

Senior Services Guide

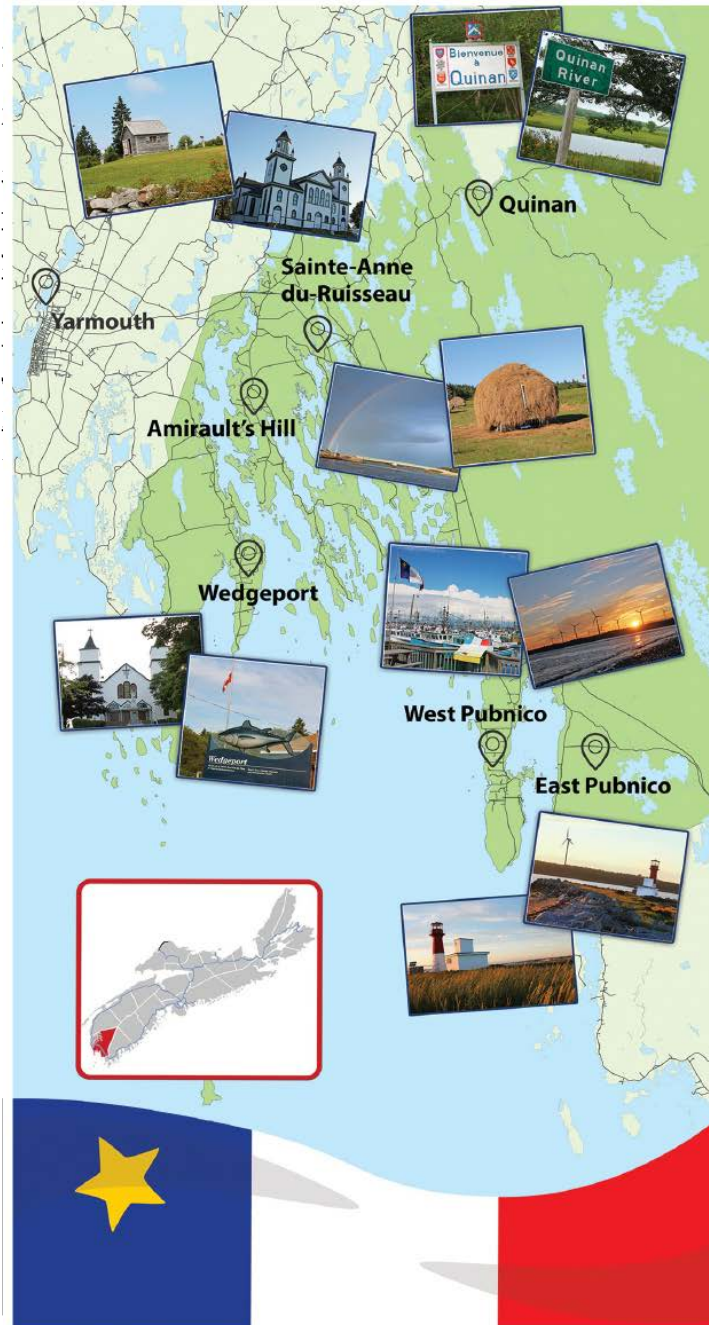


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REGROUPEMENT DES AÎNÉES ET AÎNÉS DE LA NOUVELLE-ÉCOSSE (RANE)

RANE is the spokesperson organization of Acadian seniors in Nova Scotia. In addition to representing seniors in this community with the various governmental and community organizations, RANE encourages and values the contributions of seniors in the community.

RANE seeks, by implementing programs and organizing activities, to achieve two important results:

- **Vitality:** That seniors play a vital role in the Acadian regions of Nova Scotia.
- **Wellness of Seniors:** That senior Acadians in Nova Scotia reach a higher level of wellness.

“Le Regroupement” has members in more than ten Acadian and Francophone regions of Nova Scotia.

- For more information about “Le Regroupement” activities or to join, please visit their website at www.rane.ns.ca or contact the RANE office at 902-304-9533.

