

This tool was designed by the Dartmouth Community Health Team, Geriatric Navigator with Capital Health, & 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.

Healthlink: 811
health information & advice
(24 hours)
Help Line (Adults): 421- 1188
Emergency: 911
Get your Positive Aging Guide
1-800-670-0065



For revisions and updates, please call 460-4555

Connecting to Services
Wellness Navigators
Dartmouth Community Health Team **460-4555**
Geriatric Navigator
465-8446

Income and 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
Nova Scotia Legal Aid (poverty law) -----420-3450

Legal Information
Dial-A-Law-----420-1888
Legal Information & Lawyer Referral ----- 455-3135
Reachability -----429-5878

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 and 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

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 and 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

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.

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

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
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



This helping tree is for informational purposes only. For general resources please see the "Dartmouth Helping Tree" (available on-line at www.communityhealthteams.ca). Please also see the CDHA Seniors Mental Health Helping Tree for additional

YOU START HERE