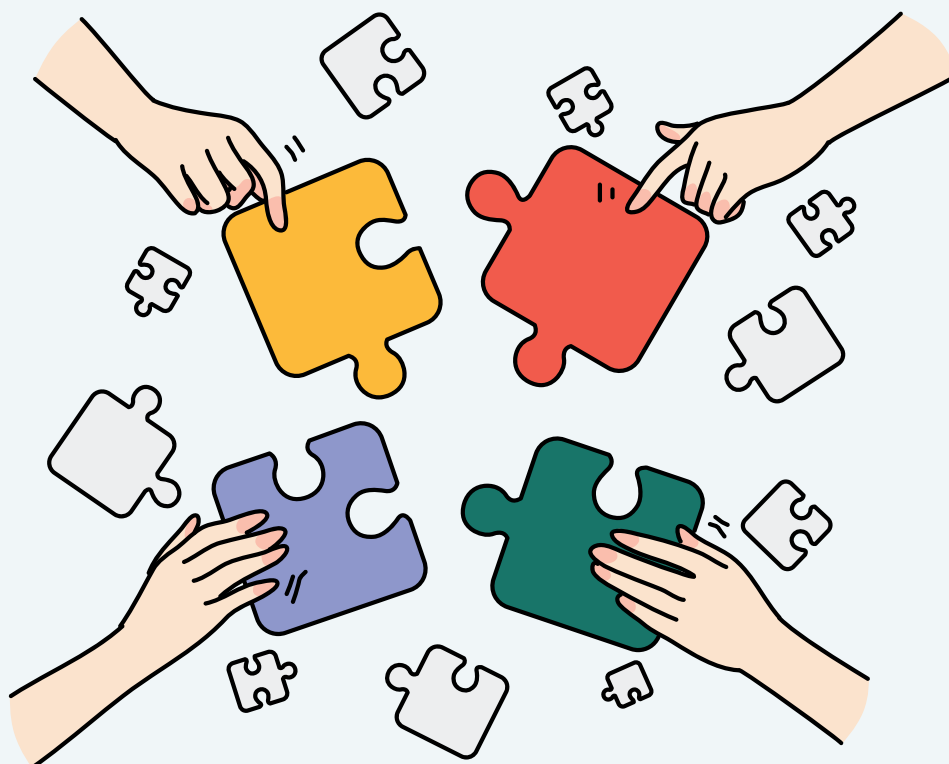


The Resource

GUIDE FOR PEOPLE LIVING ALONE

April 2025



Discover services to meet your support needs

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Introduction

Everyone with Parkinson's, whether they live alone or not, deals with the challenges of the illness on a daily basis. Faced with new or more difficult situations, you may have thought about asking your family or friends for help. However, other resources, also, are available to meet your different support needs.

To help you deal with current and future challenges, check out the resources suggested in this guide. They are organized by topic as follows:

Topic	Page
Organizations and public associations	6
Government resources	16
Health and social services	17
Transportation	23
Housing	27
Resources for your care partners¹	32
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Private resources	42

In addition, we encourage you to visit the websites of Parkinson Québec, regional partners and Parkinson Canada on a regular basis to stay abreast of their latest publications.

¹ In this guide, the term “care partners” refers to caregivers, family caregivers and persons who take care of loved ones.

Act before you run out of steam!

In addition to consulting this guide, we invite you to:

- Name and write down your support needs;
- Identify the services that suit your situation;
- Know how to obtain them;
- Take the necessary steps to seek the help you need ahead of time because getting the help sometimes takes time.

Don't be afraid to seek help as soon as possible from family, friends, and resources in your community.

Don't wait to be at your rope's end and in a critical situation to get the ball rolling.

We hope this guide will be useful in your efforts to access the help you need today and to plan for the help you'll need down the road!

Organizations and public associations

You can stay connected through many organizations that exist online and, in your community, to help you. Don't be afraid to make the first move and reach out to them. These new contacts could be a source of entertainment or support or just a way for you to stay sharp. You have nothing to lose by giving them a try!

PARKINSON QUÉBEC

Toll-free number	1 800 720-1307
E-mail	info@parkinsonquebec.ca
Website	www.parkinsonquebec.ca

Parkinson Québec offers support to people living with Parkinson's together with their care partners, family members, and friends. This non-profit organization also collaborates with regional partners who provide local services.

Aside from representing the community of people impacted by Parkinson's, defending its rights, and raising awareness of the disease among governments and the general public, Parkinson Québec also offers information, a listening ear, support services, conferences and training programs, as well guidance towards **support, self-help and exercise groups**.

In the **“Menu”** section of the website, you'll find in-depth information about Parkinson's.

To better control your symptoms and manage your medication to best effect, use **ParkiTrack** to keep track of your medication intake and your reactions to it. You can have this diary online or mailed to you.

Are you looking for a reliable resource to help you better understand the disease and empower you? Parkinson Québec offers free **webinars** on new research developments, as well as the **Info Parkinson Guide** written by specialists to answer your questions and

those of your family members and friends. You can also have this book mailed to you.

On [Parkinson Québec's YouTube channel](#), online tools allow people from all regions of Quebec and 92 countries to access high-quality care while avoiding high costs.

