

Provincial Resources to Support Persons Living with Dementia and Care Partners

- Newfoundland and Labrador -

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1. Driving and Transportation

Driving information

- A medical report to assess driving abilities is required by all seniors at age 75 and age 80, then every two years, [click here](#) or for more information call 1-709-729-0345 or toll free 1-877-636-6867.
- Accessibility parking permits for people with disabilities are provided by the Motor Registration Division, call 1-877-636-6867 for more information, and applications can be completed by [clicking here](#).

Transportation options

- Public transit is available in the city of St. John's, [click here](#) or call 1-709-722-9400 for more information.
- Go Bus provides accessible transport for people with disabilities in St. John's, [click here](#) for more information.
- Public transit in Corner Brook, [click here](#).
- Clarenville region offers accessible transportation for seniors, call 1-709-466-7937 for more information.
- Happy Valley Goose Bay senior driving service, [click here](#) or call 1-709-896-8302 for more information.
- Accessible Taxi service is available in the following cities and towns:
 - St. John's – Newfound Cabs, call 744-4444
 - Conception Bay South – Bursey's inc., call 834-6999
 - Lewisporte – Lewisporte Taxi, call 535-8100
 - Bay Roberts – My Taxi Cabs, call 786-1888
 - Dildo – Jonavax Taxi, call 582-2444
 - Grand Falls-Windsor – Blagdon's Taxi, call 489-6661
 - Corner Brook – Star Taxi, call 634-4343
 - Norris Point – Pittmans Taxi, call 458-2486

2. Home and Community Support

Home, Community Care and Long-Term Care

- The **Home Support Program** provides non- professional assistance with personal care, homemaking, respite care and behavioral support, [click here](#) or please contact the local regional health authority for more information.
- For a long-term care assessment contact the regional health authority (see contacts below) or [click here](#) to visit the website.

Eastern Health

- St. John's Regional/Northeast Avalon Peninsula, call 709-752-4835 (ext. 4717)
- Avalon Peninsula/Conception Bay North, call 709-786-5217
- Clarenville/Burin and Bonavista Peninsula, call 709-466-5700

Central Health, call 709-651-6324

Western Health, call 709-695-6263

Labrador Grenfell Health, call 1-833-284-4751

Meal delivery services

- Meals on Wheels in **St. John's**, call 1-709-758-8400 or [click here](#) to visit their website.
- Meals on wheels for **Western Health**, [click here](#) to visit their website or call 646-5800, (ext. 7246) for more information.

Other services

- Provincial **Home Repair program**. For more information about the Provincial Home Repair Program, please contact staff at the regional office nearest you:
 - Avalon Regional Office, call (709) 724-3196
 - Corner Brook, call (709) 639-5201
 - Gander, call (709) 256-1300
 - Goose Bay, call (709) 896-1920
 - Grand Falls-Windsor, call (709) 292-1000
 - Marystown, call (709) 279-5375
 - Stephenville, call (709) 643-6826

3. Exercise Programs

- **NL +50 Federation Inc.** Devoted to the wellbeing of the older persons in Newfoundland. For information about seniors' clubs, call 709-533-6189 for more information.
- **Active for Life**, City of St John's Recreation program. [Click here](#) for more information.
- The **YMCA** offering senior exercise programs has locations in Grand Falls-Windsor, Saint John's and Corner Brook, [click here](#) to visit their website.
- **Minds in Motion by the Alzheimer Society**. Call 1-877-776-0608 to find a program location near you, or [click here](#) to visit their website.

4. Cognitive Training Programs

- **Memory Work Out** – a guide for cognitive training for people with early-stage dementia and Alzheimer, [click here](#) for more information.
- **Minds in Motion** by the Alzheimer Society. Call 1-877-776-0608 to find a program location near you, or [click here](#) for more information.
- **Memory Work Out** – a workbook for cognitive training for people with early-stage dementia and Alzheimer, [click here](#) for more information.
- **Hello Brain** – cognitive training delivered online or via an app, [click here](#) for more information.
- **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, or [click here](#) to visit their website.

5. Power Of Attorney

- Seniors and the Law, [click here](#) or call 1-709-722-2643 for more information.
- Advanced Health Care Directives and Substitute Decision Makers, [click here](#) for more information.
- Planning for Power of Attorney resources from the Alzheimer Society, call 1-800-936-6033, or [click here](#) for more information.



6. Support Groups

- **Mount Pearl Seniors Independence Group** offers support groups for care partners. Call 709-748-6485 or e-mail mtpearlSeniors@hotmail.com.
- **The Alzheimer Society** of Newfoundland and Labrador offers Virtual Family Support Groups for people affected by dementia to connect with others on a similar journey.
- Virtual Family Support Groups are available in Eastern Region and Western Region. Call ASNL at 1709-576-0608, toll-free at 1-877-776-0608, email: infor@alzheimer.nl.ca for more information.
- For counselling services and information call: Mental health Crisis Line (24 hour) 1-888-737-4668
- Seniors NL Information Line, call 1-800-563-5599 or [click here](#) to sign up for their newsletter.

7. Alzheimer Society - Provincial and Regional Chapters

Alzheimer Society of Newfoundland and Labrador

107 - 835 Topsail Road

Mount Pearl, NL A1N 3J6

Tel: (709) 576-0608

Toll-free: 1-877-776-0608 (NL only)

Fax: (709) 576-0798

Email: info@alzheimer.nl.ca

Web: www.alzheimer.ca/nl