

Positive Aging

2025–2026 Directory of Programs and Services



Help Starts Here • Call 211 • Text 211 • Visit ns.211.ca



Important Numbers

Continuing Care

Home Care, Long-Term Care, Caregiver Benefit Program, Adult Protection

1-800-225-7225

Provincial Services, Programs and Initiatives

To learn more about provincial government services, programs (Seniors Care Grant, HARP) and initiatives, contact Public Enquiries, Service Nova Scotia.

Phone: 902-424-5200

Phone toll-free

(within North America): 1-800-670-4357

Telecommunication Device for the Hearing and Speech Impaired (TTY)

Toll-free (within North America): 1-877-404-0867

E-mail: askus@novascotia.ca

Government of Canada—Federal Programs ★

For information about federal programs and services,

Phone toll-free: 1-800-O-CANADA (1-800-622-6232)

TTY: 1-800-926-9105

Visit: www.canada.ca

Canada Revenue Agency

Phone: 1-800-959-8281

Visit: www.canada.ca/en/revenue-agency/corporate/contact-information.html

Employment Insurance benefits

English: 1-800-206-7218

Français: 1-800-808-6352

Visit: www.canada.ca/en/services/benefits/ei

GST/HST Tax Credit: 1-800-387-1193

Passports: 1-800-567-6868

Social Insurance Number

English / Français: 1-866-274-6627

Old Age Security, Guaranteed Income Supplement, and Canada Pension Plan

English: 1-800-277-9914

Français: 1-800-277-9915

Taxes, Pension & Legal Services

Personal Tax Queries: 1-800-959-8281

Community Volunteer Income

Tax Program: 1-855-516-4405

MSI (health cards): 1-800-563-8880

Pharmacare Program: 1-800-544-6191

Property Tax Rebate: 1-800-670-4357

Provincial Pension Plans: 902-424-5070

..... or 1-800-774-5070

Legal

Nova Scotia Legal Aid Commission ★

Phone: 1-877-420-6578

Visit: www.nslegalaid.ca/legal-aid-offices

Nova Scotia Office of the Ombudsman ★

Provides an independent review of complaints involving government programs and services.

Phone: 902-424-6780

Toll-free: 1-800-670-1111

E-mail: ombudsman@novascotia.ca

Other Important Numbers

Power Outage: 1-877-428-6004

Bell Aliant Outage: 611 or 1-800-663-2600

Eastlink Outage: 1-888-345-1111

Drinking-water Safety: 1-877-936-8476

Food Safety: 1-877-252-FOOD (3663)

Housing Inquiries: 902-426-6642

Important Numbers

EMERGENCY—Call 911 ★

Ambulance — Fire — Police

For life threatening emergencies, dial 9-1-1.

This phone line is for assistance in medical, fire, and police emergencies only. The caller will get connected to the dispatch office which can send emergency responders to the caller's location to address the emergency. Available in over 100 languages and is available to teletypewriter (TTY) users.

NON-EMERGENCY: Information and Referral

211 ★

211 is a free and confidential information and referral service where highly trained Community Resource Navigators help find community and social services for anywhere in Nova Scotia.

E-mail: help@ns.211.ca

Text (M–F, 9am–4am, excl. holidays): 211

Visit: www.ns.211.ca

311 ★

311 is a free municipal government service that provides information from anywhere in the HRM on municipal information and services. Available in more than 150 languages, dialling 3-1-1 puts the caller in-touch with city information and resources. Non-emergency service requests submitted online at www.halifax.ca/311

Outside of HRM phone: 902-490-6645

..... or 1-866-236-0020

E-mail: contactus@311.halifax.ca

411 ★

For local directory assistance, dial 4-1-1

It acts like a phone book, with a directory of phone numbers and addresses of businesses and people.

Visit: www.canada411.ca

511 ★

For Nova Scotia road conditions, dial 5-1-1

A free traveller information service operated by the Government of Nova Scotia, offering:

- Highway conditions
- Roadwork

- Major incidents
- Weather alerts
- Availability of ferry services

Visit 511.novascotia.ca/roadconditions

611

For telephone repair service, dial: 6-1-1

711

For Bell Relay Service, dial: 7-1-1

This message relay service is for individuals who are hearing and/or speech impaired.

811 ★

811 allows you 24-hour access to non-emergency health information and advice. The registered nurses provide advice on everyday health questions and concerns and can refer you to many different healthcare services around Nova Scotia and share information about services in your community. If you or a family member does not speak English, 811 provides services in over 125 languages, including French, Arabic, Farsi, and Cantonese, to name a few. There is also a website with reliable information about current health topics in both English and French.

Dial: 8-1-1

Visit: www.811.novascotia.ca

988 ★

If you or someone you know is thinking about suicide, call or text 9-8-8. Support is available 24 hours a day, 7 days a week.

Message from the Premier of Nova Scotia

As we age, we all want to continue living active lives. With the many important contributions that seniors make to their communities and our province, they have more than earned that right.

Our government is committed to making sure seniors have the supports and services they need to stay healthy, active and connected in their communities and remain in their homes. We are also committed to making sure seniors get the care they need, if and when they need it.

We are continuing to make meaningful investments to address these needs, now and in the future. This includes adding and replacing 5,700 single long-term care rooms across the province by 2032 and investing in community-based programs.

We have expanded access to free high-dose influenza vaccines and made the shingles vaccine free for all Nova Scotians aged 65 and older. Those aged 75 and older will also be able to access free RSV vaccine this fall.

There are many excellent seniors' organizations in our province. We will continue to support the great work they do in delivering programs and resources to seniors across Nova Scotia. Many can be found in this directory. I encourage you to use it as a guide to help you and your loved ones stay active and supported in your community.

Together, we're working to improve the lives of Nova Scotia seniors from one end of our remarkable province to the other.

Yours truly,

Honourable Tim Houston



Premier of Nova Scotia



Message from the Minister of Seniors and Long-Term Care

Older Nova Scotians contribute immensely to our province. Many seniors today are active and vibrant and add vitality of their communities.

As the Minister of Seniors and Long-Term Care, I am dedicated to helping all seniors age well and live with the dignity they deserve. Every day, we work to make sure seniors have access to the supports, services, resources, and care they need, when and where they need them. We are also working hard to make life more affordable for all Nova Scotians, including seniors.

- We have made unprecedented progress and investments to support older Nova Scotians, and we will continue building on this work. For example, we are:
- Making life more affordable by lowering the HST rate, indexing tax brackets, raising the personal tax exemption threshold, offering a property tax rebate for seniors, and making a \$750 Seniors Care Grant available to help cover the costs of heating and services.
- Helping seniors remain in their own homes through home care programs and innovative pilots like CAPABLE, the first in Canada.
- Providing an average of 4.1 hours of direct care each day to nursing home residents – one of the highest in the country.
- Adding and replacing 5,700 single, long-term care rooms in approximately 50 new and replacement facilities by 2032.

Working together, we can build a bright future for Nova Scotians at every stage of their lives.

Sincerely,

Honourable Barbara Adams



Deputy Premier and Minister of Seniors and Long-Term Care



Positive Aging

2025–2026 Directory of Programs and Services

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For the most reliable information about services and programs offered by local community groups, non-profits and government departments, dial 211, or visit www.ns.211.ca

About This Directory

How to Use the Directory

This directory provides limited information about agencies, organizations, and service providers. To be sure that you're getting the most up-to-date and appropriate information, call **211** or contact the appropriate agencies, organizations, or service providers.

Endorsement Disclaimer

Although the information in this directory is thought to be accurate, the Province of Nova Scotia cannot warrant its accuracy, completeness, or use. Consumers should be cautious and ensure that the individuals and companies they deal with are reputable. Anyone using information in this directory does so strictly at their own risk. The Province of Nova Scotia shall not be held liable for any losses or damages related to the use of information in this directory. Contact Service Nova Scotia at 1-800-225-8227 or 902-424-7770 to determine whether a business is registered.

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★ This symbol indicates that the government department, organization, or agency is able to respond in French to questions and concerns.

★ Ce symbole indique que le ministère, l'organisme ou l'agence du gouvernement qui offre ce service est en mesure de répondre en français aux questions et aux préoccupations du public.

Department of Seniors and Long-Term Care

The Nova Scotia Department of Seniors and Long-Term Care works to support the inclusion and well-being of older adults in Nova Scotia. Along with our partners, including the Nova Scotia Health Authority, the Department of Health and Wellness, training institutions, home care agencies, long-term care facilities, not for profits, and other sector leaders, we are committed to continually improving programs and services for seniors and for those requiring home care and long-term care.

Our mandate is accomplished by working with our partners to set priorities, policies and standards, providing funding for long-term care and home care providers, protecting older adults from abuse and mistreatment, and supporting caregivers. We work with our partners to share best practices and innovation that help older adults maintain and improve their health.

The department is updating and building 5,700 additional new single-bed rooms and addressing aged infrastructure in the continuing care system across the province. The goal includes an initiative that will construct 53 new and replaced long-term care homes across the province by 2032. All new and renovated long-term care facilities are designed to comply with the accessibility standards and guidelines to ensure they meet the needs of all residents. To stay up to date as projects advance, visit: <http://www.novascotia.ca/long-term-care-rooms-progress-updates>

Home and Community Care

Support for older Nova Scotians comes in a variety of forms. Some individuals may just need a little help to stay home, while others need more interventions like home care. That is why Seniors and Long Term Care works with partners to help Nova Scotians live well in their communities, to support them to receive help at home when they need it and to provide long-term care when the need arises.

The Department works through the spectrum to support aging Nova Scotians, such as the Seniors Care Grant, the Caregiver Benefit, Home Oxygen Services Program, Equipment Loan programs along with meal programs. Should you need or your loved one need more support to remain at home, Home Care services are available to all Nova Scotians who need support to remain independent in their homes and communities. Provided through the Nova Scotia Health Authority, Home Care supplements the help individuals already receive from family, friends, or community supports, making it the first option for care outside of a hospital or a long-term care facility.

To access Home Care, individuals can call Nova Scotia Health Continuing Care at **1-800-225-7225** to speak with the Continuing Care Coordination team, who will arrange an assessment to determine eligibility and service needs. Costs vary based on income and the type of services required, with some services, like nursing care and Home Oxygen Services, provided at no cost.

The Continuing Care Coordination team will confirm any applicable costs during the assessment process. Information on individual programs can be found throughout this directory.

The Continuing Care Coordination team will check in regularly to understand if services are continuing to meet client needs. If circumstances change, services can be adjusted accordingly. While every effort is made to provide services as quickly as possible, demand in some areas may result in wait times. If placed on a waitlist, individuals will be kept informed of their status, and any changes in their condition should be reported to Continuing Care Coordination team. If Home Care or associated programs are no longer sufficient to meet an individual's needs, alternative care options, including long-term care, may be explored with the guidance of Continuing Care Coordination team.

Long-Term Care

The Department of Seniors and Long-Term Care oversees nursing homes and residential care facilities across the province, ensuring quality care for those who can no longer live independently at home. Individuals can call Nova Scotia Health Continuing Care at **1-800-225-7225** to speak with the Continuing Care Coordination team, who will arrange an assessment to determine eligibility and service needs.

Nursing homes provide 24-hour nursing and personal care, including medication administration and assistance with daily living. Additional services may include physiotherapy, occupational therapy, recreation, and support from dietitians. Residents may move into a nursing home from their home or hospital. Residential care facilities offer assistance with personal care, such as bathing, dressing, and reminders for daily routines, with staff available on-site at all times to provide supervision and support.

Residents in both nursing homes and residential care facilities typically have private or semi-private rooms with shared dining, living, and outdoor spaces. They receive three meals a day and snacks, with menus tailored to dietary needs and preferences.

Long-term care costs are shared between the resident and the provincial government. The Department of Seniors and Long-Term Care covers health care costs, while residents pay for accommodation and personal expenses. Standard accommodation rates are set annually by the Department of Seniors and Long-Term Care. Those who can pay the full rate do not require a financial assessment, while residents who need financial assistance may apply for a reduced rate based on an income-based assessment.

