

Canadian Dementia Resources & Supports Care Partners Education



Welcome to the resource page for
Care Partners Education.

A series of 3 modules that help care partners who
support people living with dementia.

Care Partners Education, including the collection of
resources and supports in this document, has been
developed by the Centre for Health Care Research
& Innovation at Conestoga College, in collaboration
and partnership with an advisory committee made
up of care partners and professionals supporting
people living with dementia.

Vulnerable Person's Registry and food delivery
services are not included within this list. Please
check your local police and community
organizations for more information.

Please call **911** for immediate help during an **emergency**.

<https://crtc.gc.ca/eng/phone/911/>

Please call or text **988** for immediate help from the **Suicide Crisis
Helpline** if you are thinking about suicide, or worried about someone
else thinking about suicide.

<https://988.ca/>

For **Mental Health Help**, please visit the Canadian Mental Health
Association

<https://cmha.ca/find-help/>

*Composez le **911** si votre santé, votre sécurité ou vos biens sont
menacés et que vous avez besoin d'une **intervention immédiate**.*

<https://crtc.gc.ca/fr/phone/911/>

*Appelez ou envoyez un message texte au **988** si vous avez des
idées suicidaires ou si vous craignez que quelqu'un d'autre en ait,
pour obtenir du soutien en matière de prévention du suicide à toute
heure du jour ou de la nuit.*

<https://988.ca/fr>

*Pour obtenir de l'**aide de la santé mentale**, visitez l'Association
Canadienne pour la Santé Mentale*

<https://cmha.ca/fr/obtenir-de-laide/>

Instructions:

- All [underlined](#) text can be selected or clicked on to bring you to another part of this document or to a website (that will open in a new tab)
- **French** content is in *italics* / *Le contenu **français** est en italique*
- Links that are available in both **French** and **English** are identified by an **asterisk (*)** / *Les liens disponible en **français** et en **anglais** sont identifiés par un **astérisque (*)***
- Ways to move through this document:
 - **Scroll** up and down
 - Select or click a province on the **map** (on page 3)
 - Select or click a link in the **Table of Contents** (on page 3)
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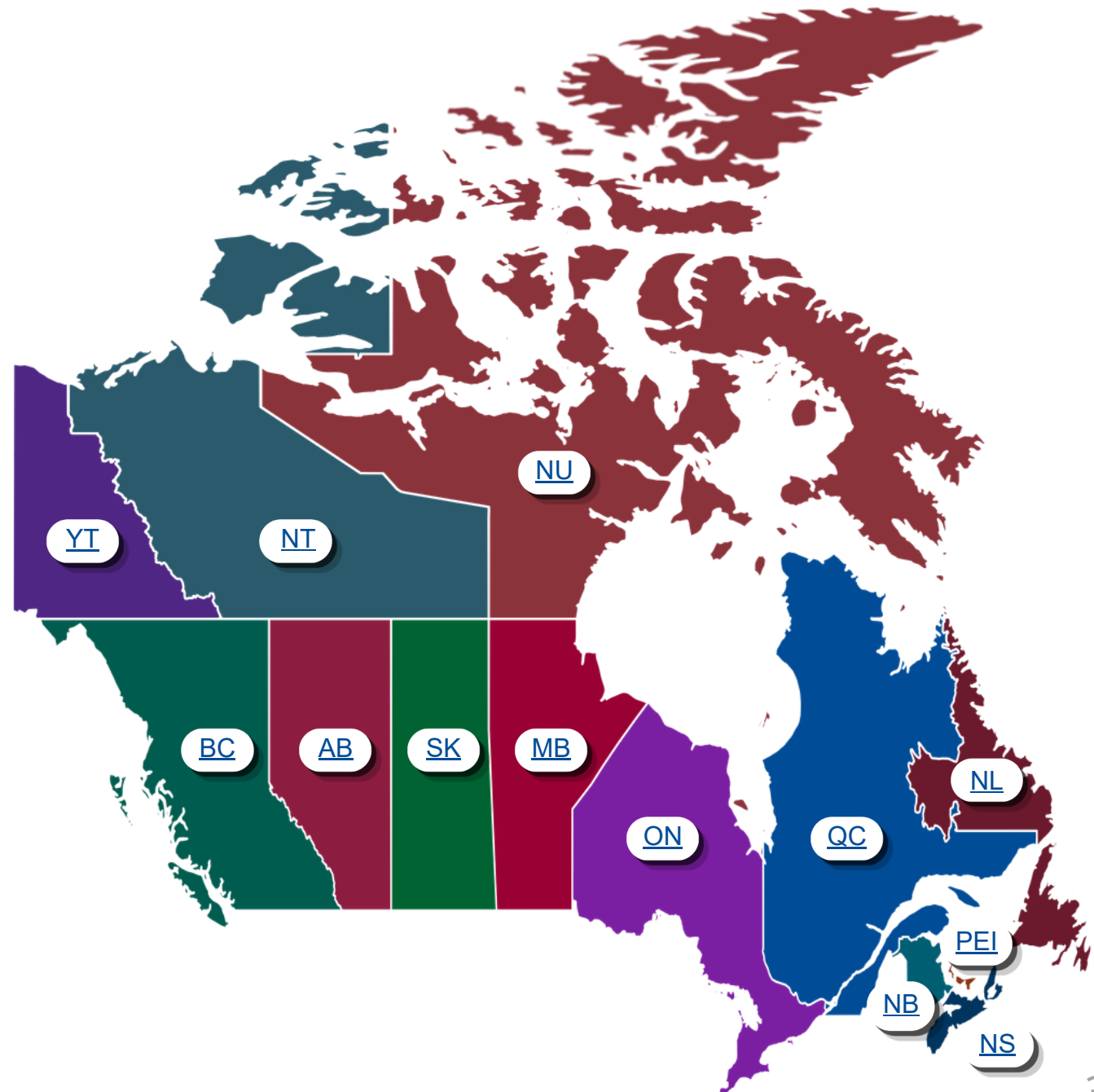
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General:

Infographic: Understanding Different Types of Dementia | National Institute on Aging

<https://www.nia.nih.gov/health/alzheimers-and-dementia/understanding-different-types-dementia>

***What is Dementia?** | Alzheimer Society of Canada

<https://alzheimer.ca/en/about-dementia/what-dementia>

***What is Alzheimer's disease?** | Alzheimer Society of Canada

<https://admin.alzheimer.ca/en/about-dementia/what-alzheimers-disease>

***Vascular Dementia** | Alzheimer Society of Canada

<https://admin.alzheimer.ca/en/about-dementia/other-types-dementia/vascular-dementia>

What is Frontotemporal Dementia: Disease Overview | The Association for Frontotemporal Degeneration

<https://www.theaftd.org/what-is-ftd/disease-overview/>

What is Lewy Body Dementia? | Canadian Lewy Body Dementia Information

<https://www.canadianlbdinfo.ca/what-is-lbd.html>

Training and Support Manual for Carers of People with Dementia | World Health Organization

<https://www.who.int/publications/i/item/9789241515863>

***Young Onset Dementia** | Alzheimer Society of Canada

<https://alzheimer.ca/en/about-dementia/other-types-dementia/young-onset-dementia>



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General:

***Mixed Dementia** | Alzheimer Society of Canada

<https://admin.alzheimer.ca/en/about-dementia/other-types-dementia/mixed-dementia>

What are Behaviours in Dementia? | Behaviours in Dementia Toolkit - Canadian Coalition for Seniors' Mental Health

<https://behavioursindementia.ca/learn-about-behaviours-in-dementia/>

***I'm Caring for a Person Living with Dementia** | Alzheimer Society of Canada

<https://alzheimer.ca/en/help-information/im-caring-person-living-dementia>

Live Life as a Confident Care Partner | Teepa Snow

<https://teepasnow.com/resources/for-families-and-friends/>

Youth in Action: A Toolkit for Young Dementia Supporters | Schlegel-UW Research Institute for Aging (RIA)

<https://the-ria.ca/resources/youth-in-action-a-toolkit-for-young-dementia-supporters/>

***Helping Children Understand Dementia** | Alzheimer Society

<https://alzheimer.ca/en/help-information/i-have-friend-or-family-member-who-lives-dementia/helping-children-understand>

***Talking to Kids About Dementia** | Bayshore HealthCare

<https://www.bayshore.ca/resources/talking-to-kids-about-dementia/>

Support for Families with Kids and Teens | The Association for Frontotemporal Degeneration

<https://www.theaftd.org/living-with-ftd/kids-and-teens/>

Hope for Dementia

<https://hopefordementia.org/>



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General:

***Managing Ambiguous Loss and Grief** | Alzheimer Society

<https://alzheimer.ca/en/help-information/im-caring-person-living-dementia/managing-ambiguous-loss-grief>

***Dementia Awareness Resources Toolkit** | Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/dementia/awareness-resources-toolkit.html>

***Dementia: Tips on how you can help** | Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/dementia/tips-how-you-can-help.html>

***Tip sheet: How to Communicate with a Person Living with Dementia** | Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/dementia/tip-sheet-how-communicate.html>

Dementia Resources from Around the World | Baycrest

<https://www.baycrest.org/education-and-training/dementia-resources-around-the-world/>

Podcast: Defy Dementia | Baycrest

<https://www.baycrest.org/defy-dementia/>

***Providing Day-to-Day Care** | Alzheimer Society of Canada

<https://alzheimer.ca/en/help-support/im-caring-person-living-dementia/providing-day-day-care>

Resources | The Brainwell Institute

<https://brainwellinstitute.org/resources/>



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Resources: By Us For Us Guides | Schlegel-UW Research Institute for Aging (RIA)

<https://the-ria.ca/resources/by-us-for-us-guides/>

***Trusted Resources: Dementia Education Program** | McGill University

<https://www.mcgill.ca/dementia/resources/trusted-resources>



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Health Care:

***About Canada's Health Care System** | Government of Canada

<https://www.canada.ca/en/health-canada/services/canada-health-care-system.html>

***Caregiver Resources** | Canadian Centre for Caregiving Excellence

<https://canadiancaregiving.org/resources/caregiver-resources/>

***Home and Community Care in Canada** | Canadian Home Care Association

<https://cdnhomecare.ca/home-and-community-care-in-canada/>

***Mental Health Help** | Canadian Mental Health Association

<https://cmha.ca/find-help/>

***Mental Health Resources** | Canadian Mental Health Association

<https://cmha.ca/find-info/mental-health/general-info/>

***Palliative Care: Overview** | Government of Canada

<https://www.canada.ca/en/health-canada/services/health-services-benefits/palliative-care.html>

***Palliative Care: National, Provincial and Territorial Resources** | Government of Canada

<https://www.canada.ca/en/health-canada/services/health-services-benefits/palliative-care/resources.html>

***Programs and Services** | Canadian Virtual Hospice

https://www.virtualhospice.ca/en_US/Main+Site+Navigation/Home/Support/Resources/Programs+and+Services/Provincial.aspx



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Health Care:

***Provincial Resources** | Forward with Dementia: A Guide to Living with Dementia

<https://forwardwithdementia.ca/resource/5-8-provincial-resources/>

***The National Voice for Hospice Palliative Care in Canada** | Canadian Hospice Palliative Care Association

<https://www.chpca.ca/>

***Welcome to Dementia Wellness Canada** | Dementia Wellness

<https://dementiawellness.com/>

***What is Hospice Palliative Care?** | Canadian Hospice Palliative Care Association

<https://www.chpca.ca/education/what-is-hospice-palliative-care/>



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Community:

***211 Canada: Connect to Essential Services / Source d'Information sur les Services Sociaux et de Santé non Cliniques Communautaires et Gouvernementaux au Canada** | United Way of Canada

<https://211.ca/>

***Alzheimer Society of Canada**

<https://alzheimer.ca/en>

***Care Partners** | Forward with Dementia: A Guide to Living with Dementia

https://forwardwithdementia.ca/resource_category/care-partners/

***National Resource Library** | Alzheimer Society of Canada

<https://alzheimer.ca/en/help-support/dementia-resources/national-resource-library>

Providing Rare Dementia Support Across Canada | Rare Dementia Support Canada

<https://raredementiasupport.ca/>

Service, Awareness, and Empowerment for Young Caregivers and their Families Nationwide | Young Caregivers Association

<https://youngcaregivers.ca/>

We Heal. We Advocate. We Educate. We Bring Light to Families of Younger-Onset Dementia | Lorenzo's House

<https://www.lorenzoshouse.org/>



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Legal and Financial:

***Advance Care Planning Canada** | Advance Care Planning Canada

<https://www.advancecareplanning.ca/>

***Advance Care Planning and the Law** | Advance Care Planning Canada

<https://www.advancecareplanning.ca/acp-basics/acp-and-the-law/>

***Canada Caregiver Credit** | Government of Canada

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html>

***Elder Abuse** | Government of Canada

<https://www.canada.ca/en/public-health/services/health-promotion/aging-seniors/elder-abuse.html>

***Medical Assistance in Dying: National Conversation on Advance Requests** | Government of Canada

<https://www.canada.ca/en/health-canada/services/health-services-benefits/medical-assistance-dying/national-conversation-advance-requests.html>

***Palliative Care: Preparing and Deciding** | Government of Canada

<https://www.canada.ca/en/health-canada/services/health-services-benefits/palliative-care/preparing-deciding.html>

***Programs and Services for Seniors** | Government of Canada

<https://www.canada.ca/en/employment-social-development/campaigns/seniors.html>



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Legal and Financial:

Provides Free Legal Services for Low-Income Older Adults 60 Years of Age and Over in the Greater Toronto Area | The Advocacy Centre for the Elderly

<https://www.ancelaw.ca/>

***What Every Older Canadian Should Know About: Having a Will and Making Funeral Plans** | Government of Canada

<https://www.canada.ca/en/employment-social-development/corporate/seniors-forum-federal-provincial-territorial/will-funeral-plan.html>

***What Every Older Canadian Should Know About: Powers of Attorney (for Financial Matters and Property) and Joint Bank Accounts** | Government of Canada

<https://www.canada.ca/en/employment-social-development/corporate/seniors-forum-federal-provincial-territorial/power-attorney-financial.html>

***What to do When Someone Dies: Estates and Wills** | Government of Canada

<https://www.canada.ca/en/services/life-events/death/estates-wills.html>

***Your Decision Maker(s)** | Advance Care Planning Canada

<https://www.advancecareplanning.ca/acp-basics/substitute-decision-maker/>



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Health Care:

811 Health Link: Free 24/7 Phone Line that Provides Health Advice and Information from a Registered Nurse |
Primary Care Alberta

<https://www.primarycarealberta.ca/page14176.aspx>

Adult Day Programs | Alberta Health Services

<https://www.albertahealthservices.ca/cc/Page15504.aspx>

Home Care | Alberta Health Services

<https://www.albertahealthservices.ca/findhealth/service.aspx?id=7553>

Hospice Care: Palliative & End-of-Life Care | Alberta Health Services

<https://www.albertahealthservices.ca/info/Page13766.aspx>

List of Publicly Funded Designated Supportive Living Accommodations and Long-Term Care Facilities | Alberta Government

<https://open.alberta.ca/publications/publicly-funded-designated-supportive-living-accommodations-and-long-term-care-facilities>

Resource Directory | Alberta Hospice Palliative Care Association

<https://ahpca.ca/resource-directory/>

Respite Care | Alberta Health Services

<https://www.albertahealthservices.ca/findhealth/service.aspx?id=7789>



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Community:

211 Alberta: Find Programs and Services in your Community | United Way Alberta Capital Region, Distress Centre, and Canadian Mental Health Association Edmonton

<https://ab.211.ca/>

Alzheimer Society of Alberta and Northwest Territories

<https://alzheimer.ca/ab/en>

Caregivers Alberta

<https://www.caregiversalberta.ca/>

Dementia Advice | Alberta Health Services

<https://www.albertahealthservices.ca/findhealth/Service.aspx?id=1069001&serviceAtFacilityID=1107753>

Dementia in the Workplace | Alzheimer Society of Alberta and Northwest Territories

<https://www.dementiaalberta.ca/>

Healthy Aging CORE Alberta | Collaborative Online Resources & Education Alberta

<https://corealberta.ca/>

Help for Dementia | Alzheimer Society of Alberta and Northwest Territories

<https://www.helpfordementia.ca/>



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Legal and Financial:

Advance Planning | Government of Alberta

<https://www.alberta.ca/decision-making-advance-planning>

Alternate Personal Decision-Making Options for Adults | Government of Alberta

<https://www.alberta.ca/making-personal-decisions-for-incapable-adults>

Enduring Power of Attorney | Government of Alberta

<https://www.alberta.ca/enduring-power-of-attorney>



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Health Care:

811 HealthLink BC: Free Health Information and Advice from Health Care Professionals, Available in Over 130 Languages | Province of British Columbia

<https://www.healthlinkbc.ca/find-care/healthlink-bc-8-1-1-services>

Care at the End of Life | HealthLink BC

<https://www.healthlinkbc.ca/healthwise/care-end-life>

Caregiver Respite and Relief | Government of British Columbia

<https://www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/caregiver-respite-relief>

Directory of Hospice Providers | British Columbia Hospice Palliative Care Association

<https://map.bchpca.org/>

Healthy Aging | HealthLink BC

<https://www.healthlinkbc.ca/living-well/getting-older/healthy-aging>

Home and Community Care | Government of British Columbia

<https://www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care>

Long-Term Care Services | Government of British Columbia

<https://www2.gov.bc.ca/gov/content/health/accessing-health-care/home-community-care/care-options-and-cost/long-term-care-services>



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Community:

211 British Columbia: Connect with the Help you Need / *À Trouver les Programmes et Services de Votre

Région | United Way British Columbia

<https://bc.211.ca/>

Alzheimer Society of BC and Yukon

<https://alzheimer.ca/bc/en>

Dementia | HealthLink BC

<https://www.healthlinkbc.ca/health-library/illnesses-and-conditions/dementia>

Embracing Life Beyond Dementia | BC Dementia Care Society

<https://www.bcdementiacare.org/>

Family Caregivers of British Columbia

<https://www.familycaregiversbc.ca/>

***Information, Advocacy, & Support for BC Seniors** | Seniors First BC

<https://seniorsfirstbc.ca/>

Seniors | Government of British Columbia

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors>

Supporting the Non-Medical Needs of Older Adults from Priority Populations in BC | Better at Home

<https://betterathome.ca/>



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Legal and Financial:

Advance Care Planning | Government of British Columbia

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors/health-safety/advance-care-planning>

Choosing a Substitute Decision-Maker (SDM) | HealthLink BC

<https://www.healthlinkbc.ca/healthwise/choosing-substitute-decision-maker-sdm>

Dementia: Legal Issues | HealthLink BC

<https://www.healthlinkbc.ca/healthwise/dementia-legal-issues>

Preventing Abuse and Neglect of Older Adults | HealthLink BC

<https://www.healthlinkbc.ca/healthlinkbc-files/preventing-abuse-and-neglect-older-adults>



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Health Care:

***Health Care Options for Manitoba Families** | Government of Manitoba

<https://www.gov.mb.ca/betterhealth/index.html>

***Health Links – Info Santé** | Misericordia Health Centre

<https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>

***Home Care Services in Manitoba** | Government of Manitoba

<https://www.gov.mb.ca/health/homecare/>

***List of Services and Supports** | Government of Manitoba

<https://www.gov.mb.ca/fs/clds/services-supports.html>

***Palliative Care** | Government of Manitoba

https://www.gov.mb.ca/health/palliative_care.html

***Personal Care Homes in Manitoba** | Government of Manitoba

<https://www.gov.mb.ca/health/pch/index.html>

Self & Family-Managed Home Care Services in Manitoba | Care Possible

<https://www.carepossible.ca/>



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Community:

211 Manitoba: Connect to Community Resources anywhere in Manitoba | United Way Winnipeg

<https://mb.211.ca/>

211 Manitoba: Trouver des Services Communautaires, Gouvernementaux et Sociaux | United Way Winnipeg

<https://mb.211.ca/recherche/>

A & O: Support Services for Older Adults

<https://www.aosupportservices.ca/>

Alzheimer Society of Manitoba

<https://alzheimer.mb.ca/>

***Manitoba Seniors Guide** | Government of Manitoba

<https://www.manitoba.ca/seniors/>

***Seniors Resource Finders** | Winnipeg Regional Health Authority

<https://wrha.mb.ca/support-services-to-seniors/seniors-resource-finders/>



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Legal and Financial:

***Advance Care Planning** | Winnipeg Regional Health Authority

<https://wrha.mb.ca/advance-care-planning/>

***Health Care Directives in Manitoba** | Province of Manitoba

<https://www.gov.mb.ca/health/livingwill.html>

***Information for Substitute Decision Makers** | Province of Manitoba

<https://www.manitoba.ca/fs/calido/substitute-decision-maker-info.html>

***Powers of Attorney** | Province of Manitoba

https://gov.mb.ca/publictrustee/powers_of_attorney.html

***Primary Caregiver Tax Credit** | Government of Manitoba

<https://www.gov.mb.ca/finance/tao/caregiver.html>



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Health Care:

***811 Tele-Care: Get 24-Hour Support from a Nurse to Determine if you Need to Seek Care or get Referred for an Appointment / Obtenez le Soutien d'une Infirmière 24 Heures sur 24 pour déterminer si vous Devez Obtenir des Soins ou être Aiguillé vers un Professionnel de la Santé** | Government of New Brunswick

<https://www.gnb.ca/en/topic/health-wellness/access-health-care/tele-care-811.html>

***Home Support Services** | Social Supports New Brunswick

<https://socialsupportsnb.ca/en/program/home-support-services>

***Palliative Care** | Government of New Brunswick

<https://www.gnb.ca/en/topic/health-wellness/manage-health-disease/palliative-care.html>