NEW HORIZONS FOR SENIORS

The New Horizons for Seniors allows seniors to enjoy the quality of life in their community and to contribute by leading active lives and participating in social activities. This program provides funding for projects that encourage seniors to volunteer and to participate and lead community activities. It also enables organizations to get funding to modify or renovate their facilities or buy equipment and furniture to continue the delivery of their programs and activities. Employment and Social Development Canada accepts applications for funding from New Horizons Seniors' Program only when a call for proposals is open. For more information, please visit the Ministry website. www.edse.gc.ca/seniors or Toll Free 1-800-255-4786

In the Argyle area, there are New Horizon clubs in West Pubnico, East Pubnico, Quinan, Wedgeport, Ste. Anne du Ruisseau and Amirault's Hill/Sluice Point.

TOP 10 THINGS YOU CAN DO TO PROMOTE GOOD MENTAL HEALTH

1. Value yourself – Treat yourself with kindness and respect, do things you enjoy.
2. Take care of yourself – Eat nutritious meals, drink plenty of water, get enough sleep.
3. Exercise your body – What’s good for the heart is good for the head.
4. Exercise your brain – Mental exercise with new challenging activities.
5. Join in on social activities – Helps avoid loneliness and isolation.
6. Surround yourself with good people – Find others who see the best in you.
7. Set realistic goals – Dream big, but then write down steps to reach realistic goals.
8. See the humour – Laughter is among healthy coping strategies to manage stress.
9. Quiet your mind – Meditation, prayer and “mindful-ness” can reduce stress.
10. Get help when you need it – Seeking help is a sign of strength, not weakness.

LEISURE ACTIVITIES **AND SERVICES**

Offered by the Municipality of Argyle

1. Seniors' picnics
2. Yoga for seniors
3. Bus trips
4. Snowshoeing
5. Games for seniors
6. Social teas for Seniors
7. We print tickets for seniors
8. Training sessions on active living and physical activity
9. Christmas parties

For more info, please call 902-648-3379

AMBULANCE SERVICES

You are highly advised to call 911 for an ambulance for medical emergencies. Payment plans and financial hardship-based appeals are available, so don't let the cost of an ambulance prevent you from calling 911. It can make the difference between life and death.

The following fees are subject to change without notice:

Most Nova Scotians with a valid health card:	\$146.55
Non-Nova Scotians:	\$732.95
Non-Canadians and new Canadians:	\$1,099.35
People who are third-party insured:	\$732.95
Nova Scotians who are mobility challenged:	\$108.95
Fee to transport to nursing home and residential care facility residents to hospital:	\$54.50

FINANCIAL ASSISTANCE FOR LOW INCOME SENIORS WITH SPECIAL NEEDS

Low income seniors who have special needs and no means of paying to have those needs met can apply to see if they qualify for the Employment Support and Income Assistance Program. For more information or to discuss your eligibility, contact the Department of Community Services at 902-742-0741.

All other funding sources must be explored, including the federal Old Age Security program and the Guaranteed Income Supplement.

A call or visit to your local MLA or MP can sometimes help steer you in the right direction and help you procure the financial assistance you need. Your MLA's and MP for the Yarmouth/Argyle area are:

Honorable Chris d'Entremont, MLA
6-4200 Highway 308
Tusket, Nova Scotia
Phone: (902) 648-2020 Fax: (902) 648-2001
info@chrisdentremont.com

Honorable Zach Churchill, MLA
396 Main Street
Suite 100
Yarmouth, Nova Scotia
B5A 1E9
Phone: (902) 742-4444 Fax: (902) 742-7391
ca@zachchurchill.com

Honorable Colin Fraser, député
396 Main Street
Suite 103
Yarmouth, Nova Scotia
B5A 1E9
Phone: 902-742-6808 Fax: 902-742-6815
Email: Colin.Fraser@parl.gc.ca
(Mail can be sent free to any member of parliament)

FINANCIAL PROGRAMS

Old Age Security – Telephone – 1-800-277-9914

The Old Age Security program provides security of income for Canadian seniors. The program includes the basic Old Age Security pension, the additional income, and benefits for seniors with a low income from 60 to 64 who are legally married spouses, or Common Law partners or Guaranteed Income Supplement recipients of survivors.

When you have an Old age Security pension or an application for one of the benefits, also be sure to sign up for direct deposit, complete section of your application provided for that purpose or visit the following website : [www. servicecanada.gc.ca/direct deposit](http://www.servicecanada.gc.ca/direct_deposit)

Old Age Security Basic Pension

The Old Age Security basic pension is a monthly benefit available to all persons aged 65 and over who meet the residence requirements. Any person who meets the requirements for

age, residence and legal status is eligible for the basic pension, regardless of employment status.

