals on Wheels in the **Saint John Region**. Call (506)-658-1888 or [click here](#) to visit their website for more information.
- **\*Meals on Wheels in the Fredericton Region**. Call 1-506-458-9482 or [click here](#) to visit their website for more information.
- **\*In the Edmundston, Madawaska and Victoria region**. Call *Resto La Bonne Assiette, Auroret Guerrette* at 1(506) 445-2803 for information.
- Meals on Wheels in the **Miramichi** region. Call 1 (506) 624-4787 for more information.
- **\*Meals on Wheels in the Bathurst region**. Call 1 (506) 549-5955 for more information.
- Meals on Wheels in the **Campbellton** region. Call 1-506-789-7359 for more information.

### 3. Exercise Programs

- **Zoomers on the Go** is an exercise program aimed at improving mobility for those over 50 years. Classes are offered in **Fredericton, Minto, Harvey Station, Nackawic, Stanley, St John, St Stephen, Woodstock, and Perth-Andover**. [Click here](#) for more information.
- **Cardiometabolic Exercise and Lifestyles Lab** at UNB offers exercise programs for those over 50 years. For more information call (506)-458-7034 or contact them via email ([celllab@unb.ca](mailto:celllab@unb.ca)).
- **Go Ahead Seniors** is part of the Healthy Active Living program. Call (506)-860-6548, visit their Facebook page or [click here](#) for more information.
- **Seniors Information Line**. The toll-free Seniors Information Line provides a traditional method of speaking with a bilingual, customer-service oriented telephone agent. For



basic information about provincial programs and services for older adults, their family and caregivers please contact: 1-855-550-0552.

- **\*The YMCA** has locations with programs for seniors in **Saint John, Fredericton, and Moncton**. [Click here](#) for more information about your local YMCA.
- **\*Minds in Motion** by the Alzheimer Society. Every Thursday from 10-11am. Call 1-800-664-8411 or [click here](#) to visit their website for more information.

#### 4. Cognitive Training Programs

- \*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. [Click here](#) or call 1-800-664-8411 for more information.
- **Memory Work Out** is a *guide* for cognitive training for people with early-stage dementia and Alzheimer's. [Click here](#) for more information.
- **Memory Work Out** a *workbook* for cognitive training for people with early-stage dementia and Alzheimer's. [Click here](#) for more information.
- **Hello Brain** offers cognitive training delivered online or via an app. [Click here](#) for access to these resources.
- **\*First Link by the Alzheimer Society** can help you connect to programs in your community. Ask your family doctor or nurse practitioner for a referral. Ask your Alzheimer Society for more information or assistance 1-800-263-3367. [Click here](#) for more information.

#### 5. Power Of Attorney

- \*For information about Enduring Power of Attorney call 1-833-733-7835 or [click here](#) to visit their website.
- \*For bilingual product and service information about Power of Attorney call Public Legal Education and Information Services or PLEIS-NB at 1-888-236-2444. [Click here](#) for more information.

## 6. Support Groups

- \*The **Caregiver Support Network** is a place where you can ask questions and hear answers from people who understand your needs and feelings. Call 1-800-664-8411 or email [info@alzheimernb.ca](mailto:info@alzheimernb.ca). [Click here](#) for more information.

## 7. Alzheimer Society - Provincial and Regional Chapters

### **\*Alzheimer Society of New Brunswick**

320 Maple Street, Suite 100,

Fredericton, NB, E3A 3R4

Tel: (506) 459-4280

Toll-free: 1-800-664-8411 (New Brunswick only)

Fax: (506) 452-0313

Email: [info@alzheimernb.ca](mailto:info@alzheimernb.ca)

Web: [www.alzheimer.ca/nb](http://www.alzheimer.ca/nb)