***Types of Long-Term Care** | Government of New Brunswick

<https://www.gnb.ca/en/topic/health-wellness/manage-health-disease/dementia/long-term-care.html>

***Using respite care to support primary caregivers** | Government of New Brunswick

<https://www.gnb.ca/en/topic/health-wellness/manage-health-disease/dementia/respice-care.html>



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Community:

***211 New Brunswick: Find Community, Government and Social Services / Trouver des Services Communautaires, Gouvernementaux et Sociaux** | United Way of Canada

<https://nb.211.ca/>

***Alzheimer Society of New Brunswick**

<https://alzheimer.ca/nb/en>

***Find Programs and Services** | Social Supports NB

<https://socialsupportsnb.ca/en/>

***The Voice of Caregivers in NB** | Caregivers NB

<https://www.caregiversnb.org/>



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Legal and Financial:

***Advance Care Planning** | Horizon Health Network

<https://horizonnb.ca/patients-visitors/advance-care-planning/>

***Supported Decision-Making** | Inclusion NB

<https://www.inclusionnb.ca/supported-decision-making/>



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Health Care:

811 HealthLine: Medical Advice and Health Information / *Conseils Médicaux et Renseignements sur la Santé |

Government of Newfoundland and Labrador

<https://www.811healthline.ca/>

Health and Community Services: Services in Your Region | Government of Newfoundland and Labrador

<https://www.gov.nl.ca/hcs/findhealthservices/in-your-community/#rltcs>

Home Care | NL Health Services

<https://nlhealthservices.ca/servicelisting/home-care-services/>

Palliative Care | NL Health Services

<https://nlhealthservices.ca/servicelisting/palliative-care/>

Respite Care | Eastern Health Long-Term Care (LTC)

<https://ltc.easternhealth.ca/services-and-programs/respice-care/>



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Community:

***211 Newfoundland and Labrador: Find Community, Government and Social Services / Trouver des Services Communautaires, Gouvernementaux et Sociaux** | United Way Newfoundland and Labrador

<https://nl.211.ca/>

Alzheimer Society of Newfoundland and Labrador

<https://alzheimer.ca/nl/en>

Resources, Information and Connection | SeniorsNL

<https://www.seniorsnl.ca/>

Welcome to Dementia-Friendly Communities | Well-being NL

<https://dementiafriendlynl.ca/>



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Legal and Financial:

***Advance Health Care Directives** | Public Legal Information Association of Newfoundland & Labrador (PLIAN)

<https://publiclegalinfo.com/legal-info/wills-and-estates/advance-health-care-directives/>

Caregiver Benefit | NL Health Services

<https://nlhealthservices.ca/key-information/caregiver-benefit-2/>

Provincial Dementia Care Navigator: Dementia Care and Support Services | Government of Newfoundland and Labrador

<https://www.gov.nl.ca/seniors/seniors-health-care/dementia-care-and-support-services/>

***Provincial Resources: Newfoundland and Labrador** | Advance Care Planning Canada

<https://www.advancecareplanning.ca/acp-across-canada/provinces-and-territories/newfoundland-and-labrador/>

Seniors: Legal Information | Government of Newfoundland and Labrador

<https://www.gov.nl.ca/seniors/info/legal/>



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Health Care:

***811: Confidential Advice and Support from a Registered Nurse / Parler à un Infirmier Autorisé et Obtenir Conseils et du Soutien en Toute Confidentialité** | Department of Health and Social Services, Government of Northwest Territories

<https://www.hss.gov.nt.ca/en/services/811>

***Continuing Care Services** | Department of Health and Social Services, Government of Northwest Territories

<https://www.hss.gov.nt.ca/en/services/continuing-care-services>

Empowering Seniors with Compassionate Care and Community | Avens

<https://www.avensseniors.com/>

***Home and Community Care** | Department of Health and Social Services, Government of Northwest Territories

<https://www.hss.gov.nt.ca/en/services/continuing-care-services/home-and-community-care>

Hospice Palliative Care of Northwest Territories | Canadian Hospice Palliative Care Association

<https://www.chpca.ca/listing/hospice-palliative-care-of-northwest-territories/>

***Long Term Care** | Department of Health and Social Services, Government of Northwest Territories

<https://www.hss.gov.nt.ca/en/services/continuing-care-services/long-term-care>

***Who to Contact for Information About Home Care in Your Community** | Department of Health and Social Services, Government of Northwest Territories

<https://www.hss.gov.nt.ca/en/services/continuing-care-services/contact-information-home-care>



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Community:

211 Northwest Territories: Find information on social, community, health and government services in your community | United Way of Canada

<https://nt.211.ca/>

Alzheimer Society of Alberta and Northwest Territories

<https://alzheimer.ca/ab/en>

Seniors Helping Seniors | Northwest Territories Senior's Society

<https://nwtseiors.ca/>



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Legal and Financial:

***Power of Attorney** | Justice Department, Government of Northwest Territories

<https://www.justice.gov.nt.ca/en/power-of-attorney/>

***Territorial Resources: Northwest Territories** | Advance Care Planning Canada

<https://www.advancecareplanning.ca/acp-across-canada/provinces-and-territories/northwest-territories/>



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Health Care:

***811 Nova Scotia: Trusted Health Advice from a Registered Nurse / Les Conseils Fiabes sur la Santé Donnés par une Infirmière Immatriculée** | Province of Nova Scotia
<https://811.novascotia.ca/>