You can also use the calculator Canadian Retirement Income to know the amount you receive depending on when you are applying for Old Age Security or the Canada Pension Plan.

Please visit the website www.servicecanada.gc.ca/

Guaranteed Income Supplement

The guaranteed income supplement is a monthly non-taxable benefit paid to basic pension providers whose income is low or zero. To qualify for the guaranteed income supplement, you must receive the benefits of old age security, be a resident of Canada and have lived for at

least 10 years of residence in Canada. People who are under 10 years of residence in Canada are generally not eligible for the guaranteed income supplement, except under certain conditions. To learn more about eligibility requirements, please visit the following website:
www.servicecanada.gc.ca/pensions

Allowance and allowance for the Survivor

The allowance and the allowance for the survivor aged 60 to 64 (including the month of their 65th birthday) whose income is low. The allowance is paid to the spouse in law or in fact a provider of security for old age that qualifies for Guaranteed Income Supplement, while the Allowance for the Survivor is paid to the spouse or widower surviving spouse that has not remarried or entered into a new union.

Income Thresholds

For a person to be eligible for the Guaranteed Income Supplement and allowances, income must not exceed a maximum amount. For more information on income threshold Guaranteed Income Supplement benefits, please visit the following website: www.servicecanada.gc.ca

Pension Plan of Canada

The Canada Pension Plan is designed to ensure the contributor modest replacement in case of retirement income, disability or death. You must apply for all Pension benefits of Canada, except for the post-retirement benefit. If you worked in Quebec, you may be entitled to a Quebec Pension Plan. For more information, please visit the website of the Régie de Québec which is responsible for the administration of Quebec Pension Plan benefits at the following address: www.servicecanada.gc.ca

HOUSING PROGRAM FOR SENIORS

This program helps homeowners pay for home adaptations so that low-income seniors can stay in their homes independently longer.

A forgivable loan of up to \$3500 is available and does not need to be repaid as long as the owner agrees to live in their home for a minimum of six months after the adjustments are made.

The home repairs covered by this grant include minor items to help with age-related challenges. Some examples:

- Handrails in hallways and stairs.
- Easy to access work areas and storage in the kitchen.
- Grab bars on the doors.
- Grab bars in showers and baths.
- Walk-in showers with grab bars.

All adjustments that are made must be permanent. Exceptions may be made for amenities like bath lifts that help make access to basic facilities easier. Other aids such as walkers and appliances are not covered by this funding.

To qualify for this program:

- You must be aged 65 or over.
- You must have trouble with daily activities because of your age.
- You must have a low annual household income.
- You must be a permanent resident of the house who will undergo repair/adaptation.

You must submit an application for approval before they can be funded. All work that is completed before receiving approval is not eligible for cover. To apply, contact Housing Nova Scotia at 1-844-424-5110

MENTAL HEALTH

Yarmouth - support group for bipolar and schizophrenia

What can this support group do for you?
Joining this group as soon as the diagnosis has been made is an important adaptation step. Sharing with others can reduce feelings of isolation and helplessness.

It's a place for:

- 1) Support
- 2) Information
- 3) Common experiences
- 4) A place to be connected, be grounded

The main objectives are:

- 1) To provide emotional support and information to people affected by the disease and their families
- 2) Provide education and promote awareness about mental illnesses and help dispel the myths and misconceptions that result in stigma.

Meetings are in Yarmouth at Sobey's, in the community hall every 4th Monday of the month. No appointment necessary. Just drop in at 6:30.
Contact 902-742-4911.

NEW ATTITUDES

The New Attitudes is a public education group dedicated to reducing the stigma surrounding mental illness. They will talk to any group that asks them. It is a free service that began in 1997 with funding from the Community Health Promotion Fund. Call 902-742-0465.

CONTINUING CARE

What happens after I call 1-800-225-7225?

When you call Continuing Care, you will speak with an Intake Worker. The Intake Worker documents basic information about you and forwards this information to a Care Coordinator.

A Care Coordinator will call you back and arrange to meet with you. During this meeting, you will be assessed regarding your care needs and the Care Coordinator will talk to you about the outcome of the assessment (i.e., required services).

If you are in agreement, services will be set up.

Can anyone make a referral to Continuing Care?

Anyone can make a referral to Continuing Care Services as long as the individual requiring the services is aware of the referral. A referral may be accepted from the individual or person acting on the individual's behalf.

