



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.



Capital Health
Community Health Team



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 & Lawyer Referral
455-3135
Reachability
429-5878

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

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