

New Brunswick Resources for Seniors

General Resources

1. [Seniors' Guide to Services and Programs](https://www.canadianseniorsdirectory.ca/senior-service-canada/seniors-guide-to-services-and-programs-new-brunswick/)

<https://www.canadianseniorsdirectory.ca/senior-service-canada/seniors-guide-to-services-and-programs-new-brunswick/>

A guide to programs and services for seniors offered by various provincial departments including the Department of Finance, Department of Health, Department of Social Development, Elections New Brunswick, and the Department of Transportation and Infrastructure. Information also available about a toll-free seniors' information line.

2. [New Brunswick 211](https://nb.211.ca/search/) <https://nb.211.ca/search/>

A searchable directory of all private and public programs and services offered in New Brunswick. You can filter results by location.

3. [Social Supports NB](https://socialsupportsnb.ca/en/landing/help-seniors) <https://socialsupportsnb.ca/en/landing/help-seniors>

A navigator for seniors to find support, including help at home, housing options, financial help, legal rights, community, and medical issues.

Health Resources

1. [Tele-Care 811](https://socialsupportsnb.ca/en/page/tele-care-811) <https://socialsupportsnb.ca/en/page/tele-care-811>

A free, confidential phone line providing health advice and information 24/7. Connects you to a bilingual, registered nurse.

2. [Rapid Rehabilitation and Reablement](https://socialsupportsnb.ca/en/simple_page/rapid-rehabilitation-and-reablement)

https://socialsupportsnb.ca/en/simple_page/rapid-rehabilitation-and-reablement

Short-term care, supplies, and equipment to help seniors restore independence after hospitalization or injury.

3. **Adult Protection Program**

https://www2.gnb.ca/content/gnb/en/services/services_renderer.9335.Adult_Protection.html

Investigates and addresses abuse and neglect in seniors. Provides support services when abuse is found.

4. **Health Care Directives** <https://socialsupportsnb.ca/en/program/health-care-directives>

Information on how to make health care directives for someone to act on your behalf if you're unable to make decisions.

5. **Red Cross Equipment Loan Programs**

<https://www.redcross.ca/in-your-community/new-brunswick/health-equipment-loans>

Free loan program for basic or specialized equipment such as crutches, canes, bath lifts, and hospital beds.

6. **Vision Loss Rehabilitation**

<https://socialsupportsnb.ca/en/program/vision-loss-rehabilitation>

Support for individuals with sight loss to remain in their own home, including training and emotional support.

7. **Chimo Helpline** www.chimohelpline.ca

A bilingual 24-hour helpline offering emotional support, crisis intervention, and referrals.

8. **First Link** (Dementia Support)

<https://socialsupportsnb.ca/en/program/first-linkr-living-well-dementia>

Alzheimer Society's program offering support, referrals, and resources for dementia patients and caregivers.

9. [Footcare Services](#)

https://socialsupportsnb.ca/en/complex_page/footcare-services-new-brunswick

Professional foot care for seniors, particularly those with diabetes or other health conditions.

10. [New Brunswick Extra-Mural Program](#) <https://extramuralnb.ca/>

Home healthcare program providing care for a variety of conditions in the comfort of your own home.

11. [New Brunswick Mental Health Services](#)

<https://www2.gnb.ca/content/gnb/en/departments/health/AddictionsandMentalHealth.html>

Mental health and addiction services based on your location in New Brunswick.

[Healthy Aging in New Brunswick](#)

https://www2.gnb.ca/content/gnb/en/departments/social_development/seniors.html

Healthy aging information and resources

Home Resources

1. [Long Term Care Program](#)

<https://socialsupportsnb.ca/en/program/long-term-care-program>

Personal and social supports for seniors needing assistance with daily activities.

2. [Home Support Services](#)

<https://socialsupportsnb.ca/en/program/home-support-services>

Helps individuals remain in their homes by providing assistance with activities of daily living.

3. **Meals on Wheels** <https://socialsupportsnb.ca/en/program/meals-wheels>

Delivers hot or frozen meals to seniors at home.

4. **Special Care Homes**

<https://socialsupportsnb.ca/en/program/special-care-homes>

Residential care facilities offering 24-hour personal care.

5. **Memory Care Homes**

<https://socialsupportsnb.ca/en/program/memory-care-homes>

Specialized homes for seniors with dementia, offering 24-hour care and support.

6. **Home First**

<https://socialsupportsnb.ca/en/program/home-first>

A program to help seniors live at home longer, including grants for home safety modifications.

7. **New Brunswick Association of Nursing Homes**

www.nbanh.com/nursing-home-directory

Directory of nursing homes in New Brunswick.

8. **Housing Assistance for Persons with Disabilities**

https://www2.gnb.ca/content/gnb/en/services/services_renderer.19576.Housing_Assistance_for_Persons_with_Disabilities.html

Loans for home modifications to improve accessibility.