To ensure quality care, long-term care facilities are inspected regularly to meet nearly 400 quality and safety requirements. The Department of Seniors and Long-Term Care has policies and monitoring standards in place to maintain consistency in care and services. Admission wait times for licensed nursing homes vary depending on factors such as care needs, facility preferences, and bed availability. The median wait time reflects how long half of all admitted residents waited. To view current wait times in your area, visit: [Nursing Home Admissions | Nova Scotia Wait Time Information](#)

Protecting Vulnerable Adults

Protection for Persons in Care

The Protection for Persons in Care Act provides a safeguard for patients and residents 16 years of age and older who receive care in Nova Scotia's hospitals, residential care facilities, nursing

homes, homes for the aged or disabled (under the Homes for Special Care Act), as well as group homes and residential centers (under the Children and Family Services Act). The Act ensures that those in care receive protection from abuse. To report abuse, individuals can call Nova Scotia Health Continuing Care **1-800-225-7225**. **If a person's life is in immediate danger, call 9-1-1.**

Facility staff have a duty to report any allegation of abuse that they are aware has occurred, or is likely to occur, under the Protection for Persons in Care Act. Allegations received are reviewed to determine if there are grounds for further investigation. Directives may be issued following an investigation and focus on keeping patients and residents safe from abuse. For additional information about the Protection for Persons in Care Act, visit: <https://novascotia.ca/dhw/ppcact/>

Adult Protection

The Adult Protection Act requires you to report adults 16 years and older, who may be a victim of abuse, care giver-neglect or self-neglect, who cannot protect or care for themselves by reason of a mental and/or physical incapacity, to the Department of Seniors and Long-Term Care.

In Nova Scotia, reports of abuse and neglect are mandatory. No action will be taken against you for reporting a situation to Adult Protection unless you provide false, malicious information.

If you know of an adult in need of protection, you must report the case promptly.

Call Nova Scotia Continuing Care:
1-800-225-7225 (Toll-free in Nova Scotia)

Visit: www.novascotia.ca/dhw/ccs/protecting-vulnerable-adults.asp

If you feel the person's life is in danger, call 911.

When to call 1-800-225-7225

If you or a loved one need support to remain independent at home or in the community, Nova Scotia Health's Continuing Care can help. Call the toll-free line **1-800-225-7225** to discuss your needs and available services. If you reach voicemail, leave a message, and a team member will return your call. We will contact you to assess your care needs and work with you to determine what services you may be eligible for and create a plan of care that is right for you. You can call this number to inquire about the following services:

Home and Community Care Services

Nursing care in a community clinic or at home when required for wound care, IV therapy, or chronic disease management (pg. 14).

Home support services to assist with personal care and some household tasks (pg.14)

Respite and Caregiver Support

Short-term relief (respite) for caregivers through a variety of programs. Respite may be provided in-home, in select licensed long-term care facilities, or through an adult day program. (pg.43)

Funding for individuals caring for a loved one at home (pg.12, 36)

Health Equipment and Supplies

Access to equipment, such as wheelchairs, walkers, or hospital beds or home oxygen therapy and personal alert systems at home (pg.15–16)

Long-Term Care Options

Long-term care provides accommodation, supervisory care, personal care and nursing services to people whose needs can no longer be met at home (pg 12)

Support with transition to nursing homes or residential care facilities (pg.14)

Protecting Vulnerable Adults

Reporting concerns about an adult experiencing neglect, risk, or abuse (pg.32)

More information can be found throughout this directory, or by visiting nshealth.ca/continuing-care

...
CONTINUING CARE
Helping you live well in the
place you call home

Anyone can call to make a referral:
1-800-225-7225
(toll-free within Nova Scotia)

More info: www.nshealth.ca/continuing-care



Continuing Care & Supports

Long-Term Care

Long-term care is available for those whose needs can no longer be met at home. Those options include:

- Nursing Homes, for individuals needing support with daily tasks (e.g., dressing, bathing) and who require nursing care and,
- Residential Care Facilities, for individuals needing personal care and supervision, with the ability to evacuate independently in emergencies.

Visit: www.novascotia.ca/dhw/ccs/long-term-care.asp

Choosing Long-Term Care

Placement into long-term care in Nova Scotia is managed through a Single Entry Access (SEA) process. To begin, you or your loved one will contact Nova Scotia Health Continuing Care at **1-800-225-7225** (toll-free within Nova Scotia).

The Nova Scotia Health Care Coordination Team will assess your care needs to determine if long-term care is required. They will also support you in navigating access to a home in your community.

Please note that wait times are based on historical data and do not include emergency admissions. If your situation worsens, or if you need to schedule an assessment, call Nova Scotia Health Continuing Care: **1-800-225-7225** (toll-free within Nova Scotia).

Visit: www.nshealth.ca/clinics-programs-and-services/long-term-care

Paying for Long-term Care

Residents admitted to facilities pay the “accommodation” portion of their long-term care costs. Residents may apply to have the Standard Accommodation Charge reduced, subject to

an income test. Residents retain assets and a portion of income to pay for items of personal need or enjoyment.

Visit: novascotia.ca/dhw/ccs/factsheets/paying-for-long-term-care.pdf

Protection for Persons in Care

The Protection for Persons in Care Act provides a safeguard for patients and residents 16 years of age and older who receive care in Nova Scotia’s hospitals, residential care facilities, nursing homes, homes for the aged or disabled (under the Homes for Special Care Act), as well as group homes and residential centers (under the Children and Family Services Act). The Act ensures that those in care receive protection from abuse. To report abuse, individuals can call Nova Scotia Health Continuing Care **1-800-225-7225**. **If a person’s life is in immediate danger, call 9-1-1**

Facility staff have a duty to report any allegation of abuse that they are aware has occurred, or is likely to occur, under the Protection for Persons in Care Act. Allegations received are reviewed to determine if there are grounds for further investigation. Directives may be issued following an Investigation and focus on keeping patients and residents safe from abuse.

Visit: <https://novascotia.ca/dhw/ppcact/>

Information for Caregivers

Caregivers Nova Scotia ★

Caregivers Nova Scotia provides free programs and services to Nova Scotians who give unpaid care to family or friends, regardless of the caregiver’s age or the health condition of the loved one. Services include:

- Personalized help (resource navigating, support, advocacy)
- Monthly peer support groups

- Educational workshops
- Social prescribing

Call: 902-421-7390
 Call toll-free: 1-877-488-7390
 Learn more: www.caregiversns.org/how-we-help

Caregiver Benefit Program

The Caregiver Benefit Program offers funding to people who are caring for someone with a low income and high care needs. The Caregiver Benefit recognizes the important role of caregivers who are not being paid for their efforts to assist loved ones and friends.

An assessment is required to access this program. To find out if you are eligible,

Call Nova Scotia Health Continuing Care:
1-800-225-7225 (toll-free within Nova Scotia)

Visit: www.novascotia.ca/dhw/ccs/caregiver-benefit.asp

The Caregiver Benefit is a reportable income. For information about tax implications caregivers

should contact the Canada Revenue Agency:
 1-800-959-8281

Facility-Based Respite Care

Caregivers provide personal care and support to help loved ones stay in their homes and communities longer. However, this can result in physical, mental, and emotional stress for caregivers. To support them and their families, respite beds are available in licenced long-term care facilities (nursing homes) across the province.

A person may have a respite bed a total of 60 days within a calendar year. However, to ensure fair access to beds during high-demand periods (July 1 to October 1), no more than 30 days can be scheduled.

Call Nova Scotia Health Continuing Care:
1-800-225-7225 (toll-free within Nova Scotia)
 Visit: www.novascotia.ca/dhw/ccs/respice-care.asp

Home and Community Care

Nova Scotia Health Continuing Care offers a range of programs and services to help you remain as independent as possible at home and in community. Once you call to make a referral, Nova Scotia Health Continuing Care will contact you to discuss supports and services available to help with your care needs. They will work with you and your caregiver to create a plan of care that is right for you.

Programs and services include:

- **Home Support Services** help people with bathing, dressing, preparing meals, respite, and essential housekeeping.
- **Home Support Direct Funding Program** provides monthly funding to help with the costs of paying for private home support services (personal care, respite, meal preparation, and essential housekeeping).
- **Nursing Services** at home such as, IV therapy, catheter care, peritoneal dialysis, wound care, and general nursing care. Nursing services require a physician or nurse practitioner order.
- **Caregiver Benefit Program** offers funding to people who are caring for someone with a low income and high care needs.
- **Family Relief/Respite Services**, both in-home and in-facility, give caregivers a short-term break.
- **Community Bed Loan Program** offers temporary use of a hospital bed at home.
- **Community Wheelchair Loan Program** loans low-income seniors manual or powered wheelchairs to use at home.
- **Home Oxygen Services** provide in-home oxygen equipment and supplies.
- **Home Lift Program** offers the temporary use of a mechanical lift system to support safe care at home.
- **Personal Alert Assistance Program** helps people buy a personal alert device or emergency response service.
- **Transition to Long-term Care** Everyone's needs are different and may change over time. If you can no longer live at home or your care needs

exceed what home care can provide, a long-term care home may be an option for you.

All programs offered by Nova Scotia Health Continuing Care have eligibility criteria. Depending on income, there may be a requirement to pay a fee for the service. Anyone can call the Nova Scotia Health Continuing Care line to make a referral, as long as the person being referred is aware. You do not need a referral from a primary healthcare provider to call.

Call Nova Scotia Health Continuing Care:

1-800-225-7225 (toll-free within Nova Scotia)

Visit: www.nshealth.ca/continuing-care

Private In-Home Support ★

Many private organizations also offer in-home support services to seniors who want to remain in the place they call home. This could include nursing care and a variety of home-support services. The services offered vary by organization and can be tailored to the client's needs. Fees vary depending on the type of care required. For a list of local providers,

Call:1-877-488-7390

Visit: www.caregiversns.org/resources/home-care-and-other-services/

Home Support Direct Funding

The Home Support Direct Funding program supports eligible Nova Scotians with care needs by providing them with money to buy Home Support Services (personal care, respite, meal preparation, and light housekeeping).

The Home Support Direct Funding program is administered by Nova Scotia Health. A member of the Continuing Care Coordination team with Nova Scotia Health Continuing Care will guide you through the process and answer any questions you may have.

Call Nova Scotia Health Continuing Care:

1-800-225-7225 (toll-free within Nova Scotia)

Visit:

<https://novascotia.ca/dhw/ccs/FactSheets/home-support-direct-funding-program-en.pdf>

Victorian Order of Nursing (VON) Nova Scotia

VON is a highly trusted charity that delivers nursing, home care and community support programs to over 29,000 Nova Scotians every year. The innovative clinical, personal and social supports they provide help keep their clients healthy, active and safe so they can continue to live in the comfort of their own homes and communities.

Call:1-888-866-2273
Visit: www.von.ca

CAPABLE

Community Aging in Place, Advancing Better Living for Elders program (CAPABLE) is a home-based program that improves in-home safety and function so that people over the age of who are 65 having difficulty with activities of daily living can remain independent in their own homes longer. Seniors are paired with a registered nurse, an occupational therapist and a handyperson who work with them to identify changes in their daily activities that will help them age in place.

It is available in Kings County and areas of Halifax and Dartmouth.

To find out if you are eligible or get more information:

Call:1-888-866-2273
Visit: www.von.ca/von-care/capable

Equipment Loans

Community Bed Loan Program

The Community Bed Loan Program offers temporary use of a hospital bed at home.

An assessment is required to access this program. To find out if you are eligible, Call Nova Scotia Health Continuing Care: **1-800-225-7225** (toll-free within Nova Scotia)

This program is administered by the Canadian Red Cross.

Home Lift Program

Home Lift Program offers the temporary use of a mechanical lift system to support safe care at home.

An assessment is required to access this program. To find out if you are eligible, call Nova Scotia Health Continuing Care: **1-800-225-7225** (toll-free within Nova Scotia)

This program is Administered by the Canadian Red Cross.

Home Oxygen

The home oxygen service provides in-home oxygen equipment and supplies to eligible Nova Scotians for use in and outside the home. This program provides oxygen equipment and other related supplies, to individuals who meet the program's eligibility requirements.

A referral is required from a designated health care provider to access this program. For more information, call Nova Scotia Health Continuing Care: **1-800-225-7225** (toll-free within Nova Scotia)

Personal Alert Assistance Program

The Personal Alert Assistance program helps people buy a personal alert device or emergency response service.

An assessment is required to access this program. To find out if you are eligible, call Nova Scotia Health Continuing Care: **1-800-225-7225** (toll-free within Nova Scotia)

Seniors Community Wheelchair Loan Program

The Seniors Community Wheelchair Loan Program provides wheelchairs (manual and electric) to Nova Scotians to support them in their homes and communities.

An assessment is required to access this program. To find out if you are eligible, Call Nova Scotia Health Continuing Care at **1-800-225-7225**.