Where an individual has capacity and refuses to give permission for the referral for Intake, the Care Coordinator or the Intake Worker shall not accept the referral. If the Care Coordinator has information that the individual may be an "adult in need of protection" the Care Coordinator or the Intake Worker shall report the situation to Adult Protection Services.

What are the hours of operation for Continuing Care?

Intake hours of operation are from 8:30 am to 4:30 pm seven days a week. If you get voice mail, please leave a message. An Intake Worker will phone you back.

HOME CARE

Telephone :1-800-225-7225

Note: All the “Care” services must be accessed through the “800” number and not through the local office. You will then be referred to the local office.

Home Care is available to all Nova Scotians who need help with care in their homes and communities. This service is offered through local Continuing Care offices in each health authority and by the Nova Scotia Health Authority.

Home Care Services supplement the help people already receive from their family, friends or community. Through Home Care, people are able to remain as independent as possible by staying in their home and community. It is always the first option for care in the community.

Home Care Services include:

HOME SUPPORT

Home Support (such as personal care, respite and essential housekeeping)

NURSING

Nursing (such as dressing changes, catheter care, intravenous therapy and palliative care)

1. How do I access Home Care?

You can speak to someone about Home Care by calling Continuing Care at the toll-free number, 1-800-225-7225. If you require an assessment for Home Care, a Care Coordinator will arrange a time to meet with you to complete the assessment. The assessment will determine what care services you are eligible to receive based on your needs. Home Care adds to the help you currently have in your community. It does not replace existing care.

2. How much does Home Care cost?

Home Care costs are based on your income and the type of services you need. Some services, such as nursing, are free. A Care Coordinator will confirm costs during our assessment.

3. Will someone check in on me while I receive Home Care?

A Care Coordinator will check in with you and your caregivers/service providers on an ongoing basis. If your needs change, your services will change to reflect your Home Care needs. Care Coordinators can also connect you with programs in your community that offer additional supports. Some examples are meal programs, Adult Day programs and foot care clinics.

4. Will I have to wait to get services?

Every effort is made to provide the services you need quickly. Sometimes the demand for Home Care is so great in some areas, you may be placed on a wait list. If you are placed on a wait list, your Care Coordinator will keep you informed of your status. If your situation changes while you are on a wait list, you will need to let your Care Coordinator know so your needs can be updated.

5. What if my needs exceed what Home Care can provide?

You may need to consider other service options. A Care Coordinator can help with these decisions, including determining whether long-term care is the right option for you.

LONG TERM CARE

Long-term care facilities licensed and funded by the Department of Health and Wellness provide services for people who need ongoing care; either on a long-term basis (permanent placement) or short-term basis (respite care).

There are two types of long-term care facilities available, nursing homes and residential care facilities.

What are nursing homes?

Nursing homes are important options for people who have difficulty performing everyday tasks such as, dressing, bathing and toileting. Nursing home placement is appropriate for people who are medically stable but have nursing needs that cannot be met through home care.

What are residential care facilities?

When Home Care does not meet the needs of a person and nursing home care is not required, a residential care facility may be the solution. Residential care facilities provide people with personal care, supervision and accommodation in a safe and supportive environment. (People living in residential care facilities must have the ability to self-evacuate in the event of an emergency.)

What services do nursing homes and residential care facilities provide?

Nursing homes provide nursing and personal care on a 24-hour basis including care given under the supervision of a nurse, administration of medication and assistance with daily living. Other services may include physiotherapy, occupational therapy, recreation, and those provided by a Social Worker.

Residential care facilities provide assistance with personal care such as, bathing and dressing, and reminders about daily routines. Personal care and supervision are provided by Residential Care Workers who are available on site at all times.

For both nursing homes and residential care facilities, staff administer all medications for residents. The facilities have medical advisors but residents may continue to visit their family doctor. Residents usually have private bedrooms or share with one other person but common spaces include dining and living areas, bathrooms, and outdoor spaces. Residents are served three meals per day and snacks. Menus consider residents' preferences, accommodate special diets, and follow Canada's Food Guide.

How do I apply to Long Term Care?

To apply for residency in a nursing home or a residential care facility, contact Continuing Care, toll-free at 1-800-225-7225 to find out about the application process, to arrange for a Care Coordinator to assess your care needs, and to identify the best method of having your needs met.

