

Provincial Resources to Support Persons Living with Dementia and Care Partners

- Saskatchewan -

August 2022

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1. Driving and Transportation

Driving information

- Saskatchewan has no regulations of medical reports or retesting of older drivers, [click here](#) for more information.
- Accessibility Parking Permits are available. For information, call 1-306-385-7213 or [click here](#) to apply.

Transportation options

- Driven with Care is a senior driving service in **Regina**, [click here](#) for more information or call 1-306-541-3748 for assistance.
- Access Transit provide accessible transportation in Swift Current and Yorkton, [click here](#) for more information or call 1-306-621-6580 (Yorkton), 1-306-770-2363 (Swift Current).
- To find a list of **Handi** Bus services in the region, [click here](#).
- Public transportation is available in the cities of **Saskatoon, Regina, Moose Jaw** and **Prince Albert**, [click here](#) for more information.

2. Home and Community Support

Home and Community Care

- Home and community care including assessment, nursing care, other therapies, respite care, homemaking, personal care, transportation, and meal services are offered through the health regions within the Saskatchewan Health Authority.
- **Saskatoon Health Region** find a local home care office for an assessment, [click here](#) for more information, or call 1-306-655-4346 to get connected to a homecare office in your local area
- **Regina Qu'Appelle Health Region** find a local home care office for an assessment, [click here](#) for more information.



- Regina, 4211 Albert Street (306) 766-7200
 - Fort Qu'Appelle (306) 332-3306 or (306) 332-3307
 - Wolseley-Grenfell (306) 697-4045
 - Balcarres (306) 334-2634
 - Indian Head-Montmartre (306) 695-4000
 - Mossomin-Rocanville (306) 435-3888
 - Broadview-Whitewood (306) 696-2500
 - Raymore-Lestock (306) 274-2034
- **Sun Country Health Region** find a local home care office for an assessment, [click here](#) for more information or call 1 (306) 842-8399 to get connected to a local home care office in your region.
 - **Five Hills Health Region** find a local home care office near you, [click here](#) for more information or call 1-866-211-5696 to arrange for a home care assessment in our region
 - **Cypress Health Region** find a local home care office near you, [click here](#) for more information.
 - Cabri – 306-587-2921
 - Eastend/Southline – 306-295-3834
 - Gull Lake – 306-672-4707
 - Herbert – 306-784-2466
 - Hodgeville – 306-677-2292
 - Leader – 306-628-3164
 - Mankota – 306-478-2339
 - Maple Creek – 306-662-5333
 - Ponteix – 306-625-5103
 - Shaunavon – 306-297-1989
 - Swift Current – 306-778-9531
 - Vanguard – 306-582-2044
 - **Sunrise Health Region** call 1-(306)-563-1250 to arrange for a home care assessment in your local area.
 - **Heartland Health Region** find a local home care office and get connected to a care coordinator.
 - Biggar – 306-948-3323
 - Davidson – 306-567-2302
 - Eatonia – 306-967-2985
 - Eston – 306-962-3215 (ext. 243)
 - Kerrobert – 306-834-2646



- Kindersley – 306-463-1000
 - Kyle – 306-375-2400
 - Macklin – 306-753-3202
 - Outlook – 306-867-8676
 - Rosetown – 306-882-2672
 - Unity – 306-228-2666
 - Wilkie – 306.843-2644
- **Prince Albert Health Region** find a local home care office in your region, [click here](#) for more information.
 - Prince Albert - 306-765-2450
 - Shellbrook - 306-747-6811
 - Spiritwood - 306-883-4266
 - Hafford - 306-549-4266
 - **Kelsey Trail Health Region** find a local home care office for a home care assessment, [click here](#) or call 1-306-873-6600 to be directed to a home care office in your region
 - **Prairie North Health Region** find a local home care office for an assessment in your region, [click here](#) for more information.
 - Cut Knife Health Complex - (306) 398-2296
 - St. Walburg Health Complex - (306) 248-6723
 - Battlefords Home Care - (306) 446-6445
 - L. Gervais Memorial Health Centre- (306) 238-2100
 - Lloydminster Home Care Services- (306) 820-6200
 - Maidstone Union Hospital Home Care Services- (306) 893-4170
 - Manitou Health Centre - (306) 823-4262
 - Meadow Lake Home Care Services - (306) 236-1595
 - Paradise Hill Health Centre Home Care Services - (306) 344-2255
 - Riverside Health Complex - (306) 845-2195
 - **Mamawetan Churchill River Health Region** find a local home care office for an assessment, [click here](#) or call 1-306-425-2422 to get directed to a home care office in your region.
 - **Keewatin Yhatte Health Region**, call 1-306-235-2220 to get directed to home care services in your region.
 - **Athabasca Health Region** call 1-306-439-2200 to get directed to a home care office in your region.