This program is administered by Harding Medical.



Health & Wellness

Health Information and Advice

Nova Scotia Health

Nova Scotia Health provides health services to Nova Scotians and some specialized services to Maritimers and Atlantic Canadians. Nova Scotia Health operates hospitals, health centres and community-based programs across the province.

Call: 1-844-491-5890
Visit: <https://www.nshealth.ca/>

811 ★

811 provides you 24-hour access to non-emergency health information and advice. The registered nurses provide advice on everyday health questions and concerns and can refer you to many different healthcare services around Nova Scotia and share information about services in your community.

If you or a family member does not speak English, 811 provides services in over 125 languages, including French, Arabic, Farsi, and Cantonese. Along with a website with reliable information about current health topics in both English and French.

Call: 811
Hearing-impaired (TTY) Call: 711
To speak to a registered nurse, or to quit smoking, press 1.
To register for a family practice, press 2
Visit: <https://811.novascotia.ca/>

Health Insurance and Pharmacare

Nova Scotia Health Insurance (MSI)

Nova Scotia's health-insurance plans, generally referred to as Medical Services Insurance (MSI), provide eligible residents with coverage for medically required hospital, medical, dental, and optometry services, with some restrictions.

Eligibility

To be eligible for insured health services under MSI, you must be:

- a Canadian citizen or "Permanent Resident" (landed Immigrant)
- a resident whose permanent home is in Nova Scotia
- present in Nova Scotia for at least 183 days in any calendar year
- registered with MSI

Call: 902-496-7008
Call toll-free: 1-800-563-8880
Visit: www.novascotia.ca/dhw/msi

Seniors' Pharmacare Program

The Nova Scotia Seniors' Pharmacare program is a provincial drug insurance plan that helps members with the cost of their prescription drugs.

To be eligible for benefits under the Program, an individual must:

- be a resident of Nova Scotia,
- be age sixty-five (65) years and over,
- have a valid Nova Scotia Health Card, and
- not have prescription drug coverage under any other plan or program.

Program information and enrolment packages are mailed to residents with a valid Nova Scotia Health Card approximately three months prior to their 65th birthday.

Call: 902- 429-6565
Call toll-free: 1-800-544-6191
Visit: www.novascotia.ca/dhw/pharmacare/seniors-pharmacare.asp

Finding Care

YourHealthNS App

YourHealthNS helps Nova Scotians better navigate the healthcare system. It's a one-stop shop to book services, navigate care, track appointments, and find information easier and faster, right from a mobile device or computer. Features include:

- a home screen that can be personalized with information most important to the individual
- the ability to book blood tests, X-rays, flu shots and COVID-19 vaccine appointments
- a search tool to find the nearest health services
- predicted emergency department wait times
- access to health and vaccination records
- access to free, same-day virtual care
- appointment reminders
- the option to chat with a care navigator to help find the best service or information needed and, if appropriate, direct people to a virtual care visit.

Visit your app store to download the app or visit <https://www.yourhealthns.ca/>

Need a Family Practice Registry ★

The Need a Family Practice Registry assists Nova Scotians who are looking for a primary care provider (family doctor or nurse practitioner). If you do not have a primary care provider or your provider is closing their practice, there are two ways you can join the Registry:

Call: 811

Visit: www.needafamilypractice.nshealth.ca

VirtualCareNS

VirtualCareNS provides Nova Scotians with virtual access to a primary care provider (family doctor or nurse practitioner). VirtualCareNS offers two options, Full Care and Basic Care.

Full Care (Nova Scotia licensed doctors and nurse practitioners)

Full Care is only available to Nova Scotians without a primary care provider. Full Care providers can prescribe medications, and order tests. They can also refer you to specialists and in-person care.

Basic Care (Canadian licensed doctors and nurse practitioners)

Nova Scotians without a primary care provider have unlimited access to Basic Care. Nova Scotians with a primary care provider have two free Basic Care visits within the calendar year, and do not have access to Full Care. Basic Care providers offer basic healthcare advice or prescription renewals (except controlled substances). Basic Care providers can not order tests or refer you to specialists or in-person care. This option is available 24/7/365.

Visit: www.nshealth.ca/clinics-programs-and-services/virtualcarens

Contact: VirtualCareNS@nshealth.ca

Mobile Primary Care Clinics

The mobile primary care clinics are helping to bridge the gap in primary care services and are for times when you may not be able to see your primary care provider, or if you do not have a primary care provider.

These clinics address non-urgent, low acuity health issues and are not an emergency service. Types of concerns that may be addressed at the mobile primary care clinic include:

- Prescription refills or renewals (except for controlled substances)
- Minor respiratory symptoms
- Minor ailments (such as sore throat, earaches, fever, headaches rashes etc)
- Minor gastrointestinal concerns (vomiting and diarrhea)
- Cough, flu, or cold symptoms
- Urinary tract infections
- Muscle pain

Lab and diagnostic imaging requisitions will not be part of this clinic.

For mobile primary care clinic locations and schedules:

Visit: www.nshealth.ca/mobileprimarycareclinics

Call: 211

**Community Pharmacy Primary Care Clinics-
Pharmacy Association of Nova Scotia and
Nova Scotia Health**

Pharmacist-led clinics provide an extended suite of pharmacy primary care services at no charge to people with a valid Nova Scotia Health Card.

Some services include:

- Assessing and prescribing for prescription renewals,
- Chronic disease care—heart disease, lung conditions (asthma and COPD) and diabetes,
- Common & minor ailments,
- Shingles treatment,
- Immunization and injection services,

For pharmacies in your area,

Call: 211

Visit: www.nshealth.ca/primary-care-and-family-medicine/community-pharmacy-primary-care-clinics#sites-sites or,

Visit: www.pans.ns.ca/CPPCC

After Hours Clinics

After Hours Clinics provide non-emergency primary care in the evenings/and or weekends. Clinics may operate differently depending on where they are located in the province.

For locations:

Visit: www.nshealth.ca/clinics-programs-and-services/after-hours-clinics#cps

Call: 211

Blood Collection

All blood collection services now require booked appointments. To book an appointment,

Visit: www.nshealth.ca/laboratory-services/blood-collection

Call: 1-833-637-1350

In-Home Blood Collection

In-home blood collection is available, by referral, for eligible Nova Scotians. Referred patients will be contacted by the local blood collection service to book an appointment for the in-home visit.

For more information, visit: <https://www.nshealth.ca/clinics-programs-and-services/home-blood-collection-services>

Immunizations

Vaccines are important across the lifespan. As we age, our risk of severe outcomes from certain diseases increases, and complications from some illnesses can become more severe. Staying up to date as a senior adult with vaccines is an important way to stay healthy and protect yourself from these risks including hospitalizations due to severe disease. The Province of Nova Scotia recommends the following vaccines for seniors:

- Enhanced influenza product: Individuals 65 years of age and older
- COVID-19 vaccine
- Shingles vaccine
- Respiratory Syncytial Virus (RSV) vaccine
- Pneumococcal vaccine

For more information on eligibility, Visit:

www.nshealth.ca/public-health/immunizations

**Pharmacy Association of
Nova Scotia Immunizations**

Prior to giving you any injection or vaccine, the pharmacist will conduct an assessment to ensure it is appropriate for you. Sometimes, vaccines or injections require a prescription. In many cases, pharmacists can write the prescription for you. For a list of vaccines offered at local pharmacies,

Visit: <https://pans.ns.ca/pharmacy-services/immunizations-injections>

To find your nearest pharmacy, call: 211

Public Health Mobile Units

Public Health Mobile Units support routine immunizations, including COVID-19 and influenza immunization. They also provide respiratory virus testing. Information and upcoming clinics is posted online.

Call: 1-844-491-5890

Visit: www.nshealth.ca/PHMU

**Victorian Order of Nursing—
Community Nursing Clinics**

Nursing clinics are a convenient way for clients to access wound care, medication administration, dressing changes, pain and symptom management, intravenous therapy

and more, close to home. Clinics are open to people of all ages who are facing the challenges of age, illness, injury, or disability and remain ambulatory. Clinics operate daily, by appointment.

Call:1-888-866-2273
Visit: <https://von.ca/en/von-care/community-nursing-clinics>

Emergency Care

If you need help immediately, call 9-1-1.

Emergency Departments and Urgent Treatment

Emergency health care in Nova Scotia is part of an integrated system, supported by the provincial 911 Emergency Health Services (EHS) response network, to provide timely and effective care when you need it. Emergency Departments are equipped to handle immediate, serious and life-threatening conditions, while Urgent Treatment Centres focus on non-life-threatening issues requiring same-day attention. For information on the nearest emergency room and current emergency department wait times,

Visit: www.nshealth.ca/emergency-care

Wait Times

There are predicted wait times for select emergency departments in Nova Scotia. The predicted wait times represent the current average time (in hours) between being assessed at triage and seeing a doctor or nurse.

Visit: www.nshealth.ca/emergency-care/emergency-department-wait-times

Ambulance

If you are a Nova Scotia resident with a valid health card, the province pays the cost of transfers between hospitals. Otherwise, there is a standard user fee for ambulance service should a patient be transported to an emergency department.

Please note these may be covered by private medical insurance.

If an ambulance fee will create financial hardship, we will offer you a repayment schedule. If you are

not able to pay your bill because you don't have sufficient income, you can apply to have the fee waived. You must do this within 90 days of the date on the bill.

Call: 902-832-8337
Call toll-free:1-888-280-8884
Visit: www.novascotia.ca/dhw/ehs/ambulance-fees.asp

Dental and Other Supports

Dalhousie University Dental School

At reduced fees, the public can receive a wide range of dental services, from cleanings to dentures. Treatments are provided by supervised students of the Dentistry and Dental Hygiene programs. Seniors welcome.

Dalhousie Dental Clinic 9 am to 4 pm

Call: 902-494-2101
Visit: www.dal.ca/faculty/dentistry/patients.html

Canadian Dental Care Plan ★

The Canadian Dental Care Plan will help ease financial barriers to accessing oral health care for eligible Canadian residents.

Call:1-833-537-4342 and select 'Option 1'
TTY number:1-833-677-6262
Outside of Canada:1-613-221-3227
Visit: canada.ca/en/services/benefits/dental.html

Hearing & Speech Nova Scotia

Hearing and Speech Nova Scotia guide Nova Scotians of all ages through challenges related to hearing, speech, balance and more.

Call: 902-492-8289
Call toll-free1-888-780-3330
Visit: www.hearingandspeech.ca

Alzheimer Society of Nova Scotia ★

The Alzheimer Society of Nova Scotia is the leading not-for-profit health charity serving ASNS Nova Scotians affected by dementia. Active in communities across the province, the Society offers help for today through programs and services and hope for tomorrow by funding research to find the cause and the cure. ASNS provides education and support to people living

with dementia, their care partners, healthcare professionals and the public.

Call: 902-422-7961
Call toll-free: 1-800-611-6345
Visit: www.alzheimer.ca/ns

The War Amps

Since its founding in 1918, The War Amps has grown from assisting war amputees – whom we still serve – to all amputees, including adults and children. Today, we still have much to do to ensure amputees have the artificial limbs they need to lead independent and active lives. The public's support of our Key Tag Service funds our essential programs for amputees across Canada. The War Amps does not receive government grants.

Call: 1-800-250-3030
Visit www.waramps.ca

Preventing Falls

Falls are the leading cause of injury among older Canadians. Nova Scotia Health provides educational resources to stay safe and reduce your risk of falls.

Tips to prevent falls:

- Use assistive devices and safety equipment as recommended by your occupational therapist or physiotherapist.
- Have your eyes and ears tested each year.
- Review your medications with your primary healthcare provider (family doctor or nurse practitioner) or pharmacist each year.
- Exercise often to keep up your muscle strength, balance and coordination.
- Eat healthy. Limit how much or how often you drink alcohol.
- Get up slowly after lying or sitting down. If you feel dizzy, wait before you stand up.
- Do not carry heavy or large things. This can affect your balance.
- Keep your phone or cell phone in reach. Having a cordless phone beside your bed is a good idea.
- Keep emergency numbers in large print next to each phone.

- Ask a loved one to check in on you often. If this is not possible, think about using a medical alert system. For more information about fall prevention, please ask your occupational therapist or physiotherapist.