Check out the strategies proposed in these web interventions. You will be better equipped to maintain your health and quality of life on a daily basis.

Virtual nurse TAVIE™ in motion	https://www.youtube.com/playlist?list=PLjf2Eo8LqwK1wo2SgJ6Lr2YhQWpoY0kl-
Advice from health professionals	https://www.youtube.com/playlist?list=PLjf2Eo8LqwK2dUPNNa1olzPtm6HkMwvxc
Inspiring testimonials	https://www.youtube.com/playlist?list=PLjf2Eo8LqwK3X42mPMe8K-Gt4BbyjUwdW
Podcasts	<p>In Search of Dopamine (<i>episodes in English</i>) En quête de Dopamine (<i>episodes in French</i>) https://www.youtube.com/playlist?list=PLjf2Eo8LqwK1Frj0vDB2Ks4OSjQEgX2og</p> <p>Au-delà des tremblements (<i>in French only</i>) https://www.youtube.com/playlist?list=PLjf2Eo8LqwK3jDVX7-4NDH7y-hQxMPqA9</p>

REGIONAL PARTNERS

Regional partners working with Parkinson Québec offer local activities and services tailored to the Parkinson community.

Some of these activities are free of charge and accessible online. Contact the partners in your region to find out which activities are available to you, whether in person or online. This way, you'll have a better chance of finding activities and services tailored to your needs.

Most activities and services in Quebec are offered in French. However, Parkinson Estrie, Parkinson Montréal-Laval and Parkinson Outaouais offer information services and physical activities in English. Here's a description of the activities offered and contact information for regional partners.

Information and training activities

Information telephone line, information meetings, virtual or face-to-face conferences, discussions about various themes after conferences, seminars, testimonials, newsletters and discovery kits.

Physical activity and therapies

Aqua fitness, conscious movement and fitness workshops, boxing, cardiovascular training, outdoor cardio, walking clubs, physical conditioning (muscle strengthening, balance, coordination), dance, nordic walking, meditation, voice training, music therapy, physiotherapy, pilates, PIED program (fall prevention program), postural stretching, tai chi, yoga, and more.

Social activities

Artistic, cultural and leisure activities, workshops and group activities, choir.

Psychosocial support

Individual assessment and support, self-help groups, info-referral line, peer helper programs, meetings for newly diagnosed persons, crisis management, respite, organization of fundraising activities.

Use the tables below to find the contact information for the regional partner nearest you.

- **Abitibi-Témiscamingue**

Telephone	819 880-1425
E-mail	abitibi-temiscamingue@parkinsonquebec.ca
Website	https://parkinsonquebec.ca/services/dans-votre-region/abitibi-temiscamingue/

- **Bas-Saint-Laurent**

Telephone	418 722-0600
E-mail	info@parkinsonbsl.ca
Website	https://parkinsonbsl.ca/

- **Capitale-Nationale Chaudière-Appalaches**

Telephone	1 877 527-0075
E-mail	information@pcnca.ca
Website	https://www.pcnca.ca/

- **Centre-du-Québec - Mauricie**

Toll-free number	1 888 670-9795
Telephone	819 693-1287
E-mail	info@avoscotes.ca
Website	https://www.avoscotes.ca/

- **Côte-Nord**

Telephone	418 960-2290
E-mail	parkinsoncotenord@gmail.com
Website	https://parkinsonquebec.ca/services/dans-votre-region/cote-nord/

- **Estrie**

Telephone	819 239-6232
E-mail	estrie.parkinson@gmail.com
Website	https://www.parkinsonestrie.org/

- **Montréal**

Telephone	514 943-7583
E-mail	monteregie@parkinsonquebec.ca
Website	https://parkinsonquebec.ca/services/dans-votre-region/monteregie/

- **Montréal-Laval**

Telephone	514 868-0597
E-mail	montreal-laval@parkinsonquebec.ca
Website	https://parkinsonmontreallaval.ca

- **Outaouais**

Telephone	873 660-1221
E-mail	info@parkinsonoutaouais.com
Website	https://parkinsonquebec.ca/services/dans-votre-region/outaouais/

- **Saguenay-Lac-Saint-Jean**

Telephone	418 973-7003
E-mail	parkinson.sagamie@videotron.ca
Website	https://www.parkinson-slsj.ca/

PARKINSON CANADA

Toll-free number	1 800 565-3000
E-mail	info@parkinson.ca
Contact via website	See “Contact us” under “About us” tab
Website	www.parkinson.ca

Parkinson Canada, also, offers information and support services. You can download **“Parkinson's disease: An introductory guide”** at the following link:

https://parkinson.ca/wp-content/uploads/2025/01/ParkinsonsDisease_neuro_8AUG2018_en-4-1.pdf

Check out the **“Act on Time™”** program. This program aims to allow people with Parkinson's to better prepare themselves for the different eventualities concerning their health and to take their medication on time, all the time, in all health care facilities. **“Act on Time™”** is available at the following link:

<https://www.parkinson.ca/wp-content/uploads/Managing-My-Parkinsons-Disease-in-Healthcare-Settings.pdf>

The Canadian edition of the **“Every Victory counts ®”** manual and its **“Worksheets”** are tools to help you better manage Parkinson's symptoms and discuss them with your doctor and care team. You can download them at the following link:

<https://www.parkinson.ca/resources/educational-publications/every-victory-counts-canadian-edition/>

CENTRE FOR STUDIES ON HUMAN STRESS (CSHS)

The CSHS aims to improve the mental and physical health of individuals of all ages. On the website, check out the tab “**Stress**” in the top menu.

