

Provincial Resources to Support Persons Living with Dementia and Care Partners

- Quebec -

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Please note, if a service is available in French and English, it will be indicated with an asterisk ()*



1. Driving and Transportation

Driving information

- *A medical report is required at age 75, and then every 2 years starting age 80 to assess for medical conditions that could impair driving. For more information, call 1-418-643-7020, or [click here](#) to visit the website.
- *Disability parking permits applications can be made online, [click here](#) or call 1-418-643-7020 for assistance.

Transportation options

- *Paratransit offers transportation for persons with disabilities in the **Montreal area**. For more information [click here](#) or call 1-877-433-4004 to make a reservation.
- *Paratransit is offered in the **Quebec City** region, [click here](#) or call 1-418-687-6327 for more information or to make a reservation.
- *Public transit in **Montreal**, [click here](#) for more information.
- *Public transit in **Quebec City**, [click here](#) for more information.
- *Disability transportation services in Quebec. Call 2-1-1 to find a service in your area, or [click here](#) for more information.

2. Home and Community Support

Home, community, and long-term care

- *Home and Community Care is provided by the Quebec Health and Social Services Authority (CISSS Outaouais). To request services, call 8-1-1, or [click here](#) for more information.

Meal delivery services

- *2-1-1 directory of meals and wheels services in **Quebec**. Call 2-1-1, or [click here](#) for more information.



- *Meals on wheels in the **Montreal Region**, call 1-514-284-9335, or [click here](#) for more information.

3. Exercise Programs

- *The **YMCA** has locations in Montreal and Quebec City offering seniors' exercise programs, [click here](#) for more information.
- **STAND UP** is a fall prevention exercise program for seniors available in the Montreal region, [click here](#) for more information.
- ***Le Go Pour Bouger** virtual exercise program for seniors, [click here](#) for more information.
- Call **2-1-1** to find senior centers in your region who offer exercise programs, [click here](#) for more information.
- ***Minds in Motion by the Alzheimer Society**. Call 1-888-636-6473 to find a program location 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. Call 1-888-636-6473, 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. [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.
- *Educoloir provides free education regarding the law in Quebec, [click here](#) for more information.
- *Power of Attorney information from Justice Quebec. Call 1-866-536-5140 (Option 3) for assistance, or [click here](#) for more information.

6. Support Groups

- ***The Alzheimer Society** offers in-person and virtual support groups across regions in Quebec. Call 1-888-636-6473 to get connected to a support group, or [click here](#) for more information.
- ***AGI (Alzheimer Groupe INC)** offers caregiver support in person and virtually. Call 1-514-485-7946 to get connected to a support group, or [click here](#) for more information.
- *The **YWCA Montreal**, supported by its Foundation, provides services to women, girls and their families so they can participate in and contribute to society to the best of their abilities. They are offering support groups for caregivers. Call 1-514-866- 9941 to get connected, or [click here](#) for more information.
- *Check **211 Quebec**, [click here](#) or call 2-1-1 to get information about caregiver support groups in your area.

7. Alzheimer Society - Provincial and Regional Chapters

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