

Provincial Resources to Support Persons Living with Dementia and Care Partners

- Yukon -

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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 information call 1-879-677-5315.
- Parking permits are available for people with disabilities in Whitehorse, [click here](#) for more information.

Transportation options

- Public transit in **Whitehorse**. Call 1-867-668-8396 for assistance or [click here](#) for more information.
- Handy Bus in **Whitehorse**. Call 668-8394 for assistance or [click here](#) for more information.

2. Home and Community Support

Home Care Services

- Home care can be accessed after a homecare assessment by calling 867-667-5774 or toll free 1-800-661-0408 (ext. 5774), or by calling the regional home care services found [here](#).

Long-term care

- For an assessment for a long-term care home call 1-867-393-6366 for more information.

Community and Social Care (including meal services)

- Yukon 211 can help people navigate community and social services in their community by calling 2-1-1.
- Community day program in Whitehorse, call 1-800-661-0408 (ext. 6806) or [click here](#) for more information.



- **Shine a Light on Dementia**, Caregiver Training Program is delivered by Yukon Department of Health and Social Services. Call 1-867-668-8800 or 1-800-661-0504 for more information.

3. Exercise Programs

- **Senior exercise program in Whitehorse** and other communities, call 1-800-661-0408 (ext. 8733) or [click here](#) for more information.
- **YMCA at Home**, [click here](#) for free virtual exercise programs at home.
- **Osteofit** aims to provide safe and gentle exercises for individuals with minimal previous exercise experience, [click here](#) for more information.
Marsh Lake, call 1-867-660-4999
Tagish, call 1-867-399-3407
- Learn how our fitness and social program, **Minds in Motion®**, helps people living with any form of early-stage dementia with gentle exercise, social activities, and cognitive stimulation. Call 1-800-963-6033 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. This program is offered virtually from British Columbia. Call 1-800-936-6033, or [click here](#) for more information.
- **Memory Work Out**, a guide for cognitive training for people with early-stage dementia and Alzheimer, [click here](#).
- **Whistle Band Place in Whitehorse** offers a day program for people with dementia to offer cognitive, social and emotional stimulation, [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. Refer to the provincial Alzheimer Society contact information. Call 1-800-616-8816 to find a program near you or [click here](#) for more information.



5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. Call 1-800-936-6033 or [click here](#).
- Power of Attorney Information from the government of Yukon. Call 1-800-661-0408 (ext. 5366) for more information or [click here](#).
- Power of Attorney information from the Yukon Public Legal Education Association. Call 1-867-393-2044 for more information or [click here](#).

6. Support Groups

- Please call the **Alzheimer Society of Canada** at 1-800-616-8816 or email at info@alzheimer.ca to find local support.
- The **Canadian Mental Health Association** facilitates caregiver support groups, [click here](#) or call 1-866-456-3838 to find support in your area
- 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

Please contact the provincial Alzheimer Society closest to you.