Discover the ingredients in stress, how to render stress less harmful, and how to differentiate good stress from bad stress. Fill out the “**NUTS**” questionnaire to identify your sources stress and to learn how to counteract them.

You also have free access to the official CSHS publication “**Mammoth Magazine**” at <https://humanstress.ca/>.

To keep up to date with the latest developments in this field, follow CSHS researcher and director Sonia Lupien's blog (in French only) on Facebook at www.sonialupien.com.

CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL (CHUM) - HEALTH SHEETS

Website <https://www.chumontreal.qc.ca/en/fiches-sante>

At this website, learn more by checking out a collection of “**Health sheets**” (PDF printable version) produced by experts from the Centre hospitalier de l'Université de Montréal (CHUM). They can help you gain a better understanding of your state of health, prepare for an exam, and make informed choices.

Check out also the health sheet titled “**Goals of care - Preparing for the conversation**”. It can help you think about and discuss the care and treatment you would like to receive if you are hospitalized or if your health worsens. This way, your loved ones, doctors and staff will know what your wishes are when the time comes:

<https://www.chumontreal.qc.ca/sites/default/files/2024-01/1052-2-goals-of-care.pdf>

CUMMINGS CENTRE

Telephone 514 342-1234
Website <https://cummingscentre.org/>

This organization provides adapted services and programs for people 50 and over, including those living with Parkinson's and their care partners. Activities are offered at different locations, such as Montréal/Côte-des-Neiges, Côte Saint-Luc, Laval/Chomedey, Ville Saint-Laurent, Dollard-des-Ormeaux/Ouest de l'Île, Westmount, and Florida. Many online activities are also available. This centre welcomes all cultural communities and offers a variety of [adapted programs](#), including some tailored to the needs of people living with Parkinson's (e.g., exercise and boxing classes, vocal training, choir).

MOVE 50+

On this website, you can access the printable version of the “**GO TO MOVE**” program and associated videos. Created in collaboration with the CHUM Geriatrics Department, the Direction régionale de santé publique du CIUSSS du Centre-Sud-de-l'Île-de-Montréal and Université de Sherbrooke, this program consists of five blocks of exercises designed for adults over 50 who want to stay active and improve their physical condition: <https://move50plus.ca/en/the-go-to-move/>

NEURO-PATIENT RESOURCE CENTRE

Telephone Info-NEURO 514 398-5358
Website <https://www.mcgill.ca/infoneuro/>

The Neuro-Patient Resource Centre (NPRC) of the Montreal Neurological Institute and Hospital is part of the McGill University Health Centre (MUHC). The NPRC provides access to health information in English and French to patients, their families, and caregivers about neurological diseases, including Parkinson's.

PARKINSON'S FOUNDATION

This American organization promotes the latest news on Parkinson's, research and resources. It also provides tips, fact sheets (e.g., activities of daily living, diet and nutrition, assistive technology and devices) and educational books, and runs a YouTube channel.

<https://www.parkinson.org/Living-with-Parkinsons/Resources-and-Support>

<https://www.youtube.com/c/ParkinsonDotOrg/playlists>

RÉSEAU FADOQ

Toll-free number	1 800 544-9058
E-mail	info@fadoq.ca
Website	https://www.fadoq.ca

With more than 580,000 members 50 and over, FADOQ is the largest seniors' network in Quebec. This organization promotes quality of life for seniors by, among other things, advocating for their rights and offering them services, programs, and sports and leisure activities.

FADOQ offers a **Resource Toolkit** to help **people help seniors break out of their social isolation**. However, the toolkit can be useful to anyone who is socially isolated, including people living with Parkinson's. In this regard, check out in particular:

Tool 1 "Overview of social isolation among seniors"

Tool 6 "Understanding the situation of individuals"

https://www.fadoq.ca/wp-content/uploads/2020/10/vfinaleeng_trousse-daccompagnement_is.pdf

SERVICE 211 QUÉBEC

Telephone	211
Website	http://www.qc.211.ca/en/

This service is offered to citizens across Quebec to help them learn about the community, public and para-public programs and services in their region. To find resources, pick out your region and access the directory of community organizations near you. You can download this directory free of charge.

ST. JOSEPH'S HEALTHCARE – ENERGY CONSERVATION

Are you looking for a user-friendly tool to help you better manage your daily activities and reduce fatigue? Check out the **advice sheet** developed by health professionals at St-Joseph's Healthcare in Hamilton, Ontario:

<https://www.stjoes.ca/patients-visitors/patient-education/a-e/PD%208278%20Energy%20Conservation.pdf>

HELPLINES: TEL-ÉCOUTE – TEL-AÎNÉS – Ligne Le deuil

Tel-écoute (for ages 18-59)	514 493-4484 or 1 877 559-4095
Tel-aînés (for ages 60+)	514 353-2463 or 1 877 353-2460
Ligne Le deuil (bereavement)	1 888 533-3845

Do you need to vent confidentially and find solutions? **Tel-écoute** and **Tel-aînés** are free, confidential services that help break social isolation. **Ligne Le deuil** offers 24/7 support to people 18 and over who have lost a loved one.