How much do nursing homes and residential care facilities cost?

Long-term care costs are shared by you, as the resident, and the provincial government. The Department of Health and Wellness pays for the health care costs, and you pay your accommodation costs and personal expenses.

The Department of Health and Wellness sets standard accommodation charges annually. Those who are able to pay the full standard accommodation charge are not required to complete a financial assessment. Those who cannot pay the standard accommodation charge can apply to have their rate reduced through an income based financial assessment.

LEGAL ISSUES

- Referral services to a lawyer of the Legal Information Society 1-800-665-9779
- Adult protection - 1-800-225-7225
- Program for the safety of Yarmouth County Seniors - 902-881-4099
- Commission on Human Rights in N. E.- 1-877-269-7699

Police and Reports

RCMP

Town - 902-742-8777

Medium (Rural) - 902-742-9106

French Service - 1-800-440-1323

(Crime Stoppers) - 1-800-222-8477

Legal aid

- Legal Aid Commission of NS - 902-742-7827
- Dial-a- Law - 1-902-420-1888

Legal information

- Legal Information Line - 1-800-665-9779
- Legal Information Society of N. S. - 1-902-454-2198

TAX REBATE OFFERED

The provincial government offers a refund on property tax for seniors who receive the guaranteed income supplement. (Property taxes for the previous year must be paid in full.) Apply from July to December 21st. Seniors who qualify can get half of their taxes paid up to \$800. For further information, call 1-800-670-4357.

HEATING ASSISTANCE REBATE PROGRAM

HARP helps with the cost of home heating for low income Nova Scotians who pay for their their own heat. Rebates range from \$100. to \$200. You can apply between October 16, 2017 and March 31, 2018.

To qualify for the rebate, you must pay your own heat and meet **one** of the following criteria:

- have a net income of \$29,000. Or less and live alone with no dependents
- have a combined net income of \$44,000 or less and live with dependents or other adults
- receive income assistance from the Department of Community Services
- receive the Guaranteed Income Supplement or the Allowance from Service Canada

Your rebate amount is based on your income

Household income if you live alone	Household income if you live with kids, dependents, or other adults	Rebate
GIS or Income Assistance	GIS or Income Assistance	\$200.
\$27,000. or less	\$42,000 or less	\$200.
\$27,001 - \$27,500	\$42,001 - \$42,500	\$175.
\$27,501 - \$28,000	\$42,501 - \$43,000	\$150.
\$28,001 - \$28,500	\$43,001 - \$43,500	\$125.
\$28,501 - \$29,000	\$43,501 - \$44,000	\$100.

Call 1-800-670-4357 for further details and application form.

YARMOUTH FIFTY-FIVE+ SENIORS' DISCOUNTS

NEWSPAPERS

Halifax Chronicle Herald gives seniors a reduced cost of \$376.74 for a year's subscription (a reduction of 5%).

The **Yarmouth Vanguard** gives seniors a reduced cost of \$68.17 (tax included) for a year's subscription (a reduction of 10%).

Le Courrier de la Nouvelle-Écosse gives a reduced rate of \$25.00 instead of \$35.00 for seniors for a year's subscription.

STORES

Bulk Barn offers seniors a discount of 10% on Wednesdays if you are 60+.

Rossy gives 10% off on Tuesdays if you are 60+.

GAS

Wilson's on Starr's Road gives seniors 3.5 cents off the going price, per litre, on regular gas (cash or debit only).

LIBRARY

All **Western County libraries** offer a variety of free services to everyone: these range from lending books (many with large print), books on discs (CD) and DVD's. Computer and internet access is always available, and individual help with computer and tablet questions can be answered by the library's computer technician.

MUSEUMS

The **Yarmouth County Museum** often has free admission courtesy of its sponsors.

The Art Gallery of Nova Scotia offers seniors reduced annual membership fees. Seniors are also offered a reduction on the price of a one-time admission.

FAST FOOD RESTAURANTS

Note: it is important that you always ask for your discount beforehand. Effort has been made to ensure this information is accurate but do double check before you order.

A & W gives 10% off everything if you are 55+.

BURGER KING offers a 10% off all food for those 60+.