Transportation Resources

1. [Vehicle Retrofit Program](https://socialsupportsnb.ca/en/program/vehicle-retrofit-program)

<https://socialsupportsnb.ca/en/program/vehicle-retrofit-program>

Financial assistance to modify vehicles for accessibility, covering up to 80% of costs.

2. [Disabled Parking Permit](https://socialsupportsnb.ca/en/program/disabled-parking-permit)

<https://socialsupportsnb.ca/en/program/disabled-parking-permit>

Provides better parking options for seniors with mobility impairments.

3. [Community Transportation Services](https://socialsupportsnb.ca/en/simple_page/community-transportation-services)

https://socialsupportsnb.ca/en/simple_page/community-transportation-services

Non-profit network offering accessible transportation via volunteer drivers.

4. [Community Transportation Services](https://www2.gnb.ca/content/gnb/en/departments/esic/community-transportation.html)

<https://www2.gnb.ca/content/gnb/en/departments/esic/community-transportation.html>

Non-profit transportation service offering affordable and accessible rides for seniors.

5. [Urban/Rural Rides Fredericton and Moncton](https://urbanruralrides.ca/)

Charity providing affordable transportation through volunteer drivers.

6. [Northumberland Community Transportation](https://nb.211.ca/record-detail/72834937/)

<https://nb.211.ca/record-detail/72834937/>

Door-to-door service for residents of Northumberland without other transportation options.

7. [Miramichi Accessible Transit](http://www.mat-bus.com/services/)

Accessible transit service for seniors over the age of 50.

8. [Handi-Bus Service](#)

<https://saintjohn.ca/en/transit/accessibility/saint-john-accessible-transit>

Transportation service for people with physical disabilities in St. John.

Finances Resources

1. [Self-Managed Support](#)

<https://socialsupportsnb.ca/en/program/self-managed-support>

Monthly lump sum payments to seniors to manage their own long-term care or disability support services.

2. [New Brunswick Low-Income Seniors' Benefit](#)

<https://socialsupportsnb.ca/en/program/new-brunswick-low-income-seniors-benefit>

\$400 annual benefit for eligible seniors aged 60 and older.

3. [Property Tax Relief Programs](#)

https://socialsupportsnb.ca/en/complex_page/property-tax-relief-programs

Rebates and deferral options for low-income seniors on property taxes.

4. [New Brunswick Seniors' Home Renovation Tax Credit](#)

<https://socialsupportsnb.ca/en/program/new-brunswick-seniors-home-renovation-tax-credit>

Tax credit up to \$10,000 for seniors making home safety improvements.

5. [Rent Supplement Assistance Program](#)

<https://www2.gnb.ca/content/dam/gnb/Departments/sd-ds/pdf/Housing/rentsupplement-e.pdf>

Rent subsidies for eligible low-income seniors.

6. [New Brunswick Prescription Drug Program](https://socialsupportsnb.ca/en/program/prescription-drug-plans)

<https://socialsupportsnb.ca/en/program/prescription-drug-plans>

Coverage for prescription drugs for low-income seniors.

7. [Emergency Fuel Benefit](https://www2.gnb.ca/content/gnb/en/services/services_renderer.200993.Emergency_Fuel_Benefit.html)

https://www2.gnb.ca/content/gnb/en/services/services_renderer.200993.Emergency_Fuel_Benefit.html

Up to \$550 in assistance for heating costs during the winter months.

8. [Income Tax Returns](https://www.seniorsnl.ca/resource/find-a-free-tax-clinic-in-your-area-income-taxes/)

<https://www.seniorsnl.ca/resource/find-a-free-tax-clinic-in-your-area-income-taxes/>

Description: Volunteer-prepared income tax returns for seniors in St. John's.

Social Resources

1. [Adult Day Centres](https://socialsupportsnb.ca/en/program/adult-day-centres)

<https://socialsupportsnb.ca/en/program/adult-day-centres>

Provides supervised activities for seniors with dementia or cognitive impairments.

2. [Adopt a Grandparent/Elder](http://www.connectfredericton.ca/agency/detail/?agency_id=118486)

www.connectfredericton.ca/agency/detail/?agency_id=118486

Matches seniors with younger individuals for companionship and support.

3. [Stepping Stone Senior Centre](https://www.stepseniorcentre.com/)

<https://www.stepseniorcentre.com/>

Accessible programs for those over 50 in Fredericton, including fitness, arts, and social activities.

4. **Hampton Seniors Resource Centre**

<http://hamptonseniors.ca/activities>

Offers daily activities including lunches, crafts, and fitness for seniors in Hampton.

5. Recreation for Seniors Directory

www.seniorshelpsj.ca/_files/ugd/b7de23_dcf3d0daab634a9381ccf6bdf3741c65.pdf

A list of recreational activities for seniors in New Brunswick.

6. **Sussex and Area Seniors Centre**

<https://sussexareaseniorscentre.com/>

Non-profit centre offering social interaction and events for seniors in Sussex.

7. **Alzheimer Society New Brunswick**

<https://alzheimer.ca/nb/en/whats-happening/event-calendar>

Online events for dementia patients and caregivers.