Government resources

There are a number of government resources available to you for better solo living.

GOVERNEMENT DU QUÉBEC - PROGRAMS AND SERVICES FOR SENIORS

Website <https://www.quebec.ca/>

Each year, the Gouvernement du Québec updates a downloadable guide titled “**Programs and Services for Seniors**”. It outlines the key programs and resources for seniors related to health and social services, home care, housing, transportation, legal resources, tax credits, and more. Each item generally answers the following questions about a resource: What is it? Who is it for? How do I access it? When do I apply for it? Who do I contact?

Click on the link below to access the guide:

https://www.quebec.ca/en/family-and-support-for-individuals/seniors/programs-services-for-seniors?fbclid=IwAR1nVtoyTbe1eP_19YsZaTgDvu2369UXu8ZiO7PkP2W-3qemILVsPB_9gHs

OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC - PROGRAMS AND SERVICES FOR PEOPLE WITH DISABILITIES

Toll-free number 1 800 567-1465
E-mail info@ophq.gouv.qc.ca
Website www.ophq.gouv.qc.ca

Are motor, eyesight or other problems making it difficult for you to carry out your daily living activities?

The Office des personnes handicapées du Québec offers the following services to help you: information, needs assessment, and help applying for services (e.g., equipment, communication aids, travel aids). Contact the Office’s staff. They can help you learn about useful programs and connect with services in your area.

See the programs, measures and services available for people with disabilities:

<https://www.quebec.ca/en/people-with-disabilities>

Health and social services

You wish to keep living in your home as long as possible? Where can you turn for help? Here are various organizations that provide support services.

AIDECHEZSOI.COM

Website

<https://aidechezsoi.com/en/>

The mission of homecare social economy enterprises (EÉSAD) is to help seniors **access home services, such as housekeeping, personal care, respite care, and monitoring**. They also facilitate **access to the Financial Assistance Program for Domestic Help Services** (Programme d'exonération financière pour les services d'aide domestique) of the Ministère de la Santé et des Services Sociaux du Québec.

These enterprises are present in 17 administrative regions in Quebec.

CLIC SANTÉ

Website

<https://portal3.clicsante.ca/>

You need to make an appointment with a doctor or other healthcare professional near you? You need a blood test, a sample analysis or a vaccine shot? By creating an account on the Clic Santé platform, you can access these services in your area.

Please note that services in the public sector are free of charge, while those in the private sector are provided for a fee. Please bear this in mind when choosing your care and services on Clic Santé.

DAY CENTRES

Day centres offer group and individual programs to help you maintain your physical independence and keep living at home.

Activities (**e.g., exercise, music, art, cooking, pet therapy**) usually last a full day and are tailored to fit each person's specific needs.

Adapted transportation is sometimes available for people living in the area they serve. Fees may be charged for transportation and meals, if applicable.

For you to access these services, a request for them must be made by your local community services centre or a health professional.

DAY HOSPITALS – Outpatient Hospitals

Day hospitals offer **individualized outpatient services** aimed at improving the health and autonomy of elderly persons without having to resort to hospitalization. Individuals are sent home in the evening after receiving treatments and interventions from medical professionals.

For example, a day hospital can serve to adjust anti-Parkinson's medication in order to avoid significant and unpredictable motor fluctuations.

For you to obtain this service, a written request must be made for it by a healthcare practitioner.

FÉDÉRATION DES CENTRES D'ACTION BÉNÉVOLE DU QUÉBEC – Federation of volunteer work centres

Toll-free number	1 800 715-7515
Telephone Montreal area	514 843-6312
E-mail	admin@fcabq.org
Website	www.fcabq.org

This is the umbrella organization that brings together the volunteer work, mutual aid and community action groups in Quebec. On its website you will find a directory of the groups in different regions, a description of the services they offer, and their contact information. The services are offered in French and English.

These non-profit organizations are intended for people who wish to remain active or who need services to help them remain in their communities.

Some centres offer services such as food, support, low-cost transportation, recreation and social activities, income tax assistance, and home repairs.

Contact your local centre to find out what services are available to you and how much they might cost.

LOCAL COMMUNITY SERVICES CENTRES (CLSC)

Telephone 8-1-1 Services:
Info-Santé / telephone consultation with a nurse

Info-Social consultation with a social worker in
case of an emergency

Website <https://sante.gouv.qc.ca/en/repertoire-ressources/>

Search by name or click on the link below:
<https://sante.gouv.qc.ca/en/repertoire-ressources/clsc/>

The **local community services centre (CLSC)** in your neighborhood is the gateway to home support services and other public community organizations (e.g., rehabilitation facility, day hospital, drop-in centre, nursing home).

Home support services aim to provide assistance both to people with a temporary or permanent disability or loss of autonomy so that they can remain at home as long as possible and to their care partners.

In addition to general services (vaccination and follow-up care), the CLSC offers **care and professional services to persons diagnosed** with Parkinson's (e.g., nursing services, psycho-social services, physiotherapy, occupational therapy, nutrition), **personal assistance services** (e.g., help with hygiene, eating, medication), **services to care partners** (e.g., presence, respite), and **equipment loans**.