- Call or text 2-1-1 to be connected to a navigator, or [click here](#) to visit the online 211 directory to find health, government and social services and resources in your region.
- Rural and Remote Memory Clinic for diagnosis and management of complex cases of suspected dementia, [click here](#) to visit the website.

Long-Term care

- Special care homes are run by the Saskatchewan Health Authority. Call 1-306-787-7239 or email info@health.gov.sk.ca for more information and to get connected for an assessment.

3. Exercise Programs

- YMCA in Saskatoon, [click here](#) or call 1-306-652-7515.
- YMCA in Regina, [click here](#) or call 1-306-757-9622.
- YMCA at Home, [click here](#) for free virtual exercise programs at home.
- **Minds in Motion®** by the Alzheimer Society, [click here](#) or call 1-877-949-4141 for more information.
- **First Step Program** in Saskatoon, [click here](#) or call 1-306-975-3121 for more information.
- Forever in Motion Program for older adults. Offered in the Regina region and Saskatoon region.
 - **Regina**, [click here](#) or call 1-306-766-7200 for more information.
 - **Saskatoon**, [click here](#) or call 1-306-844- 4081 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 1-877-949-4141, or [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 to find a program near you.

5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. Call 1-800-263-3367, or [click here](#) for more information.
- Power of Attorney information specific to Saskatchewan. Call 1-306-787-5424, or [click here](#) for more information.
- Public Legal Education Association of Saskatchewan – information on Power of Attorney. Call 1-306-653-1868, or [click here](#) for more information.

6. Support Groups

- The Alzheimer Society of Saskatchewan offers several virtual and in-person support groups for people with dementia and their caregivers. [Click here](#) for more information, or call 1-800-263-3367 to get connected to a support group in your region.
- C.A.R.E. program by the Canadian Mental Health Association – Saskatchewan chapter. Call 1-306-525-5601 (ext. 224) or [click here](#) for more information.
- Dementia talk is an online support portal for people with dementia and their caregivers, [click here](#) for more information.
- Canadian Alzheimer's and dementia support group, [click here](#) to visit their Facebook page.

7. Alzheimer Society - Provincial and Regional Chapters

Alzheimer Society of Saskatchewan

301 - 2550 - 12th Ave.
Regina, SK S4P 3X1
Tel: (306) 949-4141
Toll-free: 1-800-263-3367 (Saskatchewan only)
Fax: (306) 949-3069
Email: office@alzheimer.sk.ca
Web: www.alzheimer.ca/sk

Regional offices

Prairie North Resource Centre

Battlefords District Care Centre
1308 Winnipeg Street
Battleford, SK S0M 0E0
Phone: 1-800-263-3367

Prince Albert Parkland Resource Centre

Victoria Square, Level 2
2345 10th Avenue W
Prince Albert, SK S6V 4H5
Phone: 1-800-263-3367
Phone: 306-922-2296
Email: paparkland@alzheimer.sk.ca

Regina Qu'Appelle Resource Centre

301 - 2550 12th Avenue
Regina, SK S4P 3X1
Phone: 306-949-4141
Fax: 306-949-3069
Email: regina@alzheimer.sk.ca

Saskatoon Resource Centre

Oliver Lodge
1405 Faulkner Crescent
Saskatoon, SK S7L 3R5
Phone: 306-683-6322
Email: saskatoon@alzheimer.sk.ca

Sun Country Resource Centre

St. Joseph's Hospital
1176 Nicholson Road
Estevan S4A 0H3
Phone (306) 842-2273



A guide to living with dementia

Email: suncountry@alzheimer.sk.ca

Sunrise Resource Centre - Yorkton

Yorkton & District Nursing Home

200 Bradbrooke Dr

Yorkton, SK, S3N 2K4

Phone (306) 786-3600

Email: sunrise@alzheimer.sk.ca

Website: forwardwithdementia.ca

Email: info@forward-avancer.ca