

Provincial Resources to Support Persons Living with Dementia and Care Partners

- Nova Scotia -

August 2022

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1. Driving and Transportation

Driving information

- Nova Scotia has no regulations of medical reports or retesting of older drivers. More information of monitoring physical and cognitive abilities for driving and when to arrange for a driving test can be found here, [click here](#) or call 1-800-670-4357 for more information.
- Applications for disability parking permits can be made at your local motor vehicle registration office, [click here](#) or call 1-800-670-4357 for more information.

Transportation options

- Public transit in **Cape Breton**, [click here](#) for more information.
- Public transit in the **Halifax** region, [click here](#) for more information.
- Public transit for those over 65 years in the Halifax region, [click here](#) or call 1-800-835-6428 for more information.
- Public transit in Yarmouth, [click here](#) for more information.
- Accessible community transit in **Antigonish**, [click here](#) for more information or call 1-902-867-0411 for more information.
- Senior Transit provides accessible transportation in the **Halifax** region and the **Windsor** region, [click here](#) or call 1-902-441-4537 for more information.
- The **Community Transportation Network** provides a directory for community transport services in communities across Nova Scotia, [click here](#) for more information.
- **Driving Miss Daisy** is a senior driving service servicing the **Halifax** Region. Call 1-877-613-2479, or [click here](#) for more information.

2. Home and Community Support

Home and Community Care

- **Home Care** services for home support and nursing services are available through Continuing Care, call 1-800-225-7225 to speak with a care coordinator, or [click here](#) for more information.
- A complete list of all home care agencies by region can be found [here](#).
- The **Senior Citizens Assistance Program** provides up to \$6500 for home repairs. For more information call 1-844-424-5110 or [click here](#) to visit their website.
- **Geriatric Navigators** assists with connecting health care and community support for people over 65 years. Call 1-902-465-8446 or [click here](#) for more information.

Long-term care

- Continuing care is licenced and funded by the Department of Health and Wellness. To get an assessment, call 1-800-225-7225 or [click here](#) for more information.

Meal delivery services

- The Victorian Order of Nurses (VON) offers Meals on Wheels throughout the province, call 1-866-540-2356 to find this service in your area, or [click here](#) to visit their website.
- Meals and More offers meal delivery in the **Sackville and Amherst** Nova Scotia. Call 1-506-536-8102 or email meals@mealsandmore.ca for more information.
- Meals on wheels in **Yarmouth** are prepared and delivered by the Yarmouth hospital to Yarmouth residents. Call 1-902-742-3542 (ext. 1774) to organize meal delivery.
- Meals on Wheels in **Springhill**, [click here](#) to visit their website or call 1-902-597-2797 for more information.
- Meals on Wheels in **Pictou**, call the VON at 1-902-752-3184
- Meals on Wheels in **Truro**, call 1-902-895-2371
- Meals on Wheels in **Tatamagouche**, call 1-902-657-3101 (ext. 29)



3. Exercise Programs

- **Wellness Navigators** are health professionals who work with the Nova Scotia Community Health Teams and know NS health care, the community, and government systems. To meet a Wellness Navigator at a Community Health Team location or at a public location call 902-460-4560 or [click here](#) to view their program guide for additional information.
- **Aging Well Together** promotes healthy aging through physical activity in various Nova Scotia communities. For more information call: (902) 422-0914 or tollfree 1-855-253-9355. For examples of their programs, a fall prevention checklist or home-based exercises go to, [click here](#).
- The **YMCA** offers seniors' programs and has locations in Cape Breton, Cumberland, Pictou, Halifax/Dartmouth, and in Southwest NS, [click here](#) for more information.
- **Minds in Motion** by the Alzheimer Society. Call 1-800-611-6345, or [click here](#) to find a program location near you.

4. Cognitive Training Programs

- The **Minds in Motion®** program combines physical activity, socialization and mental stimulation for individuals with early to mid-stage Alzheimer's disease or other dementias, and their care partners. To learn more contact 1-800-611-6345, or [click here](#).
- **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, call 1-800-263-3367 for assistance, or [click here](#) for more information.



5. Power Of Attorney

- Legal Info Nova Scotia provides information about power of attorney and other legal issues for citizens of Nova Scotia. Call them at 1 800 665-9779 or 902-455-3135, or [click here](#) to visit their website.
- Planning for Power of Attorney resources from the Alzheimer Society, call 1-800-936-6033, or [click here](#) for more information.

6. Support Groups

- **Caregivers' Nova Scotia Association**, email info@caregiversns.org, call 1-877-488-7390, or [click here](#) to visit their website for more information.

Capital Region

Phone: 902.421.7390

Fax: 902.421.7338

Cape Breton Region

Phone: 902.371.3883

Email: CapeBreton@CaregiversNS.org

Northern & Eastern Mainland Region

Phone: 902.229.8464

Email: Northern@CaregiversNS.org

Valley Region

Phone: 902.680.8706

Email: Valley@CaregiversNS.org

Western Region

Phone: 902.514.1281

Email: Southshore@CaregiversNS.org

- The Alzheimer Society of Nova Scotia (ANS) runs in person and/or online program called **Family Caregiver Education Series**. For more information call the ANS at 1-902-422-7961, tollfree at 1-800-611- 6345, or [click here](#) to visit their website.



7. Alzheimer Society - Provincial and Regional Chapters

Alzheimer Society of Nova Scotia

112-2719 Gladstone St.

Halifax, NS B3K 4W6

Tel: (902) 422-7961

Toll-free: 1-800-611-6345 (Nova Scotia only)

Fax: (902) 422-7971

Email: alzheimer@asns.ca

Web: www.alzheimer.ca/ns