You are hospitalized and your doctor tells you that you've been discharged? If you need services at home, make sure that a nurse is assigned to be your liaison with your local community services centre before you leave the hospital.

Furthermore, the CLSC can put you in touch with community aid services such as **social economy enterprises for domestic help, Meals on Wheels for home delivery of hot meals, and the Fall Prevention: Stand up! program**. Ask them about the various **sources of government assistance** available to you (e.g., tax credits, financial assistance for domestic help, residential adaptation program).

Finally, your CLSC is also a key resource if you need **immediate support**, for example, if you or your partner is hospitalized urgently or needs to undergo surgery.

The steps to follow for getting services from your CLSC are illustrated below in Figure 1.

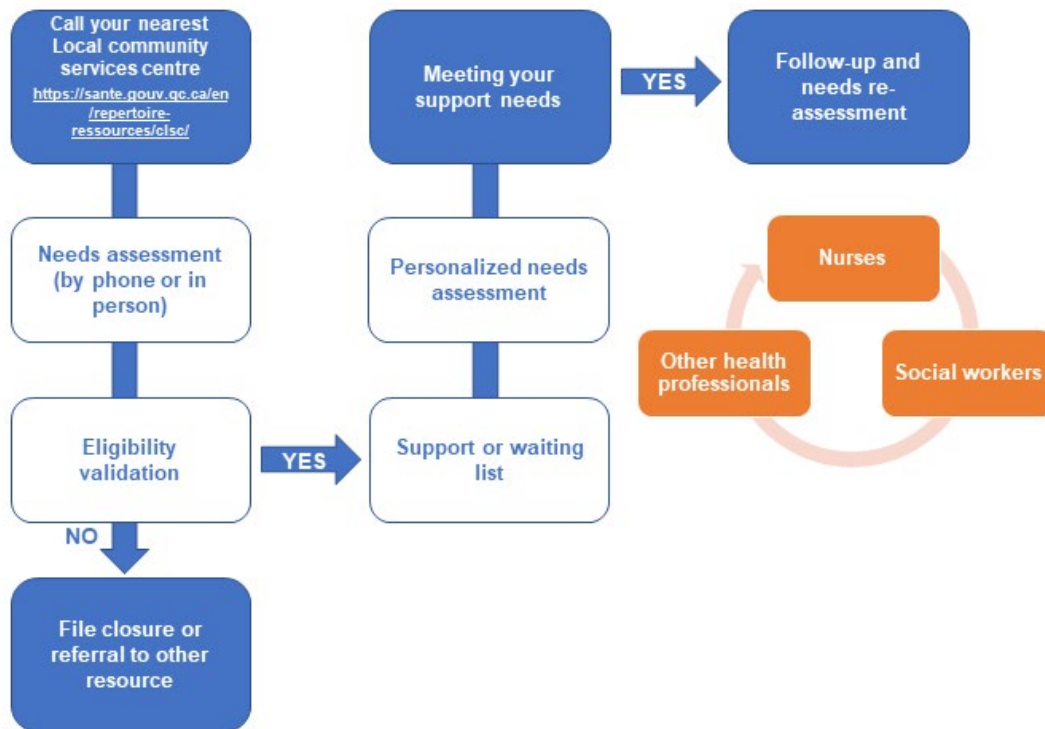


Figure 1 - Inspired by and adapted from Appui Laurentides (2015)

QUÉBEC HEALTH BOOKLET

Website <https://carnetsante.gouv.qc.ca/portail?langue=en>

Administered by the Régie de l'assurance maladie du Québec (RAMQ), the Québec Health Booklet allows you to:

- 1) access the **list of medications** in your pharmacy file, as well as **blood test, sample analysis and medical imaging results**;
- 2) register to **find a family doctor**;
- 3) **book an appointment online to see a family doctor**.

REHABILITATION FACILITIES

These facilities offer several programs including some related to evolving illnesses such as Parkinson's, **driving evaluation** and **vehicle adaptation**, as well as **technical aids for mobility and posture** (e.g., assessment, orthotics, prostheses, wheelchairs), **access to technological communication aids, and work rehabilitation**.

To access these services, you must submit a consultation request or a referral from a health professional.

As for technological aids, the cost of certain devices and equipment may be covered by the Régie de l'assurance maladie du Québec (RAMQ), the Office of handicapped persons of Quebec, or personal health insurance.

Information on programs and services is available at the following websites.

<https://www.quebec.ca/en/people-with-disabilities/health-and-technical-aids>

<https://www.ramq.gouv.qc.ca/en/citizens/aid-programs>

Transportation

If you don't drive or if you need to stop driving, here are some transportation options for commuting and traveling.