Here are a few more resources that you may find helpful:

- **Fall Prevention Checklist**, Ask a family member or friend to help you work through this fall prevention checklist. Check off the ways you can make your home safer and help prevent falls: <https://www.nshealth.ca/sites/default/files/documents/1649-2024.04.23.pdf>
- **Immobility, Falls, and Dignity of Risk:** <https://www.nshealth.ca/sites/default/files/documents/2440-2025.01.29.pdf>
- **Staying Independent Checklist:** <https://www.nshealth.ca/sites/default/files/documents/2440-2025.01.29.pdf>

Seniors Living Independently with Community Supports

Available within the Annapolis and Kings Counties via Soldiers Memorial Hospital, Seniors Living Independently with Community Supports (LINCS) is a multi-disciplinary team helping seniors stay in their homes and communities independently for as long as possible. Team members visit seniors in their homes and gather a social and health history, test balance and strength, check the home and suggest safety improvements, prescribe equipment, if needed, help solve problems with day-to-day tasks, and prescribe safe and appropriate exercise.

Call: 902-825-4421
Visit: <https://www.nshealth.ca/clinics-programs-and-services/seniors-lincs-program>

Seniors Community Health Team

Available at Fishermen's Memorial Hospital, the Seniors Community Health Team is a multidisciplinary team made up of an occupational therapist, physiotherapist, pharmacist, nurse, social worker and a dietician. The team works closely with a geriatrician and

a care of the elderly physician to address issues related to falls prevention by focusing on factors that can contribute to falls such as mobility challenges and environmental hazards.

Call: 902-634-7015

Visit: <https://www.nshealth.ca/clinics-programs-and-services/seniors-community-health-team>

Continuing Care Community Rehabilitation

Available in Central Zone (HRM, Windsor, West Hants), this program involves the assessment of people in their home environments. Clients are seen at home either because they are physically unable to attend out-patient appointments or it is determined that the home environment needs to be included in the assessment. Using a consultative approach, occupational and physical therapists focus on promoting a person's independence and safety in daily activities. Interventions provided could include: equipment recommendations to improve movement and safety, falls prevention and education, exercise prescription, and/or caregiver education and training.

Visit: <https://www.nshealth.ca/clinics-programs-and-services/community-occupational-therapy-and-physiotherapy>

Mental Health and Addictions

It's important to get help if you or someone you know needs support for mental health, addiction or wellbeing. Resources, helplines, support groups, websites and counsellors are available to help you.

If you have a pre-existing mental health condition or addiction, it's important to continue with your treatment. Be aware of new or worsening symptoms and reach out for help and support.

You can also visit the Nova Scotia Health Mental Health and Addictions Program (MHAP) to find mental health and addictions professionals who provide support, programs and services for Nova Scotians across the province.

Call Provincial Mental Health and Addictions
Intake Line:1-855-922-1122
Visit: www.mha.nshealth.ca/en or be connected
to MHAP services and resources via the
YourHealthNS app.

988: Suicide Crisis Helpline ★
The 988: Suicide Crisis Helpline provides urgent,
live, trauma-informed support by phone and text
24 hours a day, 7 days a week.
Call: 988

Helplines and Community Resources

**Provincial Mental Health and
Addictions Crisis Line ★**
If you're experiencing a mental health or
addictions crisis, or are concerned about
someone who is, the Provincial Mental Health and
Addictions Crisis Line is available 24 hours a day,
7 days a week.
Call toll-free:1-888-429-8167

**Provincial Mental Health and
Addictions Intake Line ★**
If you or a family member needs help, you can
self-refer to a mental health or addictions clinic,
service or program through the Nova Scotia
Health Authority or IWK Health Centre. This line
is available Mon to Fri, 8:30 am to 4:30 pm (Tues
and Thurs until 8pm). Voicemail on weekends.
Call:1-855-922-1122
Visit: [https://mha.nshealth.ca/en/services/
provincial-mental-health-and-addictions-crisis-line](https://mha.nshealth.ca/en/services/provincial-mental-health-and-addictions-crisis-line)

211 ★
If you have concerns about your safety and
wellbeing, or the safety of others, you can call the
Men's Helpline, Women's Helpline, or All Genders
Helpline. The helplines are free, confidential and
available 24 hours a day, 7 days a week.
Community resource navigators will connect you
with someone who can help or just listen.
Call: 211
Visit: www.ns.211.ca/topics/older-adults/

811 ★
For non-emergency health advice and information
about mental health and addictions,
Call: 811



Nova Scotia Peer Support Phone Service

The Peer Support Phone Service is a toll-free, non-crisis, province wide service, available to all Nova Scotians 18 years of age or older. It is staffed by trained peer supporters, who have personal or family-based lived experience with mental health and/or substance use challenges.

Call: 1-800-307-1686

Visit: <https://mha.nshealth.ca/en/services/peer-support-phone-service>

Access Wellness ★

Access Wellness provides a single session of 1-to-1 counselling to help people dealing with mental health concerns (like anxiety, job loss, grief, relationship issues and substance use). Counselling sessions can be online, by phone or in person in Sydney, Halifax, Kentville or New Glasgow. You can call the support team to book an appointment.

Call toll-free: 1-833-691-2282
(7 days a week, 8:30 am to 11:00 pm)]

Visit: <https://mha.nshealth.ca/en/services/access-wellness-nova-scotia>

Reach Out Nova Scotia

Reach Out NS aims to break down stigma around men's mental health, encourage men to reach out for help, and link men in Nova Scotia to services and supports. There are many options for reaching out. To find mental health resources available in Nova Scotia, as well as community organizations to connect with,

Visit: <https://reachoutns.ca/about-reach-out>

Online Support

MindWell-U ★

MindWell-U is a free 30-day mindfulness challenge that helps lower stress and improve wellbeing. It takes 5 minutes a day.

Visit: www.app.mindwellu.com/novascotia

Togetherall ★

Togetherall provides free, online mental health and wellbeing support. If you're 16 or older, you can share experiences in a safe, anonymous space.

Support is available 24 hours a day, 7 days a week. To join, select 'My area is registered' and enter your Nova Scotia postal code to create an account.

Visit: www.togetherall.com/en-ca

Tranquility ★

Tranquility is an internet-based Cognitive Behavioural Therapy (iCBT) program that has been shown to be effective in improving outcomes and reducing symptoms of mild to moderate anxiety and depression. Users of the program will have 24/7 access to program content, completing 9-12 modules for the core programs, with unlimited access to coaching for up to 26 weeks, over in-app messaging and/or weekly video or phone sessions. There is no cost to the users of the program. Tranquility is available in English and French.

Visit: www.tranquility.app/novascotia

Veteran Supports

Veterans Affairs Canada ★

VAC offers a wide range of services and benefits to qualified veterans, Canadian Forces members, serving and discharged members of the RCMP, and certain civilians and their families. For more information on services and benefits, to find out if you qualify, or to apply,

Call toll-free: 1-866-522-2122
Français: 1-866-522-2022
Visit: www.veterans.gc.ca/en

Veterans' Independence Program ★

A national homecare program that helps VAC clients to remain healthy and independent in their own home and community.

Call toll-free: 1-866-522-2122
Français: 1-866-522-2022
Visit: <https://www.veterans.gc.ca/en/housing-and-home-life/help-home/veterans-independence-program>

The Royal Canadian Legion

Founded by Veterans for Veterans, The Royal Canadian Legion is devoted to supporting all those who served our country and put their lives on the line for our freedoms and way of life. the Legion offers a variety of programs, resources and referrals to support Veteran health, transition to civilian life, financial assistance and well-being. The Nova Scotia / Nunavut Command presently consists of 7 Districts which are divided into 14 Zones, incorporating 102 Branches.

Call: 902-429-4090
Visit: www.ns.legion.ca

End of Life

Before someone dear to you dies, it is important to find out their instructions concerning funeral arrangements or, if applicable, bequeathing the body for medical research or organ donation. To assist with this process,

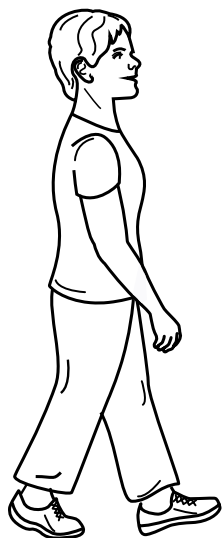
Call: 902-424-4381
Call toll-free (within Nova Scotia): 1-877-848-2578
Visit: www.novascotia.ca/sns/access/vitalstats/death.asp

Fitness in the Kitchen

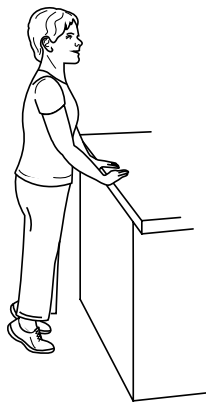
...3rd edition

General tips:

- To maximize your safety, hold on to your kitchen counter.
- Start with 5 repetitions per day, and gradually build up to 10-15 repetitions.
- Use slow, controlled movements
- See your doctor or other health professional before starting any exercise program.

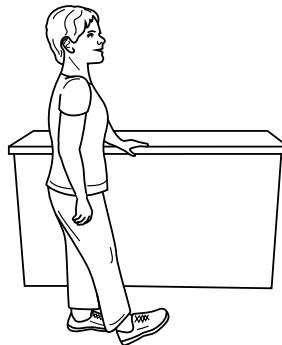


Include walking, indoors or out, in your daily exercise plan.



1

Stand with feet 12 inches apart. Rise up slowly on your toes as high as you can. Hold 5 seconds.



2

Pull your toes up toward your body as high as you can. Hold 5 seconds. Repeat with other foot.



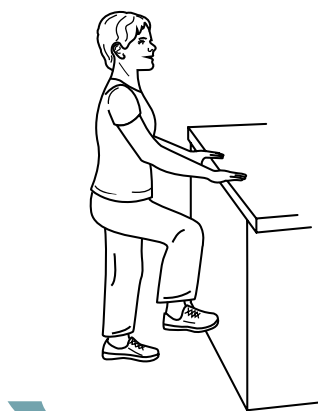
3

Slowly bend right knee. Hold 3 seconds and slowly lower. Repeat on left side



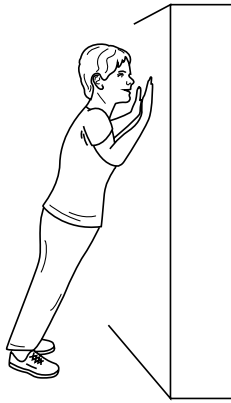
6

Place feet about 12 inches from counter. Hold onto counter and bend knees in a squat as if you are going to sit in a chair. Slowly raise up again, using your thigh muscles rather than pulling with your arms.



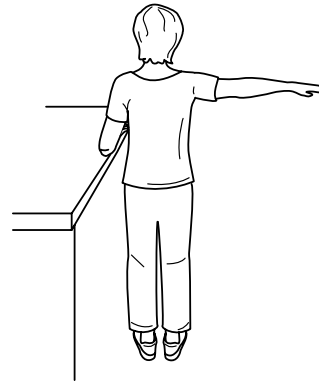
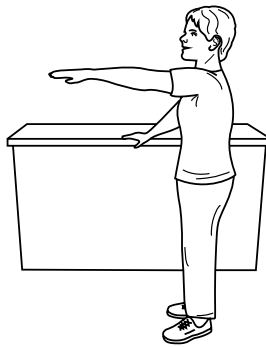
7

Leg lifts - With the counter for support, lift leg to the front, pause, and lower slowly. Repeat with each leg to front, side and back. Use controlled movements - don't swing leg.



4

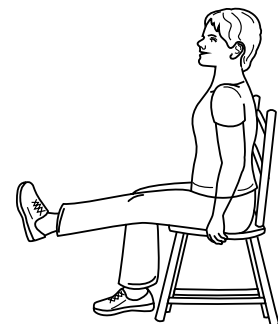
Find a clear wall space. Stand about 18 inches from the wall. Place your hands on the wall shoulder width apart. Bend your elbows and lean into the wall, then slowly straighten your arms.



5

Arm Stretches (Repeat with the each arm)

- Holding onto counter for support, stretch arm out in front.
- Then raise and stretch arm out to the side.
- Then raise arm above your head



Balance Exercise

Let your hands hover over the counter without touching and lift one leg to the back. Can you balance for 10 seconds or more? Now switch legs and try the other side.

8

Quad stretch - Sit on a sturdy chair. Straighten right leg then slowly lower. Repeat on the other side.