***Continuing Care** | Nova Scotia Health
<https://www.nshealth.ca/continuing-care>

***Facility Based Respite Care** | Government of Nova Scotia
<https://novascotia.ca/dhw/ccs/respice-care.asp>

Home Care | Government of Nova Scotia
<https://novascotia.ca/dhw/ccs/home-care.asp>

***Home Care and Community Care Services** | Nova Scotia Health
<https://www.nshealth.ca/clinics-programs-and-services/home-care-and-community-care-services>

***Long Term Care** | Government of Nova Scotia
<https://novascotia.ca/dhw/ccs/long-term-care.asp>

Nova Scotia Hospice Palliative Care Association
<https://nshpca.ca/>

***Respite and Caregiver Support** | Nova Scotia Health
<https://www.nshealth.ca/clinics-programs-and-services/respice-and-caregiver-support>



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Community:

***211 Nova Scotia: Connect to Community, Government, and Social Services in Nova Scotia / Accédez aux Services Communautaires, Gouvernementaux et Sociaux de la Nouvelle-Écosse** | United Way of Canada

<https://ns.211.ca/>

Alzheimer Society of Nova Scotia

<https://alzheimer.ca/ns/en>

***Caregivers Nova Scotia**

<https://caregiversns.org/>



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Legal and Financial:

***Advance Care Planning: Making Your Personal and Medical Wishes Known** | Nova Scotia Health

<https://www.nshealth.ca/patient-education-resources/1942>

***Caregiver Benefit** | Government of Nova Scotia

<https://novascotia.ca/dhw/ccs/caregiver-benefit.asp>

***Provincial Resources: Nova Scotia** | Advance Care Planning Canada

<https://www.advancecareplanning.ca/acp-across-canada/provinces-and-territories/nova-scotia/>



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Health Care:

***811 Info-Santé: Obtain General Information, Advice or Guidance Regarding Non-Urgent Health Issues from Qualified Nursing Personnel / Informations Générales, des Conseils, ou de l'Aide Concernant des Enjeux de Santé Non Urgent par du Personnel en Soins Infirmiers** | Nunavik Regional Board of Health and Social Services
<https://nrbhss.ca/en/nrbhss/planning-and-programming/physical-health/811>

***Home, Community and Respite Care** | Government of Nunavut
<https://www.gov.nu.ca/en/health/home-community-and-continuing-care>

***Long Term Care Facilities in Nunavut** | Government of Nunavut
<https://www.gov.nu.ca/en/health/long-term-care-facilities-nunavut>

***Nunavut Support Directory** | Dying with Dignity Canada
<https://www.dyingwithdignity.ca/education-resources/nunavut-support-directory/>



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Community:

211 Nunavut: Connects you to Programs and Services in your Community | United Way of Canada

<https://nu.211.ca/>

Nunavummi Disabilities Makinnasuaqtiit Society (NDMS)

<https://nuability.ca/>

***Programs and Community Initiatives** | Nunavut Food Security Coalition

<https://www.nunavutfoodsecurity.ca/en/programs-and-community-initiative-profiles>



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Legal and Financial:

Resources | Not Deciding Alone

<https://notdecidingalone.com/nda-resources/>



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Health Care:

***811 - Health811: Connect with a Registered Nurse Day or Night for Free, Secure and Confidential Health Advice / Entrez en Relation avec un(e) Infirmier(ère) Autorisé(e), de Jour Comme de Nuit, pour Recevoir des Conseils Santé Gratuits, Sûrs et Confidentiels** | Government of Ontario
<https://health811.ontario.ca/static/guest/home>

***Caregiver Support and Learnings** | Ontario Health atHome
<https://ontariohealthathome.ca/above-and-beyond-caregiver-recognition-program/resources-for-caregivers/>

***Information about in-home and community-based care** | Ontario Health atHome
<https://ontariohealthathome.ca/>

***Home Care** | Ontario Health atHome
<https://ontariohealthathome.ca/home-care/>

Home Care Services | Home Care Ontario
https://homecareontario.ca/home-care-services/home-care-services/#elementor-toc__heading-anchor-0

Hospice Palliative Care Resources for Individuals, Families and Caregivers | Hospice Palliative Care Ontario
<https://findhospicecare.ca/>

***Long-Term Care** | Ontario Health atHome
<https://ontariohealthathome.ca/long-term-care/>

Our Members | Home Care Ontario
<https://homecareontario.ca/members/our-members/>



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Health Care:

***Respite Care** | Ministry of Health, Government of Ontario

<https://www.ontario.ca/page/respice-care>



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Community:

***211 Ontario: Find Community and Social Resources / Trouver des Services Communautaires, Gouvernementaux et Sociaux** | United Way Centraide and Government of Ontario
<https://211ontario.ca/>

***Alzheimer Society of Ontario**
<https://alzheimer.ca/on/en>

Enhancing Care for Ontario Care Partners | Sinai Health
<https://carersontario.ca/>

***iGeriCare: Bringing Clarity to Dementia** | McMaster University Health Sciences
<https://igericare.healthhq.ca/en>

***Need Assistance? Helpline is Here** | The Ontario Caregiver Association
<https://ontariocaregiver.ca/help/helpline/>

***Point of access for information, resources, and supports to improve the lives of caregivers** | The Ontario Caregiver Organization
<https://ontariocaregiver.ca/>

***I Need Information About** | Young Caregivers Connect: The Ontario Caregiver Organization
<https://youngcaregiversconnect.ca/>



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Legal and Financial:

Advance Care Planning | Advance Care Planning Ontario

<https://advancecareplanningontario.ca/acp>

***Consent and your Personal Health Information** | Information and Privacy Commissioner of Ontario

<https://www.ipc.on.ca/en/health-individuals/consent-and-your-personal-health-information>

