

Resources for Newfoundland and Labrador

General Resources

1. **Newfoundland and Labrador 211** <https://nl.211.ca/search/>

A searchable directory of Community, Government and Social Services offered in Newfoundland and Labrador, with filters for location, need, and age.

2. **Seniors Guide to Services and Programs**

<https://seniorsnl.ca/app/uploads/2019/01/Seniors-Guide-to-Services-and-Programs-in-NL-2018.pdf>

A guide to programs and services for seniors, including community programs, government services, financial assistance, health services, legal matters, and long-term care.

Health Resources

1. **HealthLine 811** www.811healthline.ca

24/7 phone support for health information, mental health crises, and virtual care services.

2. **Bridge the Gapp** <https://nl.bridgethegapp.ca/adult/>

Provides advice and mental health support over the phone or virtually to residents of Newfoundland and Labrador.

3. **65Plus Prescription Drug Plan** <https://www.gov.nl.ca/hcs/prescription/nlpdp-plan-overview/>

Covers prescription drugs for seniors who receive Old Age Security Benefits and the Guaranteed Income Supplement.

4. **First Link** <https://alzheimer.ca/nl/en/help-support/programs-services/first-link>

Connects individuals and families to local Alzheimer Society programs and community services, offering one-on-one support, healthcare provider referrals, and future planning.

5. **ALS Equipment Loan Program** www.alsnl.ca/services-2/equipment-loan-program

Loan program for essential equipment for individuals with ALS, including wheelchairs, hospital beds, lift chairs, and more.

6. **Red Cross Health Equipment Loan Program**

<https://www.redcross.ca/in-your-community/newfoundland-and-labrador/meals-on-wheels/newfoundland-and-labrador-provincial-office/newfoundland-and-labrador-provincial-office-short-term-loan-program>

Loan of health equipment (e.g., wheelchairs, crutches, walkers) with referral from a healthcare provider.

7. **Special Assistance Program - Medical Equipment and Supplies**

www.gov.nl.ca/hcs/personsdisabilities/fundingprograms-hcs/#sap

Provides basic medical supplies and equipment to support daily activities for individuals with disabilities.

8. **Regional Disability Services**

www.gov.nl.ca/hcs/department/contact/#disabilities_services

Contact information for disability services across various regions, offering therapeutic and professional services.

9. **Central Health Palliative and End of Life Care** www.centralhealth.nl.ca/palliativecare

Information about palliative care and list of regional palliative care consultants in the Central region.

10. [Eastern Health Palliative Care](#)

www.easternhealth.ca/servicesearch/?selectbox=&search-type=hospitalservices&post-type=gd_place&st=palliative+care

Palliative care services in the Eastern region.

11. [Find a Doctor NL](#) <https://findadoctornl.ca/>

Directory of family doctors accepting new patients.

12. [Home and Community Nursing](#)

www.centralhealth.nl.ca/_files/ugd/d55165_ccfae9f9c4324c35b8b33c5e40d2279b.pdf

Home-based nursing services such as wound care, catheter care, blood work, injections, and palliative care.

Home Resources

1. [Eastern Health Long Term Care](#)

<https://ltc.easternhealth.ca/about-us/long-term-care-sites/>

Long-term care facilities, personal care homes, and seniors' housing in the Eastern region.

2. [Home Support Agencies](#)

www.gov.nl.ca/hcs/files/APPROVED-HOME-SUPPORT-AGENCIES-UPDATED-November-2022.pdf

Directory of home support agencies across Newfoundland and Labrador.

3. [Eastern Health Home Support Program](#)

www.gov.nl.ca/hcs/files/personsdisabilities-pdf-home-support-brochure.pdf

Provides assistance with personal care, homemaking, respite care, and behavior support.

4. **Central Health Home Support Program**

www.centralhealth.nl.ca/home-support-services-program

Subsidy for home support services for seniors aged 65 and older.

5. **Paid Family Caregiving** www.gov.nl.ca/hcs/long-term-care/family-caregiving/

Provides funding for care provided by family members, including personal care and homemaking.

6. **Western Health Personal Care Homes**

<https://westernhealth.nl.ca/index.php/programs-and-services/services-a-z/personal-care-homes>

List of personal care homes in the Western region.

7. **Western Health Community Support Directory**

www.westernhealth.nl.ca/home/health-topics-main/home-support-services/community-support-directory/?page=home/health-topics-main/home-support-services/community-support-directory/

Community support services in the Western region.

8. **Affordable Housing for Seniors**

<https://westernhealth.nl.ca/index.php/programs-and-services/services-a-z/cottages>

Cottages and apartments for seniors with low income in the Western region.

