

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

- Nunavut -

August 2022

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Nunavut Senior's Information Handbook for a complete list of resources and available services, [click here](#).

## 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, call toll-free 1-888-975-5999 or email [edt@gov.nu.ca](mailto:edt@gov.nu.ca).
- Accessible parking permits are administered by the motor vehicles office; there is no charge, call 1-867-360-4615 for assistance.

### Transportation options

- There is no public transit in any Nunavut communities, but all communities are serviced by air to transportation for medical appointments and medical emergencies. For questions about transportation, call 1-800-975-5999.
- Taxi services in different communities in Nunavut are available, [click here](#) for more information.

## 2. Home and Community Support

### Home, Community Care and Long-Term care

- Home and community care is provided by the Nunavut Department of Health. It includes the following services: homemaking, personal care, nursing care, respite care and rehabilitation, and elder care homes. For more information and to arrange for a home care assessment, contact your local Health Centre or call the Territorial Home and Continuing Care Program at 867-975-5941, or email [LTC@gov.nu.ca](mailto:LTC@gov.nu.ca).
- List, map and contacts of the local health centers in Nunavut, [click here](#) for more information.
- Call 2-1-1 to reach a navigator who can help you get connected to government, health and social services and resources in your local area.



### 3. Exercise Programs

- **Minds in Motion** by the Alzheimer Society (offered virtually from Manitoba), call 1-204-943-6622 (ext. 203) for assistance, or [click here](#) for more information.
- **YMCA at Home** – free virtual exercise programs at home, [click here](#) to visit their website.

### 4. Cognitive Training Programs

- **Minds in Motion®** by the Alzheimer Society (offered virtually from Manitoba) helps people living with any form of early-stage dementia with gentle exercise, social activities and cognitive stimulation. Call 1-204-943-6622 (ext. 203) for assistance, or [click here](#) for more information.
- **Memory Work Out** – a guide 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. Call 1-800-263-3367 for assistance or [click here](#) to refer to the provincial Alzheimer Society contact information.

### 5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. Call 1-800-378-6696 for [click here](#) for more information.

### 6. Support Groups

- Dementia talk – an online support portal for people with dementia and their caregivers, [click here](#) to visit their website.
- Canadian Alzheimer's and dementia support group, [click here](#) to visit their Facebook page.
- Email the Alzheimer Society at [info@alzheimer.ca](mailto:info@alzheimer.ca) or call 1-800-616-8816 to get connected to a support group near you, or a virtual support group.



## 7. Alzheimer Society - Provincial and Regional Chapters

Please contact the provincial Alzheimer Society closest to you.