***Make a Power of Attorney** | Government of Ontario

<https://www.ontario.ca/page/make-power-attorney>

***Resources for Caregivers of Frail Seniors** | Trillium Health Partners

<https://www.thp.ca/patientsupport/caregiver-resources/Pages/default.aspx>

Substitute Decision-Maker | Advance Care Planning Ontario

<https://advancecareplanningontario.ca/substitute-decision-makers>

***Substitute Decision-Maker** | Ontario Health atHome

<https://ontariohealthathome.ca/getting-started/substitute-decision-maker/>



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Health Care:

***811 Telehealth:** Dial 8-1-1 to Access Non-Emergency Health Information from a Registered Nurse. Dial 7-1-1 if you are Hearing Impaired / *Composez le 8-1-1 pour Obtenir de l'Information Non-Urgente en Matière de Santé par une Infirmière Immatriculée. Composez le 7-1-1 si vous êtes une Personne Malentendante* | Government of Prince Edward Island

<https://www.princeedwardisland.ca/en/information/health-and-wellness/811-telehealth>

***AccessAbility Supports** | Government of Prince Edward Island

<https://www.princeedwardisland.ca/en/information/social-development-and-seniors/accessability-supports>

***Home Care Program** | Government of Prince Edward Island

<https://www.princeedwardisland.ca/en/information/health-pei/home-care-program>

***Long-Term Care** | Government of Prince Edward Island

<https://www.princeedwardisland.ca/en/information/health-pei/long-term-care>

***Palliative Care** | Government of Prince Edward Island

<https://www.princeedwardisland.ca/en/information/health-pei/palliative-care>



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Community:

***211 PEI: Find Community and Social Resources / Trouver des Ressources Communautaires et Sociales** | United Way Prince Edward Island

<https://pe.211.ca/>

Alzheimer Society of Prince Edward Island

<https://alzheimer.ca/pei/en>

***Seniors** | Government of Prince Edward Island

<https://www.princeedwardisland.ca/en/topic/seniors>

***Seniors Navigators** | Government of Prince Edward Island

<https://www.princeedwardisland.ca/en/information/social-development-and-seniors/seniors-navigators>



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Legal and Financial:

***Advance Care Planning** | Government of Prince Edward Island

<https://www.princeedwardisland.ca/en/information/health-pei/advance-care-planning>

***Health Care Decisions** | Community Legal Information

<https://legalinfopei.ca/information/resource/health-care-decisions>

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Health Care:

***811 - Info-Santé 811: Free and Confidential Telephone Consultation Service from a Nurse in Case of a Non-Urgent Health Issue | Service de Consultation Téléphonique Gratuit et Confidentiel par une Infirmière en Cas de Problème de Santé Non Urgent | Gouvernement du Québec**

<https://www.quebec.ca/en/health/finding-a-resource/info-sante-811>

***Accommodation in a Public Facility | Régie de l'Assurance Maladie du Québec (RAMQ)**

<https://www.ramq.gouv.qc.ca/en/citizens/aid-programs/accommodation-a-public-facility>

Centres d'Hébergement et de Soins de Longue Durée (CHSLD) et Maison des Aînés (MDA) | Centre Intégré Universitaire de Santé et de Services Sociaux de la Capitale-Nationale, Gouvernement du Québec

<https://www.ciusss-capitalenationale.gouv.qc.ca/services/aines/residence-hebergement/chsld>

***Home Support Services | Centre Intégré Universitaire de Santé et de Services Sociaux de l'Ouest-de-l'Île-de-Montréal, Gouvernement du Québec**

<https://www.ciusss-ouestmtl.gouv.qc.ca/en/care-and-services/seniors-residents-and/or-those-experiencing-a-loss-of-independence/home-support-services>

***Home Care Services and How to Access Them | Santé Montérégie Portal, Gouvernement du Québec**

<https://www.santemonteregie.qc.ca/en/center/home-care-services-and-how-access-them>

***Palliative Care and End-of-Life Care | Centre Intégré Universitaire de Santé et de Services Sociaux de l'Ouest-de-l'Île-de-Montréal, Gouvernement du Québec**

<https://www.ciusss-ouestmtl.gouv.qc.ca/en/care-and-services/palliative-care-and-end-of-life-care>



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Health Care:

***Respite Care** | *Centre Intégré Universitaire de Santé et de Services Sociaux de l'Ouest-de-l'Île-de-Montréal, Gouvernement du Québec*

<https://www.ciusss-ouestmtl.gouv.qc.ca/en/care-and-services/intellectual-disability-autism-spectrum-disorder-and-physical-disability/respice-services>



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Community:

***211 Quebec: Information on Community, Public and Parapublic Services / Information sur les Services Communautaires, Publics et Parapublics** | United Way of Canada
<https://qc.211.ca/en/home>

Ensemble Pour une Alimentation Saine et un Soutien à Domicile au Service des Personnes Aînées | Regroupement des popotes roulantes du Québec
<https://www.popotes.org/>

***Federation of Quebec Alzheimer Societies**
<https://alzheimer.ca/federationquebecoise/en>

***I am a Caregiver: Some Practical Tips and Tricks to Support You** | L'Appui Pour les Proches aidants
<https://www.lappui.org/en/practical-advice/>

***Informal and Family Caregiver** | Gouvernement du Québec
<https://www.quebec.ca/en/family-and-support-for-individuals/informal-and-family-caregiver>

Regroupement d'Organismes Engagés pour les Personnes Proches Aidantes | Proche Aidance Québec
<https://procheaidance.quebec>

