

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

- Prince Edward Island -

August 2022

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## 1. Driving and Transportation

### Driving information

- If medical concerns arise a physician must report the driver to the Department of Transportation for testing. Varying license accommodations are possible. For information regarding driving licenses call the Department of Transportation and Infrastructure, call 1-902-368-5228 or [click here](#) to visit their website.
- Disability parking permit information is available by emailing [shelley@resourceabilities.ca](mailto:shelley@resourceabilities.ca).
- **55 Alive Drive** Refresher Course are held at locations across the Island in both English and French. For more information or to register for a course, contact the P.E.I. Senior Citizens' Federation at 902-368-9008.

### Transportation options

- **Pat & The Elephant** accessibility transportation in PEI. Call 1-902-894-3339 or [click here](#) for more information.
- T3 Transit (serving **Charlottetown, Stratford and Cornwall**), [click here](#) or call 902-566-9962.
- In **Prince County**:  
Transportation West Inc. 902-853-6010  
Donna's Transportation Ltd. 902-436-3394

## 2. Home and Community Support

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

- The Home Care Program provides a range of health care and support services to seniors including home support, social work, dietitian services, physiotherapy, occupational therapy, adult day programs and long-term care homes. [Click here](#) for more information or call Health PEI 902-368-6130 or email [healthpei@gov.pe.ca](mailto:healthpei@gov.pe.ca).
- COACH -Caring for Older Adults in the Community and at Home. Call 902-368-6130 or email [healthpei@gov.pe.ca](mailto:healthpei@gov.pe.ca) for more information.

## Other services

- **Senior Home Repair Program** and the Seniors Safe@Home Program. Email [homereno@gov.pe.ca](mailto:homereno@gov.pe.ca) or call: 902-368-4889 or Toll Free 1-855-374-7366 for more information.
- **Senior's Independence Initiative**, email [sii@gov.pe.ca](mailto:sii@gov.pe.ca) for assistance in completing the application or call toll-free 1-877-569-0546.

## Meal delivery services

- Meals on Wheels in **Charlottetown and Stratford**. Call 1-902-569-7700 for more information on service in your area.

### 3. Exercise Programs

- Fall prevention and home-based exercise programs are available through the physiotherapist with the PEI Home Care Program. [Click here](#) to learn more or call Health PEI 902-368-6130 or email [healthpei@gov.pe.ca](mailto:healthpei@gov.pe.ca).
- Senior's College offers 160 courses for physical, mental and social wellness across the Island. Email [seniorscollege@upe.ca](mailto:seniorscollege@upe.ca), or call 902-894-2867 for more information.
- The Senior Citizen Visitors Program visits seniors in their homes to combat loneliness. [Click here](#) for more information, or call PEI Senior Citizens' Federation Inc. 902-368-9008, or toll-free 1-877-368-9008.
- **Minds in Motion** by the Alzheimer Society. Call 1-902-628-2257 to find a program near you, or [click here](#) for more information.

### 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. For more information about this program of physical and cognitive activities call 1-902-628-2257, email [society@alzpei.ca](mailto:society@alzpei.ca) or [click here](#) to visit their website.

- **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. [Click here](#) to refer to the provincial Alzheimer Society contact information or call 1-800-263-3367 for assistance.

## 5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. Call 1-800-936-6033, or [click here](#) for more information.
- Community Legal Information, [click here](#) to visit their website or call 1-902-892-0853 for more information.
- More information can be a guide regarding Power of Attorney, call 1-902-892-0853 or [click here](#) to visit their website.

## 6. Support Groups

- **The Alzheimer's' Society** holds regular support group meeting for care partners in Charlottetown, Summerside and Montague. For more information call 902-628-2257 or 1-866-628-2257.
- For a complete list of support programs and services in PEI, [click here](#).

## 7. Alzheimer Society - Provincial and Regional Chapters

### **Alzheimer Society of Prince Edward Island**

166 Fitzroy St.

Charlottetown, PE C1A 1S1

Tel: (902) 628-2257

Toll-free: 1-866-628-2257 (P.E.I. only)

Fax: (902) 368-2715

Email: [society@alzpei.ca](mailto:society@alzpei.ca)

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