

Nova Scotia Resources for Seniors

General Resources

1. [Nova Scotia Positive Aging Directory](https://novascotia.ca/seniors/directory/Positive-Aging-Directory-2022.pdf)

<https://novascotia.ca/seniors/directory/Positive-Aging-Directory-2022.pdf>

A directory of programs and services offered in Nova Scotia for seniors. Categories include: active living, caregiving and support, employment, finances, health and wellness, housing, safety and security, and transportation.

2. [Nova Scotia 211](https://ns.211.ca/) <https://ns.211.ca/>

An online directory of resources available in Nova Scotia, accessible by phone, email, text, or WhatsApp. Provides assistance with connecting to resources for non-profits and government services in over 100 languages, available 24/7.

Health Resources

1. [811 Nova Scotia](https://811.novascotia.ca/) <https://811.novascotia.ca/>

A phone line providing health advice from registered nurses in over 125 languages, including Farsi and French. An online database of health topics is also available.

2. [Need a Family Practice Registry](https://needafamilypractice.nshealth.ca/) <https://needafamilypractice.nshealth.ca/>

A provincial list for those without a family doctor or nurse practitioner. Register to be contacted when a primary care provider is accepting new patients.

4. [Home Oxygen Services](https://novascotia.ca/dhw/ccs/home-oxygen.asp) <https://novascotia.ca/dhw/ccs/home-oxygen.asp>

Provides oxygen concentrators and portable oxygen tanks for eligible Nova Scotians at no cost. Requires a referral from a designated physician.

5. **Community Health Teams**

<https://www.nshealth.ca/clinics-programs-and-services/community-health-teams>

Wellness navigation service for the greater Halifax area. Offers appointments with health professionals to identify challenges and connect with relevant resources.

6. **Nova Scotia Mental Health and Addictions Program**

https://coach.ca/mental-health-hub/resources/nova-scotia-health-mental-health-and-addictions-program?utm_source=google&utm_medium=cpc&utm_campaign=mental-health-hub&gad_source=1&gclid=CjwKCAiAzPy8BhBoEiwAbnM9OxEtnFST4-Sr7OX6joYaRTURuhsZ4eyFT3rl3yGdQmG5Q1MJToiLhBoCGqIQAvD_BwE

Mental health and addictions services including a 24/7 hotline, directories of programs, and online tools for mental health information.

7. **Therapy Assistance Online (TAO)**

https://www.taoconnect.org/what_is_tao/ns/

An online resource providing psychoeducational videos, interactive modules, mindfulness videos, and journaling tools to help with mental health.

8. **North End Community Health Centre** <https://nehc.com/what-we-do/>

Non-profit health services for residents of Halifax's North End, including a health clinic, drop-in counselling, and dental services.

9. **Falls Clinic**

<https://www.nshealth.ca/sites/default/files/2023-07/what-geriatric-day-hospital-falls-clinic-brochure.pdf>

Located at the Geriatric Day Hospital, offering services for seniors aged 65+ to prevent falls and improve balance.

Home Care Resources

1. [Palliative Home Care](https://novascotia.ca/dhw/ccs/palliative-home-care.asp)

<https://novascotia.ca/dhw/ccs/palliative-home-care.asp>

Provides end-of-life care for individuals who are terminally ill, including home care, nursing, housekeeping, and respite. Fees vary based on income.

2. [Home Care](https://novascotia.ca/dhw/ccs/home-care.asp)

<https://novascotia.ca/dhw/ccs/home-care.asp>

Offers home support and nursing services. A Care Coordinator will assess needs and arrange services.

3. [Health Equipment Loan Program \(HELP\)](https://novascotia.ca/dhw/ccs/health-equipment.asp)

<https://novascotia.ca/dhw/ccs/health-equipment.asp>

Loans hospital-type beds and other equipment to eligible Nova Scotians at no cost.

4. [Home Lift Program](https://novascotia.ca/dhw/ccs/home-lift-program.asp)

<https://novascotia.ca/dhw/ccs/home-lift-program.asp>

Provides mechanical lift systems to assist in home care, allowing safer lifting and transferring of individuals.

5. [Home Care Agencies Directory](https://novascotia.ca/dhw/ccs/documents/Home_Support.pdf)

https://novascotia.ca/dhw/ccs/documents/Home_Support.pdf

A directory of home support and nursing services available by region.

6. [Supportive Care Program](https://novascotia.ca/dhw/ccs/supportive-care.asp) <https://novascotia.ca/dhw/ccs/supportive-care.asp>

Provides up to \$1,000 per month for home support services for individuals with cognitive impairments.

7. [Meals on Wheels Nova Scotia](#)

<https://www.nshealth.ca/clinics-programs-and-services/meals-wheels>

Provides hot or frozen meals for a small fee. Contact information for different locations is available on the website.

Transportation Resources

1. [Seniors Transit](#)

<https://seniorstransit.godaddysites.com/>

A 24/7 transportation service specializing in assistance for individuals with physical and intellectual disabilities in the Halifax region.

2. [Need-A-Lift Transportation Services](#)

<https://communitytransitns.ca/transit-provider/need-a-lift-transportation-services-inc/>

Non-profit transit company providing wheelchair accessible, door-to-door services in Halifax Regional Municipality.

3. [Community Wheels](#) <https://communitywheels.ruralrides.ca/>

Offers door-to-door transportation services in the District of Chester. Pre-booking required; donations accepted.

Financial Resources*

1. [Seniors Care Grant](#)

<https://beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant>

Provides up to \$500 per household to cover household and healthcare costs for low-income seniors.

2. Seniors' Pharmacare Program

<https://novascotia.ca/dhw/pharmacare/seniors-pharmacare.asp>

A provincial drug insurance plan for seniors over the age of 65 to help cover prescription drug costs.

3. Caregiver Benefit

<https://novascotia.ca/dhw/ccs/caregiver-benefit.asp>

Provides up to \$400 per month to caregivers based on financial and care needs.

4. Property Tax Rebate for Seniors

<https://beta.novascotia.ca/apply-property-tax-rebate-property-tax-rebate-seniors>

Rebate of 50% on residential property taxes for low-income seniors, up to \$800.

5. The Senior Citizens Assistance Program

<https://beta.novascotia.ca/home-repair-and-accessibility-program>

Helps seniors with grants for necessary home repairs, up to \$6,500.

Social Resources

1. Halifax Public Libraries

https://www.halifaxpubliclibraries.ca/?_gl=1%2A12i0p81%2A_ga%2AODYyNTQwMjEzLjE3Mzg2MzQzNzM.%2A_ga_Z2PC3CWXRd%2AMTczODYzNDM3My4xLjEuMTczODYzNDM3My4wLjAuMA..%2A_ga_G99DMMNG39%2AMTczODYzNDM3My4xLjAuMTczODYzNDM3My4wLjAuMA..

Hosts various drop-in events and classes such as quilting, sewing, cooking, educational workshops, and support groups.

2. Cape Breton Regional Library

https://cbrl.ca/services/adult_and_senior_programs/

Offers programs for seniors, including afternoon colouring, crafting clubs, film nights, and social activities.

3. Shelburne County Senior Safety and Services

www.barringtonmunicipality.com/Municipal-Services/shelburne-county-senior-safety-services

Organizes senior tea parties, bus tours, and senior safety initiatives.

4. The Fairview Resource Centre

www.frcns.com/programs-services

Offers community programs including senior skill development, wellness programs, and tax clinics.

5. Flourish Centre 55+

<https://flourishcentre.ca/>

Offers various activities including computer courses, memory cafés, arts, crafts, yoga, and walking groups.