Palliative Care

Palliative care can improve the quality of life for people with serious illness and ideally begins when a person is diagnosed with a life-limiting illness when treatments are being provided and there is still months to years to live. All healthcare providers have a role to play in providing palliative care. They work together to ensure patients receive the best care possible throughout their illness. A person may be referred to a palliative care specialist team when their care needs are beyond what their usual health care team (i.e., primary care) can provide.

Specialist palliative care services are delivered across the province. For more information about palliative care and where to access care, go to:

Visit: <https://www.nshealth.ca/clinics-programs-and-services/palliative-care>

Volunteers are an important member of the palliative care team. They provide companionship and emotional support to patients, families,

and caregivers, among other things. If you are interested in learning more about how to become a palliative care volunteer, go to:

Visit: <https://www.nshealth.ca/get-involved-nova-scotia-health>

Hospice Care

Hospice care is a part of palliative care. A hospice residence provides a home-like setting for people who are nearing the end of their life, when their care needs are more than what can be provided at home, but who don't require care in the hospital.

In addition to hospice residences, the Nova Scotia Hospice Palliative Care Association supports Nova Scotians with serious illness as well as their families and caregivers, by sharing information, local supports, and resources to ensure people receive the best care possible.

Visit: <https://www.nshealth.ca/clinics-programs-and-services/hospice>

Palliative & Therapeutic Harmonization Clinic (PATH) Clinic ★

The PATH Clinic is for frail older adults with advanced medical conditions, many recent hospitalizations, or unmanaged symptoms, where the impact of treatments on quality of life may be questioned. The clinic helps patients, families, and caregivers with decision making. Physician referral is required

Call: 902-473-8603

Visit: www.nshealth.ca/clinics-programs-and-services/palliative-therapeutic-harmonization-clinic-path-clinic

Palliative Home Care

Palliative home care is compassionate care provided to an individual within a person's home setting with a focus on symptom management and enhances the quality of life of people with a life-limiting illness.

Palliative Home Care Services include:

- nursing (like dressing changes, catheter care, intravenous therapy and palliative care)
- home support (like personal care, respite, medication and housekeeping)

Palliative home care services are organized by The Nova Scotia Health Care Coordination Team. The team will assess services that are required and discuss any fees that would be incurred. Fees are only incurred with home support and would be waived closer to end of life. There is no direct cost to you for nursing services

Call: 1-880-225-7225

Visit: <https://novascotia.ca/dhw/ccs/palliative-home-care.asp>

Special Patient Program

The EHS Special Patient Program was developed to maintain the quality of life for people with rare conditions requiring unique care and consideration. The program ensures that paramedics know about the patient's special needs – so when EHS is called to help, paramedics will have quick access to the

information they need about you or your loved one and that special care plans are followed.

Your health care provider will send your Special Patient Program request to EHS.

For more information about the Special Patient Program:

Call: 902-407-3271

Email: specialpatient.EHS@emci.ca

Visit: https://novascotia.ca/dhw/ehs/documents/SPP_Patients_families.PDF

Goals of Care and Advanced Care Planning

Having a goals of care discussion with your healthcare provider is an important part of your overall healthcare. These conversations help ensure that the medical care you receive aligns with your values, preferences, and overall priorities. By discussing goals of care, patients and their families can make informed decisions about the level of intervention for medical care they desire, which can significantly impact their quality of life.

Visit: <https://library.nshealth.ca/GoalsOfCare/Patient-Resources>

Medical Assistance in Dying (MAiD) ★

Medical assistance in dying (MAiD) is a process that allows someone who is found eligible to be able to receive assistance from a medical practitioner to end their life. The federal Criminal Code of Canada permits this to take place only under very specific circumstances and rules. Anyone requesting this service must meet specific eligibility criteria to receive medical assistance in dying. Any medical practitioner who administers an assisted death to someone must satisfy certain safeguards first.

Only medical practitioners are permitted to conduct assessments and to provide medical assistance in dying. This can be a physician or a nurse practitioner, where provinces and territories allow.

Visit: www.canada.ca/en/health-canada/services/health-services-benefits/medical-assistance-dying.html

After Death

When someone dies, there are many decisions and arrangements to be made. For information regarding the organizations that should be contacted and the affairs that should be dealt with following a death,

Visit: www.novascotia.ca/sns/pdf/after-the-loss-of-a-loved-one.pdf

Funeral Assistance

In circumstances where there is no ability to cover required funeral costs, assistance may be available through the Nova Scotia Department of Opportunities and Social Development.

Call: 1-877-424-1177

Birth, Marriage, and Death Certificates

Service Nova Scotia's Vital Statistics Office issues birth, marriage, and death certificates for people who were born, married, or died in Nova Scotia. There are restrictions on who can apply for these certificates.

You may apply for a birth, marriage, or death certificate online: www.novascotia.ca/sns/access/vitalstats

Call: 902-424-4381
Call toll-free (within Nova Scotia) 1-877-848-2578

Living with Grief

When death or a life-altering event happens, we experience a sense of loss for someone or something important. This human response to loss is called grief and it is both natural and normal. Everyone grieves, and each person grieves in their own unique way based on their lived experiences and circumstances. There is no right or wrong way to grieve.

What Can Help:

- **Self Care:** Getting enough sleep, eating good food, exercising, and finding distractions that are helpful and not harmful when you feel overwhelmed.
- **Honour Your Loss:** Allow yourself to grieve without judgement. Experiencing grief can

honour your loss. You can write a letter, plant a tree, or light a candle in tribute.

- **Connecting with Others:** Lean on friends and family who are understanding and supportive; and connecting with community or faith groups. Connections to other griever and significant people in your life can reduce the experience of isolation that is common with grief and loss.

To find Grief Support in your area, dial 211 (1-855-466-4994 toll free) or visit ns.211.ca and search for "grief support".

Visit:

- Nova Scotia Health: Click bit.ly/LetstalkaboutGrief for a one-page grief support and navigation tool, or visit nshealth.ca and search "grief" for a list of grief resources
- Canada Virtual Hospice: MyGrief.ca
- Nova Scotia Hospice Palliative Care Association: nshpca.ca
- What's Your Grief: <https://whatsyourgrief.com>

If you, or someone you know, is living with serious illness, you may also experience anticipatory grief. Anticipatory grief is experienced when death or a loss hasn't occurred yet, but it is coming. In anticipatory grief, additional losses occur along the way, such as loss of identity, ability, relationships, among others. This is normal and natural, even though it is hard and often painful. Taking care of yourself and reflecting on what kind of support you need as you live through your losses can be very helpful as you cope and adapt.



HealthyNS Programs

FREE Online Zoom Classes



Self-Management Courses

Empower participants to manage health conditions, energy levels, and daily activities effectively, improving quality of life through practical strategies.



Reducing Your Health Risks Courses

Focus on preventing common health issues such as falls, frailty, and chronic diseases through proactive lifestyle changes.



Healthy Eating Courses

Provide guidance on nutrition, meal planning, and healthy food choices to support overall well-being and help prevent lifestyle-related chronic conditions.



Physical Activity Courses

Encourage movement and fitness, promoting strength, balance, and flexibility to enhance physical health and prevent injury.



Mental Wellness Courses

Support mental well-being by offering tools to manage stress and enhance emotional health, resilience and self-compassion.



Parenting Courses

Equips parents with strategies to enhance their child's social and emotional skills, while also covering key topics like introducing solids and managing screen time.

Visit healthyNS.ca for complete program details and schedules

Safety & Security

Emergency Planning

Are you ready for an emergency? When there's an emergency, for instance during a bad winter storm, a hurricane, or fire, you need to be ready to get by on your own for at least the first 72 hours.

Visit: www.novascotia.ca/emergency-education/ to learn how to make sure you are prepared.

Senior Safety

Adult Protection

The Adult Protection Act requires you to report adults 16 years and older, who may be a victim of abuse, care giver-neglect or self-neglect, who cannot protect or care for themselves by reason of a mental and/or physical incapacity, to the Department of Seniors and Long-Term Care.

In Nova Scotia, reports of abuse and neglect are mandatory. No action will be taken against you for reporting a situation to adult Protection unless you provide false, malicious information. If you know of an adult in need of protection, you must report the case promptly.

Call Nova Scotia Continuing Care:

Call toll-free (within Nova Scotia) . . **1-800-225-7225**

Visit: www.novascotia.ca/dhw/ccs/protecting-vulnerable-adults.asp

If you feel the person's life is in danger, call 911

Seniors Abuse Information Line ★

211 handles Senior Abuse Information and referral phone calls for all areas across the province. Call 211 for information on abuse, resources, and services available, or to talk about a situation that concerns you. Your call will be kept confidential except as required by law.

Call: 211

Seniors' Safety Program

The Seniors' Safety Program is a community-based program that is operated and managed by a municipality or a non-profit organization. Programs support community's response to addressing senior's safety concerns, promote education and awareness about senior abuse, crime prevention, and safety and health issues.

Each program has a coordinator who works in close partnership with a large network of local, municipal, and provincial partnering agencies.

Call 211 to connect with a Senior Safety Program in your area.

Fraud ★

Thousands of Canadians of all ages and from all walks of life are defrauded each year. Fraud is the number one crime against older Canadians. Though people of all ages can be victims of fraud, older people get targeted more than others. Some common types of fraud include: identity theft, credit/debit card fraud, online scams as well as phone and door-to-door scams. There are many good on-line sources of information about fraud and scams including:

Financial Consumer Agency of Canada: www.canada.ca/en/financial-consumer-agency.html

What every older Canadian should know about Frauds and Scams: www.canada.ca/content/dam/esdc-edsc/documents/corporate/seniors/forum/brochure-08-eng.pdf

RCMP's Seniors Guidebook to Safety and Security: https://www.rcmp-grc.gc.ca/dam-gan/hq-dg/pdf/2022_-_Seniors_Guidebook_to_Safety_and_Security_-_ENG_-PDF_VERSION.pdf

Canadian Consumer Handbook: www.publications.gc.ca/Collection/C2-422-2002E.pdf

The Canadian Anti-Fraud Centre ★

The Canadian Anti-Fraud Centre collects information on fraud and identity theft. They provide information on past and current scams affecting Canadians. If you think you're a victim of fraud, report it.

Call toll-free: 1-888-495-8501
Visit: <http://www.antifraudcentre-centreantifraude.ca>

Nova Scotia Securities Commission

The Nova Scotia Securities Commission was established to provide investors with protection from activities that undermine investor confidence in the fairness and efficiency of Nova Scotia capital markets and where not inconsistent with investor protection, to foster capital formation. For more information, or to view their educational resources,

Call: 902-424-7768
Call toll-free: 1-855-424-2499
Visit: <https://nssc.novascotia.ca/>

Consumer Protection—Service Nova Scotia

Service Nova Scotia licenses, regulates, and addresses consumer complaints for industries such as door-to-door sales, collection agencies, credit reporting, mortgages, payday lending and cemetery and funeral services.

Call: 1-800-670-4357
Visit: <https://beta.novascotia.ca/programs-and-services/consumer-protection>

The Canadian Anti-Fraud Centre

The Canadian Anti-Fraud Centre collects information on fraud and identity theft. They provide information on past and current scams affecting Canadians. If you think you're a victim of fraud, report it.

Call toll-free: 1-888-495-8501
Visit: www.antifraudcentre-centreantifraude.ca

Legal Matters

Legal Information Society of Nova Scotia (LISNS) ★

LISNS is a non-profit charity that provides free legal information on a broad range of legal topics such as wills, supported decision-making, probate, family law and contracts. They provide resources, educational videos as well as can help you answer any legal question you may have.

Call: 902-455-3135
Call toll-free: 1-800-665-9779
Visit: www.legalinfo.org

Nova Scotia Legal Aid Commission ★

Nova Scotia Legal Aid provides legal advice and representation in criminal, family, and social justice situations (income and housing).

Call Toll-free 877-420-6578
Visit: www.nslegalaid.ca

Dalhousie Legal Aid

Dalhousie Legal Aid provides legal services to clients in the Halifax/Dartmouth area who satisfy its financial and case-eligibility requirements.

Call: 902-423-8105
Visit: www.dal.ca/faculty/law/dlas/about-dalhousie-legal-aid.html

Victim Supports ★

If you are a victim of crime, or the spouse or relative of a victim, the Provincial Victim Services Program can provide you with information, support and assistance as your case moves through the criminal justice system.

The Department of Justice cannot give you legal advice or long-term counselling but can assist

you in contacting other helping agencies. There are no fees for the service.