ADAPTED TRANSPORTATION SERVICES - PARATRANSIT

Telephone	5-1-1 (Ministère des Transports)
Website	Ministère des Transports (eligibility and documentation) https://www.quebec.ca/en/transports/paratransit/paratransit-eligibility
By region	Greater Montreal area https://www.stm.info/en/para
	South Shore of Montreal area https://www.rtl-longueuil.qc.ca/en-CA/paratransit-service/ https://exo.quebec/en/trip-planner/para-transit https://exo.quebec/en/trip-planner/bus/LRRS
	North Shore of Montreal area https://stlaval.ca/paratransit/general-info https://exo.quebec/en/trip-planner/para-transit
	Quebec City region https://www.rtcquebec.ca/en/paratransit-stac

Paratransit is a **public transportation service for people with significant and persistent disabilities or limited mobility**. Such people are unable to:

- Walk 400 metres on level ground
- Climb up a 35-centimetre-high step with support or climb down such a step without support
- Make the entirety of a trip on regular public transportation
- Orient themselves in time or space
- Control situations that could be detrimental to their own safety or the safety of others OR
- Communicate verbally or through gestures.

To find out if you are eligible for this adapted transportation service, you must fill out a **form** that you can download online from the **Paratransit Service in your area** or obtain a copy from your local community services centre. One part of the application form must be filled out by you or a relative and another by a healthcare professional, depending on your health condition.

Please consult your regional or local paratransit service website for **service hours, reservations for travel requests, changes and cancellations, areas served, fares, and special offers**.

BY RAIL

Telephone	1 888 842-7245 or 1 800 268-9503 (ATS)
Website	https://www.viarail.ca/en/plan/accessibility#preparing-for-your-trip

Travelling with a support person

In some cases, VIA Rail allows a person to accompany a person with reduced mobility free of charge during the trip. To use this service, you have two options:

- 1) Ask your treating physician or authorized healthcare professional to complete the form “Request to travel with a support person” (see the link above). If the application is accepted, it is valid for five years.
- 2) The support person may present, for each trip, a valid accompanying card issued by one of the recognized mobility organizations or institutions.

BY BUS

Telephone 1 844 476-8181

Website <https://www.federationautobus.com/en/accompanying-card>

The “Bus Carriers Federation” and its members, in collaboration with the Office des personnes handicapées du Québec (OPHQ) and the Ministère des Transports du Québec (MTQ), offer an **Accompanying Card (Carte québécoise à l'accompagnement)** for intercity bus service in the province of Quebec. This card is the only one recognized by the intercity bus carriers of the province.

This card is intended for Quebec residents 8 and over who have a permanent disability and need to be accompanied on intercity trips. It entitles the accompanying person to travel free of charge on the entire intercity bus network in Quebec.

To receive the card, you must complete the application form and confirm your limitations and your permanent need to be accompanied on intercity bus transportation.

BY AIR

Some Canadian airlines have implemented a **“one person, one fare requirement” policy for flights within Canada**. This policy applies to persons with a disability who are accompanied by a family member or care partner who attends to their personal needs and ensures their safety during the flight, or who require an additional seat for

themselves. The accompanying person may travel free of charge. For more details on this policy, please consult the Canadian Transportation Agency website by clicking on the following link:

<https://otc-cta.gc.ca/eng/publication/additional-seating-and-one-person-one-fare-requirement-domestic-travel-a-guide>

In addition, you can consult the “**K eroul**” website whose mission it is to render tourism and culture accessible to people with physical disabilities. To learn more about its services and free travel for accompanying persons (see section AIR), click on the following link:

<https://www.keroul.gc.ca/en/free-for-accompanying-person.html>

PARKING PERMITS FOR PERSONS WITH A MOBILITY IMPAIRMENT

Toll-free number	1 800 361-7620
Website	https://saaq.gouv.qc.ca/en/
Explainer page	https://saaq.gouv.qc.ca/blob/saaq/documents/publications/disabled-parking-permit.pdf

During your journey with Parkinson's, you may have difficulty walking short distances such as from the parking lot to a store.

If you want to stay active, have fun, go shopping or go to medical appointments, you can get a **parking permit** from the Soci t  de l'Assurance Automobile du Qu bec (SAAQ). It can be used whether you are the vehicle's driver or a passenger. To obtain this privilege, complete the **application form** available at the following link:

<https://saaq.gouv.qc.ca/blob/saaq/documents/formulaires/disabled-parking-permit-application.pdf>

A section of the form must be completed by a health professional such as a special educator, occupational therapist, nurse, physician, optometrist, physiotherapist, or psychologist. For this, it is advisable to choose the health professional who can best describe your disability.

Housing

People who want to keep living in their homes and can do so often need to make physical changes to their living environment to reduce the risk of falls and other accidents.

HOME ADAPTATIONS

- **Occupational therapist (OT) from your CLSC or private sector**

What for?

Assess your daily living needs at home and figure out what kind of mobility options are available.

Suggest equipment and practical changes to help you in your daily activities and make your home safer.

OT from the public sector

Contact your CLSC and ask for home support service.

OT from the private sector

Click on this link to find an OT in private practice in your area:

<https://www.oeq.org/m-informer/trouver-un-ergotherapeute.html>

- **Social worker from your CLSC or private sector**

What for?

Assess your situation and your needs for services.

Get help with housing and other services that fit your new level of independent living.

Toll-free number

811 for INFO-SOCIAL or INFO-SANTÉ to find social services in your area.