DAIRY QUEEN offers 10% off everything if you are 55+.
KFC & TACO BELL offer 10% off everything for those 55+.
MACDONALD'S offers small coffees for a dollar + tax for 55+.
Free Refills.
SUBWAY gives 10% off everything if you are 60+.
WENDY'S offers 10% off everything if you are 55+
PIZZA DELIGHT gives 10% off to seniors 55+

RESTAURANTS

JUNGLE JIM'S does not give discounts to seniors as such, but gives 10% off meals if you are a member of CAA (Canadian Automobile Association). Offers a special menu for seniors 60+.
RUDDERS – has a seniors' menu on Sundays.
THE SHANTY CAFÉ – gives 15% off to seniors.
WINDLASS RESTAURANT – has a seniors' menu.
THE SNACK PLACE - has a special menu with everything under \$10.00.
MERN'S RESTAURANT – offers seniors' portions.
GAYLE'S EATERY – gives 10% off to seniors.
BLUE LAGOON & RED KNIGHT – gives 10% off to seniors.
THE RED CAP RESTAURANT gives 10% off to seniors on Mondays and Tuesdays.
DENNIS POINT CAFÉ has a seniors' menu.
LOBSTER LAGOON offers half portions to seniors.
THE DINNER PLATE offers a 10% off meals over a certain amount. You must eat in & be 65+.
THE SNACK PLACE offers a 10% discount for those 55+.

MOVIES

CINEPLEX CINEMAS charges \$7.50 for general screenings: \$10.50 for 3D films if you are 65+.

PHARMACIES

CITY DRUG PHARMACHOICE offers 10% discount off regular merchandise every day to seniors 65+.
LAWTON'S senior's day is during the last week of the month. Discounts of 20% off regular merchandise for those 55+.
PHARMASAVE offers a 10% discount on most regular merchandise every day. Applies to those 65+.
SHOPPERS DRUG MART offers a 25% discount on regularly priced merchandise almost every Thursday for those 55+.

YARMOUTH COUNTY SENIOR SAFETY PROGRAM

Municipalities of Yarmouth and Argyle
156 Starrs Road, Yarmouth N. E.
Phone 902-881-4099

1. We meet seniors in the comfort and security of their own home.
2. We assist the RCMP with calls for seniors
3. We have connections with community agencies to promote seniors' independence.
4. We give presentations on topics of interest to seniors.
5. We have liaison with Emergency Measures Team.
6. We promote accessibility to information for seniors.
7. We work to combat elder abuse.
8. We have connections with : PharmaCare, depression and boredom, Canada Pension and more.

TRANSPORT SERVICES

Yarmouth County H. O. P. E.

Call 902-742-6579

Dial-a-Ride costs are as follows:

Up to 10K	-	\$5.50
10K to 20K	-	\$7.50
More than 20K	-	\$7.50 plus \$1.25 per km

CLOUD NINE SHUTTLE VAN

Based in Yarmouth, Cloud Nine Shuttle leaves Yarmouth daily at 8:00 a.m. and leaves Halifax between 2:00 to 3:00 o'clock every afternoon. It is a 7 day a week service.

There is a \$5.00 reduced rate for seniors.

At present, the rate is \$75.00 one way, with a rate of \$70.00 for seniors.

Telephone - 902-742-3992

IMPORTANT NUMBERS:

1. Information Line for Seniors:
1-800-670-0065
2. Mental Health Crisis: 1-888-429-8167
3. Helpline (Help Line): 1-877-521-1188
4. Emergencies: 911
5. Info-Health: 811
6. Community Services: 211
7. Road conditions: 511

All these services are accessible 24/7.

March 2018

This directory was prepared by CAPEB (Conseil acadien de Par-en-Bas) and CARA (Comité des aînés et aînées de la région d'Argyle) thanks to funding from The New Horizons for Seniors Program to educate seniors of the Municipality of the District of Argyle and Yarmouth County on services and resources available to them.

Ce répertoire fut préparé par le CAPEB (Conseil acadien de Par-en-Bas) et le CARA (Comité des aînés et aînées de la région d'Argyle) grâce à du financement du programme Nouveaux Horizons pour les aînés pour renseigner les personnes aînées de la Municipalité du district d'Argyle et du comté de Yarmouth sur les services et ressources à leur disposition.



C.P. 63 Tusket (NÉ)

B0W 3M0

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www.capeb.ca

Facebook: Conseil Acadien de
Par-en-Bas

CARA

Comité des aînées et aînés de
la région d'Argyle