Call: 902-424-3309
Call toll-free: 1-888-470-0773
Visit: www.novascotia.ca/just/victim_Services/programs.asp#PVSP

Wills, Estates and Personal Directives★

Wills

A will is a legal document that lets you say what you want done with your estate after you die. A will is easier for your family or friends to handle your affairs when you die. Nova Scotians can now make a basic Will using our free Wills App, which provides a step by step process to make, print and sign your Will.

Call: 902-455-3135
Call toll-free: 1-800-665-9779
Visit: www.legalinfo.org

Power of Attorney

A power of attorney is a legal document that lets you give someone you trust the power to look after your finances and property for you. Giving someone power of attorney doesn't limit you from making your own decisions —you still have control of your financial affairs and are free to deal with your property, money, and investments, as long as you have capacity to make those decisions. A power of attorney does not replace the need for a will, and only applies while you are alive.

The Legal Information Society of Nova Scotia (LISNS) is launching a free basic enduring power of attorney, POA-E App, which provides a step-by-step process to make, print and sign your POA-E.

For more information contact the LISNS:

Call: 902-455-3135
Call toll-free: 1-800-665-9779
Visit: www.legalinfo.org

Personal Directives

A personal directive lets you choose someone to make health and other personal care decisions for you if you cannot make them yourself. You can set out your instructions, wishes, values and beliefs about personal care in the future. If you think ahead about what kinds of care you might want, you have a better chance of getting that care. You can also make it easier for the people who make those decisions for you. You can make a free personal directive using LISNS' Personal Directive App.

For more information contact the Legal Information Society of Nova Scotia:

Call: 902-455-3135
Call toll-free: 1-800-665-9779
Visit: www.legalinfo.org

Public Trustee of Nova Scotia★

The Public Trustee Office is a corporation sole of the Province of Nova Scotia. The Public Trustee administers deceased estates and manages the property and finances of incompetent adults, missing persons and minor children who have no one willing and/or able to act on their behalf. The Public Trustee is also a substitute decision-maker of last resort for individuals who require someone to make medical decisions on their behalf, including placement in long-term care. The Public Trustee also deals with all unclaimed remains left in hospitals and morgues.

Call: 902-424-7760
Call (Healthcare Decisions): 902-424-4454



Benefits, Pensions and Financial Assistance

Benefits Finder ★

Answer the online questions for a customized list of benefits for which you may be eligible. The Benefits Finder may suggest benefits from both the federal and provincial governments. It does not collect or track your information.

To access the survey, visit www.canada.ca
Click on “Benefits”; select “Benefits Finder”

Employment Support and Income Assistance Program

The Income Assistance (IA) program helps you when you are not able to support yourself or your family. Depending on your situation, you may get money for your basic needs or help with other special needs.

Once you receive Income Assistance, Employment Support Services (ESS) staff will help you explore the many programs and services that can support you in accessing new employment opportunities.

Call:1-877-424-1177
Visit: www.novascotia.ca/coms/employment/index.html

Old Age Security Pension (OAS) ★

The Old Age Security (OAS) pension is a monthly payment you can get if you are 65 and older.

In most cases, Service Canada will be able to automatically enroll you for the OAS pension if sufficient information is available. Service Canada will inform you if you have been automatically enrolled.

If you did not receive a letter about the OAS pension the month after you turned 64, you may need to apply for the OAS pension.

Call toll-free:1-800-277-9914

Visit: www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html

Guaranteed Income Supplement (GIS) ★

The Guaranteed Income Supplement (GIS) is a monthly payment you can get if you are 65 or older.

The Supplement is based on income and is available to Old Age Security pensioners with low income. It is not taxable.

Call toll-free:1-800-277-9914

Français:1-800-277-9915

Visit: www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html

Canada Pension Plan (CPP) ★

The Canada Pension Plan (CPP) retirement pension is a monthly, taxable benefit that replaces part of your income when you retire. If you qualify, you'll receive the CPP retirement pension for the rest of your life.

Call toll-free:1-800-277-9914

Français:1-800-277-9915

Visit: www.canada.ca/en/services/benefits/publicpensions/cpp.html

Taxes and Clinics

CRA—My Account ★

If you have a computer and an Internet connection, you can set up My Account. My Account connects you to your personal tax and benefit information and allows you to check the status of your tax refund, confirm your Registered Retirement Savings Plan (RRSP) contribution limit, track your GST/HST credit payments, change your tax return or your mailing address, and much more, using your own computer. To use My Account, you can log in one of two ways.

You can use a sign-in partner, such as your own online banking account. You can also use your personal CRA user ID and password.

Visit: www.canada.ca/my-cra-account

Personal Income Tax ★

If you have taxable income in Canada, you will need to file an income tax return by April 30 of the following year to calculate the amount of taxes you owe. You may also have to file a tax return if you have sold real estate or if you have to repay any Canada Pension Plan (CPP) or Old Age Security (OAS) benefits.

Even if you do not have taxable income, filing a return will enable the CRA to calculate if you are eligible for a tax refund, a GST/HST credit, the Guaranteed Income Supplement (GIS), Canada workers benefit (CWB) and/or any benefits from the Province of Nova Scotia such as the Nova Scotia Affordable Living Tax Credit.

Income tax returns and guides are available online, or by calling CRA, starting around mid-February. You can file your income tax return on paper as well as online. Filing online ensures that your return will be processed quickly, usually within two weeks.

When calling about your income tax and benefits, have your questions ready, and be sure to have your social insurance number (SIN) and a copy of your last tax return handy. (You may be asked for information from the return to verify your identity and protect your security.)

Call for Tax Information: 1-800-267-6999

Call for Individual Tax Enquiries: . 1-800-959-8281

Visit: www.canada.ca/en/revenue-agency.html

Find a Free Tax Clinic ★

Free tax clinics are generally offered between March and April across Canada, but some are open year-round. Tax clinics can be in person or virtual. Find the right clinic for you.

Visit: www.apps.cra-arc.gc.ca/ebci/oecv/external/prot/cli_srch_01_ld.action

Community Volunteer Income Tax Program ★

The Community Volunteer Income Tax Program is a free service available to individuals and families with modest income and a simple tax situation who need help to prepare their income tax and benefit returns.

The service is offered free of charge year-round throughout Nova Scotia. If you would like to offer your services as a volunteer, training is provided. For a list of volunteer tax clinics in your area.

Call toll-free: 1-855-516-4405

Visit: www.canada.ca/taxes-help

Grants, Rebates and Tax Credits

Seniors Care Grant

The Seniors Care Grant helps low-income seniors with the cost of household services (including lawn care, snow removal, grocery delivery, transportation, small home repairs and phone service), healthcare services (including physiotherapy and mental health support) and home heating. Grants are \$750 for each household.

To apply online: <https://beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant>

Call: 902-424-5200

Call toll-free: 1-800-670-4357

Fax: 902-428-2164

Mailing address:

PO Box 160, STN Central, Halifax NS B3J 2M4

Caregiver Benefit Program

The Caregiver Benefit Program offers funding to people who are caring for someone with a low income and high care needs. The Caregiver Benefit recognizes the important role of caregivers who are not being paid for their efforts to assist loved ones and friends.

An assessment is required to access this program. To find out if you are eligible, Call Nova Scotia Health Continuing Care:

Call toll-free (within Nova Scotia): . **1-800-225-7225**

Visit: www.novascotia.ca/dhw/ccs/caregiver-benefit.asp

The Caregiver Benefit is a reportable income. For information about tax implications caregivers should contact the Canada Revenue Agency: (1-800-959-8281)

Heating Assistance Rebate Program (HARP)

The Heating Assistance Rebate Program helps low-and modest-income Nova Scotians with the cost of home heating. Rebates are \$600 for each household. You can apply 1 October 2024 to 31 March 2025.

Call: 902-424-5200
Call toll-free: 1-800-670-4357
Visit: www.novascotia.ca/heatinghelp

Your Energy Rebate Program (YERP)

The YERP offers a 10% rebate to all Nova Scotians who pay for residential use energy. The rebate is equal to the provincial portion of the HST. Most people receive the rebate automatically on their energy bills, primarily for home heating fuel and electricity. The rebate is also available on the purchase of propane, natural gas, wood products, coal, and kerosene. To learn more call

Call: 902-424-5200
Call toll-free: 1-800-670-4357
Visit: www.novascotia.ca/yerp

Property Tax Rebate for Seniors Program ★

Service Nova Scotia administers this rebate to help eligible seniors remain in their homes. The program provides eligible homeowners with a 50% rebate of the previous year's municipal

property taxes, to a maximum of \$800. The program runs each year from July 1 to December 31. Some exceptions apply. For more information, contact Service Nova Scotia

Call: 902-424-5200
Call toll-free: 1-800-670-4357
Visit: www.novascotia.ca/ptrs

Medical Expenses Tax Credit ★

You can claim the total eligible medical expenses you or your spouse or common-law partner paid for: yourself; your spouse or common-law partner; you or your spouse's or common-law partner's child(ren) who were under the age of 18 at the end of the tax year.

Call: 1-800-959-8281
Visit: www.canada.ca/taxes-medical-expenses

Disability Tax Credit ★

The Disability Tax Credit is a non-refundable tax credit that helps persons with disabilities, or their supporting persons, reduce the amount of income tax they may have to pay. You may be eligible for the Disability Tax Credit if:

- you are blind;
- you are receiving life-sustaining therapy; or you have an impairment that affects one or more of the following basic activities of daily living—walking, speaking, dressing, hearing, feeding, eliminating (bowel or bladder functions) or mental functions necessary for everyday life.

Call: 1-800-959-8281
Visit: <http://www.canada.ca/disability-tax-credit>

Canada Caregiver Credit ★

You may be able to claim the Canada Caregiver Credit if you support your spouse or common-law partner with a physical or mental impairment. You may also be able to claim the Canada Caregiver Credit if one or more of the following individuals depend on you for support because of a physical or mental impairment: your (or your spouse's or common-law partner's) child or grandchild your (or your spouse's or common-law partner's) parent, grandparent, brother, sister, uncle, aunt, niece, or nephew (if they resided in Canada at any time in the year).

An individual is considered to depend on you for support if they rely on you to regularly and consistently provide them with some or all of the basic necessities of life, such as food, shelter and clothing.

For more information, refer to your tax guide or contact the Canada Revenue Agency.

Call: 1-800-959-8281

Visit: <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>

Communities, Culture, Tourism and Heritage Grant Finder ★

The Department of Communities, Culture, Tourism and Heritage helps businesses and communities grow by providing program and event funding for arts, culture and heritage, sport and recreation, cultural identity and languages, and tourism.

Grants and funding programs are available for:

- businesses
- individuals
- non-profit groups (including charities, community groups and social enterprises)

For more information on programs,

Visit: <https://beta.novascotia.ca/find-grants-offered-through-department-communities-culture-tourism-and-heritage>

Age Friendly Communities Grant

The Age Friendly Community Grant opens once a year to fund community efforts to create age-friendly environments, promote healthy aging and support initiatives that lead to positive impacts in the lives of older adults in Nova Scotia.

The grant is administered by the Department of Seniors and Long-Term Care.

Email: agefriendly@novascotia.ca

Visit: www.novascotia.ca/age-friendly-grant



Housing

Aging at Home

Housing Grants and Loans

The Department of Growth and Development offers Home Repair and Accessibility programs designed to help low-income seniors and families maintain their homes or complete accessibility and age-related adaptations to live independently for longer periods of time. Eligibility for these programs includes income testing but may also include other criteria. To learn more,

Call: 1-844-424-5110

Visit: <https://beta.novascotia.ca/home-repair-and-accessibility-program>

HomeWarming

The HomeWarming Program offers free energy assessments and upgrades to eligible low-income households in Nova Scotia. Upgrades can include draft-proofing, insulation and other energy efficient upgrades to reduce heating and cooling costs and make homes more comfortable to live in year-round. Participants of the program may also qualify for additional financial assistance to help switch from oil heating to efficient electric heat pumps through the Oil to Heat Pump Affordability Program.

Call toll-free: 1-877-434-2136

Visit: www.energycyns.ca/programs-rebates/homewarming

Housing Options

Nova Scotia Provincial Housing Agency

Nova Scotia Provincial Housing Agency (NSPHA) offers a variety of housing options for low-income Nova Scotians. Tenants must be able to live independently and are responsible for arranging their own supports if needed. If you need assistance,

Call: 211

Visit: www.nspha.ca

Rent Supplement

The Department of Growth and Development offers the rent supplement program which provides subsidies to eligible low-income homeowners and renters to pay a portion of their housing costs. For more information,

Call: 1-833-424-7711

Visit: <https://beta.novascotia.ca/apply-rent-supplement-canada-nova-scotia-targeted-housing-benefit>

Emergency Housing

Homelessness is a complex issue. The Government of Nova Scotia is working collaboratively with partners to provide housing and supports for people experiencing homelessness. Government departments and offices (including Opportunities and Social Development, Growth and Development, Addictions and Mental Health, Service Nova Scotia and Justice) are working with community organizations, private organizations and all levels of government to provide supports for people experiencing homelessness.