Social worker from the public sector

Social worker from the private sector

Click on this link to find a social worker in private practice in your area:

<https://www.otstcfq.org/public/trouver-un-professionnel/>

- **Société d’habitation du Québec and Office municipal d’habitation de votre région**

What for?	Support home adaptations. Learn about housing assistance programs. Help in the event of emergencies or disasters (e.g., fire, flood).
Toll-free number	1 800 463-4315 Option #1
Website	https://www.habitation.gouv.qc.ca/english
Service centres by region	https://www.habitation.gouv.qc.ca/repertoire/liste-des-centres-de-services
Residential adaptation assistance program	https://www.habitation.gouv.qc.ca/english/detail-du-programme-english/programme/residential-adaptation-assistance-program
Housing assistance programs	https://www.habitation.gouv.qc.ca/english

- **Canada Mortgage and Housing Corporation**

What for?	Get tips and access resources to enjoy your home as you age.
Toll-free number	1 800 668-2642
E-mail	contactcentre@cmhc.ca
Website	https://www.cmhc-schl.gc.ca/
Aging in place	https://www.cmhc-schl.gc.ca/consumers/owning-a-home/aging-in-place

For people who no longer want to or can no longer live in their home, other types of housing are possible.

FALL DETECTION AND ALERT SYSTEMS

Call buttons (e.g., bracelet, pendant, mobile GPS) and **surveillance cameras** can be useful in the event of a fall, medical emergency or burglary.

These devices provide quick help in an emergency. There are many products to choose from, so compare services, prices, and packages to fit your needs and budget.

The Office de la protection du consommateur (Quebec consumer protection office) offers online tools (in French only) to inform you about your consumer rights and other topics:

<https://www.opc.gouv.qc.ca/en/a-propos/activite-education/guide-aines/>

HOME SAFETY CHECKLIST

Is your home safe? Determine this by using the home safety checklist developed by Trauma New Brunswick. Examine the inside and outside of your home, answer the questions, and note any improvements you could make.

Are there tasks that need to be done that are beyond your capabilities or that require two people or professional assistance? Don't hesitate to get help. Your safety is important!

<https://nbtrauma.ca/new-brunswickers/home-safety/>

OTHER TYPES OF HOUSING

Social housing, such as **low-income housing** (HLM), **housing cooperatives** (COOP) and **non-profit housing organizations** (NPOs), allows people to be housed according to their ability to pay.

Other types of housing include **private seniors' residences** (RPAs) **with services**, **family-type resources** (FTRs), **intermediate resources** (IRs) and **residential and long-term care centres** (CHSLDs).

To find out more about these different resources and help you make decisions, contact:

- **Friends who live in different types of housing**
What for? Discuss the pros and cons and list your priorities.
- **Quebec Association of Lodging Consultants for Seniors**
What for? Be guided through the housing selection process by a housing consultant.
Website https://achq.quebec/?page_id=392&lang=en
- **The Quebec Seniors' Housing Group**
What for? Find seniors' residences in all regions of Quebec.
Toll-free number 1 888 440-3777
Telephone 514 526-3777
E-mail info@rqra.qc.ca
Website www.rqra.qc.ca
- **Private seniors' residences – Gouvernement du Québec**
What for? Learn about certified private residences and what to know when signing a lease.
Know your rights as a tenant in a private residence, including in the event it should close.
Lodge a complaint about service quality.
Website <https://www.quebec.ca/en/housing-territory/renting/private-seniors-residences>

- **Résidences Québec**

What for?

Find retirement homes, by region, that offer several levels of care, especially for people living with Parkinson's.

Website

<https://residences-quebec.ca/en>

Resources for your care partners

Everyone needs one or more care partners at some point in their life. If you live alone, your care partners could be your children, your parents, your siblings, or friends. As Parkinson's progresses, care partners have to take on many tasks and devote a lot of time to you. There are resources you can call on to support them and preserve their health.

GOVERNEMENT DU QUÉBEC

Better support for care partners

Since 2020, the Gouvernement du Québec has recognized caregivers by **law** and supported them through a **policy**, an **action plan** and various **organizations**. To find out more about available resources, including **tax credits**, visit the following link:

<https://www.quebec.ca/en/family-and-support-for-individuals/informal-and-family-caregiver>

CANADA REVENUE AGENCY

Website <https://www.canada.ca/en/revenue-agency.html>

Care partners can benefit from financial assistance. Consult the following links and an accountant to learn more.

Tax benefits for caregivers

<https://www.lappui.org/fr/je-suis-aidant/demarches-administratives/formalites-administratives-et-fiscalite/les-avantages-fiscaux-pour-les-proches-aidants/>

Canada caregiver credit

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/canada-caregiver-amount.html>

CENTRE DE SOUTIEN ENTR'AIDANTS

E-mail info@centredesoutienentraidants.com
Telephone 450 465-2540
Website <https://www.centredesoutienentraidants.com/en/>

The mission of this non-profit organization is to support care partners by providing them with a range of services designed to help maintain their physical, mental, and financial health.

The centre's services include training, conferences, one-on-one counseling, support groups, and respite services.

ÉDUCALOI

Website www.educaloi.qc.ca

A number of documents at this website may be of interest to you, including “**Caregivers: Practical legal tools**” and “**Staying in your home: Help for seniors and their caregivers**”. You will find information on such topics as consenting to health care, planning for peace of mind, protecting vulnerable people, and meeting housing needs.

