



DARTMOUTH SENIORS HELPING TREE

This tool was designed and supported by the Community Health Team, Geriatric Navigator and Dartmouth Community Health Board with Capital Health and Dartmouth Senior Community Member input to assist service providers and inform residents of the many helping resources available to Seniors. If you or someone you care about is experiencing a problem in any of the areas listed, follow the arrows on the flow chart to find resources that may help.



In-Home Supports
 VON Vial-of-life
 455-6655
 Lifeline
 1-866-784-1992
 Red Cross
 (Health Equipment Loan Program)
 423-3680
 Seniors Snow Removal Program
 864-2165
 Northwood Telecare
 (daily phone contact)
 421-6387

Housing
 Housing Tenancy Board
 424-5200
 Metro Regional Housing Authority
 420-6000
 Halifax Housing
 423-0722
 Dartmouth non-profit Housing
 469-0543
 Continuing Care (Home Care
 and Nursing Home Placement)
 1-800-225-7225

Nutrition
 Meals on wheels
 465-5578
 VON Frozen Favourites
 454-5755
 Feed Nova Scotia (Food Banks)
 457-1900
 Sobey's Dietitians
 477-6159

Transportation
 Access-a-bus(\$)
 490-6681
 Dial-a-ride(\$)
 454-5755
 Dartmouth Seniors Services Centre (\$)
 465-5578
 Metro Transit Info Line
 490-4000

Support Organizations/Services
 Caregivers Nova Scotia
 421-7390
 Canadian Mental Health Association
 466-6600
 Alzheimer's Society
 422-7961
 Seniors Home Safety Program
 (in home inspection)
 490-2554
 Seniors Secretariat
 424-0065
 Halifax Regional Police (Dartmouth)
 490-5171

Self Help & Support Groups
 Self-Help Connection
 466-2011
 Dartmouth General Hospital
 Grief Support Group
 465-8472
 Widows in Self Help (WISH)(Halifax)
 443-1486
 Survivors of Suicide
 835-3812
 Contact your local church for
 information on grief support
 and self help groups.

Community Centres
 Findlay
 490-4728
 Dartmouth North
 490-5900
 East Dartmouth
 435-9912
 Northbrook
 490-4730
 North Woodside
 463-9276
 South Woodside
 404-1971
 Dartmouth YMCA
 422-9622
 (Ask about Senior Programs)

Health & Support Services
 Dartmouth Community Health Team
 460-4555
 Dartmouth Community Health Board
 460-6869
 Your Way to Wellness
 473-7709
 Geriatric Navigator
 465-8446
 Mobile Outreach Street Health
 (MOSH)
 802-9696
 Mobile Crisis (24 Hours)
 429-8167
 Dartmouth Mental Health
 466-1830
 Seniors Mental Health
 464-6054
 Seniors Pharmacare
 429-6565
 Geriatric Medicine
 473-7183
 Heart & Stroke Foundation
 423-7530
 Don't have a family doctor?
 1-855-444-4415

Income & Programs
 Service Canada
 (Old Age Pension, Canada Pension,
 Guaranteed Income Supplement)
 1-800-277-9914

Heat & Water
 The Good Neighbor Energy Fund
 422-3435
 (only avail. Jan. to end of April)
 422-3435
 Water Fund-Help for others
 422-3435

Police & Reporting
 Non-emergency police
 490-5020
 Crime Stoppers
 1-800-222-8477
 Adult Protection
 1-800-225-7225
 Elder Abuse Hotline
 1-877-833 3377

Legal Aid
 Dalhousie Legal Aid
 423-8105
 Nova Scotia Legal Aid
 420-8815

Legal Information
 Legal Information Dial-A-Law
 420-1888
 Legal Information Society of NS
 454-2198
 Legal Information & Lawyer Referral
 455-3135
 Reachability
 429-5878

Health Link: 811
 health information
 & advice (24 hours)
 Help Line (Adults): 421-1188
 Emergency: 911
 Nova Scotia 211

Connecting to Services
 Wellness Navigators
 Dartmouth Community Health Team
 460-4555
 Geriatric Navigator
 465-8446
 Get your Positive Aging Guide
 1-800-670-0065

Information
 Seniors Toll Free Information Line
 1-800-670-0065
 Seniors College Association
 of Nova Scotia (SCANS)
 455-6748
 Positive Aging Guide
 1-800-670-0065

Social Clubs & Services
 Dartmouth Seniors Service Centre
 465-5578
 Dartmouth Seniors Citizen Club
 469-1749
 Young At Heart
 490-5900

Dartmouth Public Libraries
 Woodlawn
 490-2636
 Alderney Gate
 490-5745
 Dartmouth North
 490-5840

IN-HOME SUPPORTS/HOUSING

TRANSPORTATION & NUTRITION

SUPPORT GROUPS & SERVICES

COMMUNITY HEALTH & WELLNESS

LEGAL/FINANCES

SOCIAL-LEISURE CONNECTIONS

YOU START HERE

For revisions and updates, please call 460-4555