For a shelter in your area call: 211

Shelter Nova Scotia

Shelter Nova Scotia supports people in times of crisis and transition through residential, trustee and outreach programs. They operate seven facilities in the HRM – six over-night plus their drop-in Hub Resource Centre.

Visit: www.shelternovascotia.com/shelter-services

Survivors of Gender-Based Violence Housing Benefit

Survivors of gender-based violence and their families may be eligible for a monthly housing benefit to help with rent payments. The focus of the benefit is to give survivors and their families the time, space and flexibility they may need to re-establish their lives in safety. For more information,

Call: 1-902-219-3228

Visit: <https://beta.novascotia.ca/apply-survivors-gender-based-violence-housing-benefit>

Residential Tenancies Act

Service Nova Scotia

Service Nova Scotia assists landlords and tenants with general questions and provides assistance in settling disputes through mediation or a hearing, conducted over the telephone.

Call: 902-424-5200

Call toll-free: 1-800-670-4357

Visit: www.novascotia.ca/rta



Aging Well In Your Community

Wellness in Community

Community Health Teams★

Community Health Teams are part of Nova Scotia Health and provide FREE wellness programs and services. Programs are offered by licenced health care professions and topics covered include healthy eating, physical activity, and mental wellness. Programs are offered virtually to residents with a valid Nova Scotia health card. Visit our website to check out the many programs offered.

Call: 902-460-4560
Visit: www.communityhealthteams.ca

HealthyNS

HealthyNS is a program by Nova Scotia Health offering free online classes on health and wellness. Topic areas include self-management, reducing your health risk, healthy eating, physical activity, and mental wellness. You don't need a doctor's or nurse practitioner's referral to join. These programs are developed and led by experienced healthcare professionals from Nova Scotia Health or IWK Health and are hosted on Zoom for Healthcare. This season, seniors may find programs like Aging Well: Let's Talk About Frailty, Falls Prevention, and Advance Care Planning especially helpful. For more details or to sign up,

Visit: www.HealthyNS.ca

Community Hubs★

Community centres provide central hubs across Nova Scotia for seniors to stay active, meet people, and have fun. They offer things like exercise classes, hobby groups, and social events to keep you healthy and connected.

Call: 211
Visit www.ns.211.ca

Halifax Regional Municipality Recreation Centres

With over 50 community and recreation centres around the municipality, Halifax Recreation offers a variety of recreation programs to children, youth, adults and seniors year-round.

Call: 311
Visit: www.halifax.ca/parks-recreation/programs-activities/recreation-activities

CORAH (Centre of Rural Aging and Health)

CORAH is a community hub and active living centre that promotes health and wellbeing for people 55+ through social, cultural, learning and recreational programs. CORAH programming is offered at 3 NSCC campuses:

Middleton: Annapolis Valley Campus
Call: 902-825-5215
Email: corah-avc@nsc.ca

Shelburne: Shelburne Campus
Call: 902-875-8640
Email: corah-shelburne@nsc.ca

Port Hawkesbury: Strait Area Campus
Call: 902-625-4252
Email: corah-strait@nsc.ca

Nova Scotia's Public Libraries★

Nova Scotia's public libraries are community hubs, offering opportunities for seniors to support healthy aging. Libraries provide access to free resources such as books, digital tools, and workshops that encourage lifelong learning. Many libraries host social activities, book clubs, and tech support sessions tailored to seniors.

To find your nearest library,

Call: 211
Visit: www.publiclibraries.ns.ca

Sport and Recreation

Regular physical activity is important for healthy aging.

For information about physical activity, sport and recreation opportunities and funding programs visit cch.novascotia.ca or call 211.

Hike Nova Scotia

Hike Nova Scotia is a nonprofit organization that encourages and promotes a growing hiking and walking culture throughout the province. Hike Nova Scotia coordinates seasonal guided walking and hiking series, provides educational resources, webinars, challenges, and lots more to help you enjoy the outdoors.

Their NS Walks program supports older adults to enjoy the many social, physical and mental health benefits of walking through gentle and friendly weekly leader-led groups happening throughout the province. They also work with communities who want to make their community more walkable.

Call: 902-932-6902
Visit: www.hikenovascotia.ca

Nova Scotia Connect.ca

Nova Scotia Connect.ca is an online for communities in Nova Scotia which directs seniors and others to trails, community recreation activities, mental health supports, online learning, among others. For information on recreation activities,

Visit: <https://novascotiainconnect.cioc.ca/>

Nova Scotia Parks ★

Nova Scotia is home to a diverse system of parks, beaches and trails that protect natural and cultural values, while providing nature-based recreation experiences for all.

To find a park near you,

Call: 1-866-230-1586
Visit: www.parks.novascotia.ca/region/nova-scotia

Nova Scotia Trails ★

Nova Scotia has more than 10,000 kilometres of trails to explore, spanning wilderness areas, rural communities and urban centres alike. The Nova Scotia Trails Federation (NS Trails) is the collective voice of the trails sector. They provide resources and support to more than 140 volunteer community groups and municipalities across the province, helping them to build and maintain safe and enjoyable trail experiences for all.

To find a trail near you,

Call: 902-425-5454 x325
Visit: www.novascotiatrials.cioc.ca

Trans Canada Trail ★

The Trans Canada Trail is the longest multi-use trail system in the world and it is always growing. It reaches every province and territory, and connects all three of Canada's coastlines. Each section of the Trans Canada Trail is managed locally and supports different activities and community needs. To find a piece of the trail near you,

Visit: www.tctrail.ca/explore-the-map/

Kejimikujik National Park ★

Kejimikujik is the only national park and dark-sky reserve in Nova Scotia. This park offers paddling, hiking, biking, camping, and the opportunity to connect with nature and Mi'kmaw culture.

Visit: www.parks.canada.ca/pn-np/ns/kejimikujik/

Nova Scotia 55+ Games Society

The Nova Scotia 55+ Games Society brings together individuals (aged 55+) from all across the province, for an event centred around fun, fitness, and friends. At these events, participants engage in games of both physical and mental challenges and lively social interaction. The 2025 games will be held in Bridgewater, Nova Scotia.

Visit: www.novascotia55plusgames.com

Community Connections

Adult day programs and social groups provide seniors with a socially stimulating environment where they can participate in activities and meet new people. To find a group in your area,

Call: 211

Victorian Order of Nursing- Adult Day Program

Our Adult Day Programs provide social, and therapeutic activities for seniors and individuals with a disability, in a safe and supervised environment. Adult Day Programs give your loved one the chance to connect with peers while taking part in a wide range of enjoyable activities led by staff specially trained in therapeutic recreation.

Call: 1-888-866-2273

Visit: www.von.ca/en/von-care/adult-day-program

Elderberries Group

Elderberries is a social group through the Nova Scotia Rainbow Action Project for LGBTs aged 50+. Are you fifty or older; lesbian, gay, bisexual, trans, or two-spirited and looking for a mixed social group? NSRAP Elderberries may be the group for you. Events include potlucks, cultural events, discussions and lectures, among others.

Visit: www.nsrp.ca/community/elderberries

Aging Well Nova Scotia

Aging Well Nova Scotia (formally Community Links), is a province wide organization that promotes and supports age friendly communities in Nova Scotia by connecting individuals and organizations.

Call: (902) 422-0914

Call toll-free: 1-855-253-9355

Visit: www.nscommunitylinks.ca

Chebucto Links

Chebucto Links offers physical, social and informational programs to support seniors. Programs are available in person or online and a monthly calendar is promoted on the website and social media.

Call: 902-422-3525

Visit: www.chebuctolinks.ca

ElderDog Canada

ElderDog Canada is a national organization dedicated to ageing people, and ageing dogs. They assist and support older adults in the care and well-being of their canine companions.

Toll-free: 1-855-336-4226

Visit: www.elderdog.ca

Community Meal Programs

Organizations across the province sponsor hot-meal programs for seniors.

For specific information on meal programs in your area, call 211 or visit www.mowns.ca/

Victorian Order of Nursing—Meals on Wheels

Nutritious meals are an important part of keeping you or your loved one in your own home, but sometimes shopping and cooking can be difficult. Our Meals on Wheels meal delivery service provides affordable, hot and nutritious meals to a range of clients, including older adults, adults with disabilities or those recovering from illness or surgery.

Call: 1-888-866-2273

Visit: <https://von.ca/en/von-care/meals-wheels-frozen>



Lifelong Learning Opportunities

Many universities and community colleges in Nova Scotia offer credit courses to seniors on a free tuition or reduced-fee basis

Seniors' College Association of Nova Scotia

Life-long learning is offered through the Seniors' College Association of Nova Scotia, a volunteer-based registered non-profit organization dedicated to providing affordable non-credit academic courses to seniors (age 50+) in Nova Scotia. Courses are for your learning enjoyment, without tests or assignments, online and in person.

Call: 902-444-7588

Visit: www.thescans.org

Université Sainte-Anne ★

Université Sainte-Anne, the only French language post-secondary institution in Nova Scotia, offers Continuing Education programs which are open to everyone and can be combined to create personalized training that benefits from the advantages of individual and group courses.

Call: 902-424-2630

Visit: <https://www.usainteanne.ca/fls>

Internet and Online Training

@NS Community Technology

@NS provides communities with affordable access in close to 200 sites throughout the province. Community technology sites provide access to internet, the opportunity to learn basic computer skills, discover new and emerging technologies, access government services and online education, and learn and share with others.

If you would like to find a site in your community,

Call: 211

Visit: www.communitytechns.ca

Get Everyone Online (GEO) Nova Scotia

GEO Nova Scotia is a non-profit organization working towards helping more people get the technology, internet access, and skills they need to be online. GEO Connects serves participants who are identified for support by registered referral partner organizations throughout the province. The program provides computers, mobile devices, phone/data plans, and high-speed home internet service to Nova Scotians who can't otherwise afford it.

Visit: <https://museum.novascotia.ca/our-museums>

History and Genealogy

Genealogical Association of Nova Scotia

The Genealogical Association of Nova Scotia is one of the province's leading heritage organizations, committed to the collection, research, and dissemination of information on Nova Scotia genealogy, and family and local history. The offices support a major research library, and several work rooms, and are staffed three days per week. The society provide educational programs for our membership, for society members and conducts research in genealogy and local history. The library is open to all free of charge and is a Family Search Library Affiliate.

Call: 902-454-0322

Email:info@novascotiaancestors.ca

Visit: www.novascotiaancestors.ca/index.php

Nova Scotia Archives ★

Nova Scotia Archives acquires, preserves, and makes available the province's documentary heritage — both the records of government, and those of provincial significance from non-governmental sources, spanning more than 300 years. They are a fully accessible building with knowledgeable staff to assist you with your research. Many resources are also available, especially for genealogical research, via the Archives website.

Visit: www.archives.novascotia.ca

Nova Scotia Museums ★

The Nova Scotia Museum is responsible for the provincial collection of over one million artifacts and specimens. They maintain 28 incredible sites and host events and community gatherings throughout the year. To find a museum in your area,

Visit: www.museum.novascotia.ca/our-museums

Services for Newcomers

Immigrant Services Association of Nova Scotia (ISANS) ★

ISANS is a non-profit organization that provides settlement and integration services, as well as programs and supports, to immigrants who are in or are destined for communities across Nova Scotia.

Call: 902-423-3607

Call toll-free in Nova Scotia. 1-866-431-6472

Visit: www.isans.ca/home/YMCA

Centre for Immigrant Programs ★

The YMCA provides newcomers with a variety of community-based programs and outreach services. The YMCA Centre for Immigrant Programs helps newcomers to Canada settle into their new communities while also supporting the community in understanding the issues and barriers they face.

Visit: www.yishfx.ca

Acadian/Francophone Community Resources★

Regroupement des aînées de la Nouvelle-Écosse★

Le RANE représente et rassemble les personnes de 50 ans et plus de l'Acadie de la Nouvelle-Écosse et leur offre des programmes, services et activités, afin de bien vieillir en français en Nouvelle-Écosse.

