

Provincial Resources to Support Persons Living with Dementia and Care Partners

- Northwest Territories -

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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. For assistance call 1-867-767-9087 or email dmv@gov.nt.ca.
- Parking permits are available for people with disabilities in Yellowknife, [click here](#), call 1-800-492-8885 or email admin@nwtcd.net.

Transportation options

- Public Transit is available in **Yellowknife**, [click here](#).
- Yellowknife Accessible Transit Service (YATS) is a component of Yellowknife Transit that provides accessible door-to-accessible door service for persons who are unable to board, ride, or disembark the fixed route transit system with safety and dignity due to a temporary or permanent physical or functional disability. For assistance call 1-867-920-5600, or [click here](#) for more information.

2. Home and Community Support

Home, Community Care and Long-Term care

- Provided by the **Northwest Territories Health and Social Services Authority** – Senior and Continuing Care department, to call for an assessment, dial 1-867-767-9030 or [click here](#) to search for regional offices and contact information. To call for an assessment, dial 1-867-767-9030 or searching for regional offices and contact information.
- Health and Social Services employ **System Navigators**, who can help navigate health and social services. They can be reached toll free at 1-855-846-9601 or by email at hss_navigator@gov.nt.ca.
- This handbook for Seniors offers an extensive list for health and social services, including **Meals on Wheels** and community care, [click here](#) for more information.
- The Northwest Territories Senior's Society also offers resources and provides a toll – free information phone line 1-800-661-0878 or can be reached via email at ed@seniorsnwt.ca.



3. Exercise Programs

- **Minds in Motion®** by the Alzheimer Society, [click here](#) or call 1-866-950-5465 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 helps people living with any form of early-stage dementia with gentle exercise, social activities, and cognitive stimulation. Call 1-866-950-5465 for information or [click here](#) to visit their website.
- **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. [Click here](#) to access the provincial Alzheimer Society contact information or call 1-866-950-5465 to find a program near you.

5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. [Click here](#) or call 1-866-950-5465 for more information.
- Power of Attorney information by the government of Northwest Territories, [click here](#) for more information.



6. Support Groups

- **The Alzheimer Society of Alberta and Northwest Territories** offers several virtual and in-person support groups for people with dementia and caregivers, [click here](#) or call 1-866-950-5465 to get connected to a support group in your region.
- Canadian Alzheimer's and dementia support group, [click here](#) to visit their Facebook page.
- **Dementia talk** – 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 Alberta and Northwest Territories

#306, 10430 - 61 Avenue
Edmonton, Alberta T6H 2J3
Tel: (780) 488-2266
Toll-free: 1-866-950-5465 (AB and NWT only)
Fax: (780) 488-3055
Email: info@alzheimer.ab.ca
Web: www.alzheimer.ca/ab

Regional office

Yellowknife

#116, 5109 48th Street
Yellowknife, Northwest Territories X1A 1N5
Phone: [1-866-950-5465](tel:1-866-950-5465)
Toll-free: [1-866-950-5465](tel:1-866-950-5465)
Fax: [867-669-9392](tel:867-669-9392)
Email: mmaclellan@alzheimer.ab.ca