9. **Assisted Living**

www.lfchvgb.ca/home/assisted_living_program.htm

Assisted living for individuals who need some care but can live independently.

10. **Meals on Wheels** <https://seniorsnl.ca/resource/meals-on-wheels-in-nl/>

Delivers cooked meals seven days a week to seniors.

Transportation Resources

1. **Seniors Van Service** www.lfchvgb.ca/home/seniors_van.htm

Van service for seniors in Labrador, available five days a week with minimal costs. (Yes, Ismaili Resource)

2. **CREST Bus Service**

<https://clareville.ca/residents/crest-bus-service/>

Wheelchair-accessible, low-cost bus service for people over 60 in the Clareville region.

3. **Accessible Parking Permits**

www.gov.nl.ca/motorregistration/accessible-parking-permit/application/

Guide for applying for accessible parking permits.

4. **Metrobus Community Bus** www.metrobus.com/communitybus/html/

Transportation to shopping malls, recreational facilities, and other destinations for seniors.

5. **Community Wheels**

<https://nl.211.ca/detail/73757167/?searchLocation=St.+John%27s%2C+Newfoundland&searchTerms=transportation&latitude=47.589501542527&longitude=-52.695152692722&ss=Distance>

Accessible transportation for seniors to medical and other appointments.

6. Flat Bay Band Transportation Service

<https://nl.211.ca/detail/73682925/?searchLocation=St.+John%27s%2C+Newfoundland&searchTerms=transportation&latitude=47.589501542527&longitude=-52.695152692722&ss=Distance>

Transportation for errands and trips to Stephenville or Corner Brook for members of Flat Bay Band.

7. Ride for Ages

<https://nl.211.ca/detail/73705337/?searchLocation=St.+John%27s%2C+Newfoundland&searchTerms=transportation&latitude=47.589501542527&longitude=-52.695152692722&ss=Distance>

Accessible transportation for seniors, including non-emergency medical transportation and rides to community events.

Finances

1. Municipal Tax Breaks

<https://seniorsnl.ca/municipal-tax-breaks-seniors/#:~:text=A%20property%20tax%20reduction%20of%2025%25%20is%20available%20to%20Senior,the%20Old%20Age%20Security%20Act>

Property tax reductions for seniors depending on their region of residence.

2. Income Supplement and Seniors' Benefit

www.gov.nl.ca/fin/tax-programs-incentives/personal/income-supplement/

Income supplement and seniors' benefit available based on net incomes.

3. Accessible Vehicle Funding

www.gov.nl.ca/cssd/disabilities/accessible-vehicle-funding

Financial support for accessible vehicle purchases and adaptations.

4. [Medical Transportation Assistance Program](#)

<https://www.gov.nl.ca/la/medical-transportation-assistance-program-mtap/>

Provides financial assistance for travel to specialized medical services.

5. [Home Energy Savings Program](#)

<https://www.nlhc.nl.ca/housing-programs/home-energy-savings-program-hesp-2/#:~:text=What%20assistance%20is%20available%20under,not%20eligible%20for%20HESP%20assistance.>

Assists low-income households in making energy-efficient retrofits.

6. [Seniors Income Tax Preparation](#) www.centreforlife.ca/main/services

Income tax preparation for low-income seniors.

Social Resources

1. [Seniors Outreach Technology Classes](#) www.centreforlife.ca/main/services/

Self-paced classes to improve technology skills for seniors.

2. [Adult Protection](#) www.gov.nl.ca/cssd/apa/

Phone line for reporting suspected elder abuse or neglect.

3. [Town of Holyrood Recreation Program](#)

<https://seniorsnl.ca/resource/forever-young-older-adults-program-holyrood/>

Provides activities for older adults, including Zumba, wellness sessions, and fall prevention programs.

4. **Adult Leisure, Learning, and Technology**

<https://seniorsnl.ca/resource/adult-leisure-learning-classes-city-st-johns/>

Leisure and learning activities for older adults in St. John's.

5. **Home Reader Service** <https://digitallibrary.nlpl.ca/index.php>

Delivers talking books, large print, and audiobooks to seniors in St. John's and Corner Brook.

6. **Eastern Health Day Programs**

<https://lhc.easternhealth.ca/services-and-programs/day-programs/>

Adult day programs with social and recreational activities for seniors.

7. **Western Health Adult Day Support Program**

<https://westernhealth.nl.ca/home/health-topics-main/adult-day-support-program/>

Provides opportunities for leisure activities and meals for seniors.