L'organisme : Agit à titre de porte-parole auprès des instances gouvernementales et communautaires;

- Favorise la participation active des personnes de 50 ans et plus dans l'épanouissement et le rayonnement de l'Acadie de la Nouvelle-Écosse;
- Valorise le vécu, l'expertise et les compétences des personnes de 50 ans et plus;
- Outil les personnes de 50 ans et plus pour qu'ils puissent vieillir sainement;
- Fait la promotion de modèles de vieillissement positif.

Programmes:

- **Centre d'activités à distance** : Programmation d'activités communautaires et culturelles par vidéoconférence (ZOOM). Ceci inclut le yoga sur chaise, conférence académique, présentation sur le mieux-être, projection de film, spectacle de musique en direct et plus....
- **Bien vieillir chez soi** : Programme pour aider les aînés à bien vieillir chez soi et dans leur communauté.
- **Lettres entre générations** : Programme intergénérationnel de correspondance écrite entre des personnes aînées et des jeunes du primaire

Numéro de téléphone: 902-304-9533
Visitez: www.rane.ns.ca

Réseau Santé – Nouvelle-Écosse★

Réseau Santé – Nouvelle-Écosse accompagne les partenaires de la santé pour mettre en place des services de santé et de mieux-être en français pour la communauté acadienne et francophone de la Nouvelle-Écosse. Un répertoire en ligne a été développé pour recenser les professionnels et professionnelles de la santé en pratique privée

(dentistes, pharmacies, ostéopathes...) qui sont capables d'offrir des services en français.

Visitez : <https://reseausantene.ca/repertoire/>

Fédération des femmes acadiennes de la Nouvelle-Écosse★

La Fédération des femmes acadiennes de la Nouvelle-Écosse est un organisme provincial à but non lucratif qui a pour mission de promouvoir le développement du plein potentiel des femmes acadiennes et francophones au sein de la province. Nous offrons en français des documents sur la loi et diverses informations sur les services de prise en charge en cas de violences.

Appelez : 902 433 2088
Visitez le web site : www.ffane.ca

Fédération acadienne de la Nouvelle-Écosse★

La Fédération acadienne de la Nouvelle-Écosse a pour mission de promouvoir l'épanouissement et le développement global de la communauté acadienne francophone de la Nouvelle-Écosse pour laquelle elle est le porte-parole principal. La FANE offre des services et des programmes qui répondent aux besoins de sa communauté tout en facilitant la concertation et le partenariat de ses 29 organismes régionaux, provinciaux et institutionnels.

Appelez : 902-433-0065
Visitez : <https://www.acadiene.ca>

Alliance Française d'Halifax-Dartmouth★

À Halifax depuis 1903 et faisant partie d'un réseau mondial, l'Alliance Française est un lieu de rencontre et d'apprentissage, de découvertes et d'échanges. À la fois centre culturel, médiathèque, centre de langue et d'examen, il y a de nombreuses occasions de parler français : cours, clubs de lecture, marches hebdomadaires, rencontres et conversation durant l'été, speakdating à la bibliothèque centrale, activités galettes des rois et crêpes, soirées concerts, projections, tables rondes, activités éco et socio-responsables, visites guidées. Devenez membre, recevez notre infolettre et bénéficiez de prix avantageux chez nos partenaires.

Appelez le : 902 455 4411
Visitez notre site internet : www.afhalifax.ca

Transportation

Community Transportation

Rural Transportation Association (Rural Rides)

The Rural Transportation Association provides door-to-door services which can be booked by any individual who is in need of transportation, be it for meetings, appointments, social outings, groceries, shopping, etc. Some providers also have long-term booking options for those in need of daily transportation to attend, for example, school or work. Rates, booking policies and services offered vary by provider.

Call: 1-902-896-8959
Visit: www.ruralrides.ca

Access-A-Bus

Access-A-Bus is a shared ride in Halifax Regional Municipality providing door-to-door transit service for persons who are unable to use the conventional transit system due to physical or cognitive disabilities. Access-A-Bus is available to provide transportation to medical appointments and to allow you to participate in social, personal, and recreational activities.

Call: 902-490-6681
Visit: www.halifax.ca/transportation/halifax-transit/access-a-bus

Halifax Transit

All Halifax Transit bus and ferry services are free for people aged 65 and older every Tuesday from 10 a.m. to 3:30 p.m. and after 6 p.m.

Call: 311
Visit: <https://www.halifax.ca/transportation/halifax-transit>

Victorian Order of Nursing—Transportation

Transportation services with VON help seniors and adults with disabilities who have no access to transportation, so they can stay independent at home. Their volunteers or paid drivers provide mobility to those who are unable to use other forms of transportation, such as public transit. They may take clients to medical appointments, grocery shopping, adult day programs, to run errands or to other appointments or social outings.

Call: 1-888-866-2273
Visit: www.von.ca/en/von-care/transportation



Licenses and Safe Driving★

Driver's Licence★

If you meet the criteria, you can renew your driver's licence online. If you don't meet the criteria, you can call or go online to make an appointment to visit an Access Nova Scotia or Registry of Motor Vehicles office to renew your driver licence. If you visit an office without an appointment, please be prepared to wait.

Call: 902-424-5851
Call toll-free: 1-800-898-7668
Visit: www.novascotia.ca/renew-your-drivers-licence-online-class-5-6-and-8/

Driver's Licence Refunds★

You can request a refund of your driver's licence fee if you move out of the province or have stopped driving. Refunds can also be requested by the estate on behalf of deceased drivers.

Call: 902-424-5851
Call toll-free: 1-800-898-7668
Visit: www.novascotia.ca/driving-and-road-safety/

Photo IDs★

The fee for the photo identification card service is \$17.70, and the card is valid for five years. You can expect to receive your photo identification card in the mail within 14 calendar days of visiting an Access Nova Scotia office. These are helpful when you require proof of age or identification, and if you don't have a driver's licence. Please call to make an appointment.

If you visit an office without an appointment, please be prepared to wait.

Call: 902-424-5851
Call toll-free: 1-800-898-7668
Visit: www.novascotia.ca/sns/paal/RMV/paal275.asp

Accessible Parking, Licence Plates, and Permits★

Qualified individuals can apply for accessible parking plates and permits. You can call or go online to make an appointment to visit an Access Nova Scotia or Registry of Motor Vehicles office. A physician's referral is required. A physician's referral is required. If you visit an office without an appointment, please be prepared to wait.

Call: 902-424-5851
Call toll-free: 1-800-898-7668
Visit: www.novascotia.ca/driving-and-road-safety/



Employment & Entrepreneurship

Job Search & Skill Development

Employment Nova Scotia ★

Employment Nova Scotia is a division of the Skills and Learning branch of the Department of Labour, Skills and Immigration. Through various programs and services they help Nova Scotians meet their employment potential, help employers find the employees they need to prosper and help communities play an active role in developing well-balanced local labour markets.

Many of the programs and services provided to Nova Scotia through Employment Nova Scotia are made possible by the funding agreements that the province has with the federal government.

Call toll-free: 1-877-223-0888

Visit: www.novascotia.ca/employmentnovascotia/

Nova Scotia Works Employment Services Centres

Nova Scotia Works helps individuals in Nova Scotia understand, prepare for, and fill the needs of the province's job market. Meet with a case manager at a Nova Scotia Works to learn more about employment services and funding programs.

Call: 211

Call toll-free: 1-877-223-0888

Visit: www.novascotiaworks.ca/nsdc/

SkillsonlineNS ★

SkillsonlineNS is an online upskilling portal that provides all Nova Scotians with an opportunity to acquire today's in-demand skills. The program is offered through a partnership between the Department of Labour, Skills Immigration and the Nova Scotia Association of Community Business Development Corporations.

Visit: <https://skillsonlinens.skillspace.com>

Nova Scotia Community College

Nova Scotia Community College (NSCC) offers the opportunity to gain new skills to advance careers and stay competitive in today's market. Whether you want to enhance your skills for your current career or are interested in a career pivot, they can support you with short-term programs, courses and in-demand microcredentials that align with industry needs.

Visit: www.nsc.ca/programs-and-courses/

Entrepreneurship

Community Business Development Corporation (CBDC) ★

CBDC offers business development programs, financial assistance, counselling, and training, as well as advisory services and support, to entrepreneurs either starting a business or wanting to expand or modernize one. Nova Scotia Association of Community Business Development Corporations

Call: 1-888-303-2232

Visit: www.cbdc.ca/en

Self-Employment Program ★

Through the Department of Labour, Skills and Immigration, this program assists individuals who are having trouble finding employment to create their own job.

Call: 1-877-223-0888

Visit: <https://www.novascotia.ca/employmentno-vascotia/programs/self-employment.asp>

Centre for Women in Business—Mount Saint Vincent University

The Centre for Women in Business is dedicated to helping women-identifying and gender diverse business owners and entrepreneurs across Canada succeed through exposure, connection, and learning.

Call: 902-457-6449

Call toll-free: 1-888-776-9022

Visit: www.centreforwomeninbusiness.ca

Volunteering

Volunteer Nova Scotia

Volunteer Nova Scotia is a free, searchable database connecting Nova Scotians to volunteer opportunities in their communities. It also connects non-profit organizations to volunteers who are looking for meaningful ways to help.

Volunteer Nova Scotia offers workshops for volunteers and nonprofit leaders looking to build their skills and knowledge. This year they are celebrating multi-generational volunteering and empowering volunteer groups to forge new collaborations.

Call: 902-365-2099

Visit: www.volunteersns.ca

Provincial Volunteer Awards

Every September, Nova Scotia celebrates volunteers nominated by organizations and communities at the Provincial Volunteer Awards. Nominations are open in April.

<https://novascotia.ca/nonprofitsector/provincial-volunteerawards/>



Senior Serving Organizations

Seniors' Advisory Council

The Seniors' Advisory Council of Nova Scotia is an independent body of volunteers appointed by the nine seniors' organizations that make up the Council. With over 100,000 older adults affiliated with these nine organizations, the voice of seniors to influence government policies and decision making about programs and services for older adults in Nova Scotia is represented. The organizations include:

- CARP—A New Vision of Aging for Canada
- Aging Well Nova Scotia (Formerly Community Links)
- National Association of Federal Retirees (NAFR)
- Nova Scotia Federation of Seniors (NSFS)
- Nova Scotia Government Retired Employees Association (NSGREA)
- Regroupement des aînés de la Nouvelle-Écosse (RANE) ★
- Retired Teachers Organization of the Nova Scotia Teachers Union (RTO) ★
- Royal Canadian Legion, Nova Scotia/ Nunavut Command
- Section of Senior and Retired Doctors of Doctors Nova Scotia

For further information on the Seniors Advisory Council, or their organizations, contact:

Alyson Hillier, Co-chair
902-443-5106
alyson.hillier53@gmail.com

David Fletcher, Co-chair
902-449-8595
davidfletcher@priest.com



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1

Wills & Dying without one

A Will is a legal document that lets you say what you want done with your estate (house, land, personal items) after you die. You will name someone to carry out your last wishes. This person is called your executor. If you die without a will, you're considered to have died intestate. Your property is distributed to people considered your nearest relatives and the rules are not flexible. If you die without a will, there's no protection for common law partners, stepchildren or grandchildren.

Check out LISNS' free Wills Preparation App to make your own basic will:
www.legalinfo.org/will

2

Powers of Attorney (POA)

A power of attorney is a legal document that lets you give someone you trust the authority to act in financial and property matters on your behalf. You are called the donor and the person you give authority is called the attorney (even when they aren't a lawyer). Making an enduring POA doesn't limit you from acting on your own behalf and controlling your financial affairs.

Nova Scotia law for POAs changed on July 5, 2022. A POA made before July 5, 2022 is still effective but the changes include specific duties for attorneys and clear powers for the donor and support persons.

Check out LISNS' free POA-E App coming in 2025. Learn more by visiting
www.legalinfo.org

3

Personal Directive (PD)

A personal directive lets you choose someone to make health and other personal care decisions for you if you can't make them yourself. You can set out your instructions, wishes, and values about health and other personal care. You can name a delegate to speak for you if you can't. It's important to prepare a personal directive when you're well.

Check out LISNS' free Personal Directive App to make your own PD:
www.legalinfo.org/personaldirective

Call us at 1-800-665-9779 or 902-455-3135

Email us at questions@legalinfo.org

'Chat with us!' for live chat at www.legalinfo.org