***Resource Directory** | Appui Proches Aidants
<https://www.lappui.org/en/directory-of-resources/>



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Legal and Financial:

***Authorization or Power of Attorney** | *Revenu Québec*

<https://www.revenuquebec.ca/en/citizens/your-situation/authorization-or-power-of-attorney/>

***Power of Attorney** | *Gouvernement du Québec*

<https://www.quebec.ca/en/finance-income-and-other-taxes/power-attorney-legal-protection/power-attorney>

***Provincial Resources: Quebec** | Advance Care Planning Canada

<https://www.advancecareplanning.ca/acp-across-canada/provinces-and-territories/quebec/>

***Tax Credit for Caregivers** | *Revenu Québec*

<https://www.revenuquebec.ca/en/citizens/tax-credits/tax-credit-for-caregivers/>



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Health Care:

***811 - HealthLine 811: Confidential, 24-Hour Health and Mental Health and Addictions Advice, Education and Support Telephone Line / Une Ligne Téléphonique Confidentielle, Accessible 24 Heures sur 24, Offrant des Conseils, de l'Information et du Soutien en Matière de Santé, de Santé Mentale et de Toxicomanie** | Government of Saskatchewan

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline>

***Home Care** | Government of Saskatchewan

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/home-care>

Home Care | Saskatchewan Health Authority

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/home-care>

Long-Term Care | Saskatchewan Health Authority

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/long-term-care>

Palliative Care | Saskatchewan Health Authority

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/palliative-care>

***Palliative Care Programs** | Government of Saskatchewan

<https://www.saskatchewan.ca/Residents/Health/Accessing-Health-Care-Services/Palliative-Care-Programs>

***Special Care Homes** | Government of Saskatchewan

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/special-care-homes#types-of-special-care-homes>



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Community

211 Saskatchewan: Find Community, Government and Social Services | United Way Regina
<https://sk.211.ca/>

Alzheimer Society of Saskatchewan
<https://alzheimer.ca/sk/en/>

Caregiver Services Overview | Saskatoon Council on Aging
<https://www.scoa.ca/caregiver-services-overview>

Community Resources & Links | Saskatoon Council on Aging
<https://www.scoa.ca/community-resources-links>

Directory of Services and Social Activities for Older Adults | Saskatoon Council on Aging
<https://www.scoa.ca/directory-of-services-and-social-activities-for-older-adults>

Programs and Resources | Saskatchewan Seniors Mechanism: Older Adults Moving Forward
<https://skseniorsmechanism.ca/programs-resources/>



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Legal and Financial:

Advance Care Planning | Saskatchewan Health Authority

<https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/advance-care-planning>

***Provincial Resources: Saskatchewan** | Advance Care Planning Canada

<https://www.advancecareplanning.ca/acp-across-canada/provinces-and-territories/saskatchewan/>

***Powers of Attorney for Adults** | Government of Saskatchewan

<https://www.saskatchewan.ca/residents/justice-crime-and-the-law/power-of-attorney-guardianship-and-trusts/powers-of-attorney-for-adults>

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Health Care:

***811 HealthLine: Access 24-Hour Health Advice from Registered Nurses / Accès 24/24 à des Conseils en Santé par une Infirmière Autorisée** | Government of Yukon

<https://yukon.ca/en/health-and-wellness/care-services/access-24-hour-health-advice-811>

***Find Information on Long-Term Care in the Yukon** | Government of Yukon

<https://yukon.ca/en/health-and-wellness/care-services/find-information-long-term-care-yukon>

***Find Information on Palliative Care** | Government of Yukon

<https://yukon.ca/en/palliative-care>

***Learn About the Home Care Program** | Government of Yukon

<https://yukon.ca/en/health-and-wellness/care-services/learn-about-home-care-program>

***Resources** | Hospice Yukon

<https://hospiceyukon.net/en/reading-room/resources/>

***Services** | Hospice Yukon

<https://hospiceyukon.net/en/services/>



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Community:

211 Yukon: Find Community, Government and Social Services | United Way of Canada and Government of Yukon

Department of Health and Social Services

<https://yt.211.ca/>

Alzheimer Society of BC and Yukon

<https://alzheimer.ca/bc/en>

YAPC Resources | Yukon Anti-Poverty Coalition (YAPC)

<https://yapc.ca/>

***Learn About the Seniors and Elders Community Day Program** | Government of Yukon

<https://yukon.ca/en/health-and-wellness/care-services/learn-about-seniors-and-elders-community-day-program>



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Legal and Financial:

***Learn About Enduring Power of Attorney** | Government of Yukon

<https://yukon.ca/en/enduring-power-of-attorney>

***Making a Health Care Decision for a Loved One Brochure** | Government of Yukon

<https://yukon.ca/en/making-health-care-decision-loved-one-brochure>

***Plan for Your Future Health Care Decisions** | Government of Yukon

<https://yukon.ca/en/advance-directives>

Image Reference

[1] Karpovich. (2020). [Senior couple enjoying a cozy moment together on a comfortable sofa in a bright living room](#) [Photograph]. Pexels.

Disclaimer

This document provides a list of dementia care resources available across Canada. While we strive to include reputable and helpful organizations, this is not an exhaustive or comprehensive directory of all available resources or services. Availability, eligibility, and quality of services may vary by region. You are encouraged to conduct additional research and consult health care professionals to find resources best suited to your individual needs.

The information and links presented in this documents are current as of: **May 2026**.

If you have suggestions to be added to our list of resources, please email **CHCRI@conestogac.on.ca**

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