Practical legal tools

<https://educaloi.qc.ca/en/publications/caregivers-practical-legal-tools/>

How the law can help you

<https://educaloi.qc.ca/en/web-guide/caregivers-legal-tools/>

Staying in your home

<https://educaloi.qc.ca/en/capsules/staying-in-your-home-help-for-seniors-and-caregivers/>

Housing for seniors

<https://educaloi.qc.ca/en/publications/housing-seniors/>

L'APPUI PROCHES AIDANTS – FOR CARE PARTNERS

Caregivers support line 1 855 852-7784
E-mail info@lappui.org
Website <https://www.lappui.org/en/>

The mission of this organization is to improve the quality of life of care partners in Quebec so that they can continue to provide support.

The Appui regional offices offer a professional telephone service for listening, information and referrals adapted to your needs.

In addition, the website offers **support guides**, **tips**, and a **resource directory by region and by service** (e.g., mutual aid, support, respite, housing) available at the following links:

Guides (mostly in French) <https://www.lappui.org/fr/je-suis-aidant/etre-proche-aidant/faciliter-mon-quotidien/guides-pour-les-proches-aidants/>

Tips – Being a caregiver <https://www.lappui.org/en/practical-advice/being-a-caregiver/>

Resource directory <https://www.lappui.org/en/directory-of-resources/>

PARKINSON QUÉBEC

Toll-free number 1 800 720-1307

In the "**Resources +**" tab, you can find online tools designed especially for care partners. These tools offer tips and strategies shared by peers and healthcare professionals specialized in the matter.

Virtual nurse <https://www.youtube.com/playlist?list=PLjf2Eo8LqwK1wo2SgJ6Lr2YhQWpoY0kl->
TAVIE™ in motion

Advice from health professionals
Inspiring testimonials

<https://www.youtube.com/playlist?list=PLjf2Eo8LqwK2dUPNNa1olzPtm6HkMwvxc>

<https://www.youtube.com/playlist?list=PLjf2Eo8LqwK3X42mPMe8K-Gt4BbyjUwdW>

Podcasts

In Search of Dopamine (*episodes in English*)

En quête de Dopamine (*episodes in French*)

<https://www.youtube.com/playlist?list=PLjf2Eo8LqwK1Frj0vDB2Ks4OSjQEgX2og>

Au-delà des tremblements (*in French only*)

<https://www.youtube.com/playlist?list=PLjf2Eo8LqwK3jDVX7-4NDH7y-hQxMPqA9>

PARKINSON CANADA

Parkinson Canada offers a practical book specially designed for care partners titled “**Care Partnering: Managing Parkinson’s Disease Together**”. It can be downloaded by clicking on the following link:

<https://www.parkinson.ca/wp-content/uploads/2024/12/Care-Partnering-Managing-Parkinsons-Disease-Together.pdf>

RESPIRE SERVICES

Here are the respite services supported by the Gouvernement du Québec and the Ministère de la Santé et Services sociaux:

1- Baluchon – Long-Term Respite Care

Present in every region of Quebec, Baluchon offers in-home respite for durations of 4 to 14 days (24/7) to care partners of people with

functional impairments. The cost of this service is minimal. Training is also offered to care partners who request the *baluchonnage* service. Their services are offered in French, English, Creole and Spanish. To learn more about them and how they operate, click on the following link: <https://www.baluchonrepit.com/en/>

See also the “Questions and answers” section:
<https://www.baluchonrepit.com/en/>

2- Maisons Gilles-Carle

Maisons Gilles-Carle offers respite care, a drop-in centre, information, training, and psychological support in some regions of Quebec. Services may vary from one house to another.

To find out more, click on the following link:
<https://www.fondationmaisongillescarle.org/>

3- Monastère des Augustines

The Monastère des Augustines offers care partners from all regions of Quebec respite stays and healing activities based on a non-religious approach centred on listening and the “art of caring”.

To find out more about the services offered, click here:
<https://monastere.ca/en/>

YWCA - Y DES FEMMES DE MONTRÉAL

Telephone	514 866-9941
Website	https://www.ydesfemmesmtl.org/en/

This organization provides legal information, workshops, social and recreational activities, and free support services to care partners in Montreal.

Financial and legal services

Protecting yourself now and for the future is important when living alone. By planning early with the right resources, you secure your power to act.

When filing your annual income tax returns, check with an accountant whether you are eligible for **tax credits** (e.g., medical expenses, home adaptation and support, renovations, snow removal, housekeeping, landscaping), **refunds**, and **financial assistance programs**.

REVENU QUÉBEC

Website <https://www.revenuquebec.ca/en/>

On the Revenu Québec website, download the brochure “**Seniors and taxation**”. This brochure, updated annually, provides information on tax credits and programs to which seniors may be entitled.

<https://www.revenuquebec.ca/en/online-services/forms-and-publications/current-details/in-311-v/>

Age amount or amount for a person living alone

<https://www.revenuquebec.ca/en/citizens/tax-credits/age-amount-amount-for-a-person-living-alone-and-amount-for-retirement-income/>

Information regarding the income tax return

<https://www.revenuquebec.ca/en/citizens/income-tax-return/completing-your-income-tax-return/how-to-complete-your-income-tax-return/line-by-line-help/350-to-398-1-non-refundable-tax-credits/line-361/>

Amount for a severe and prolonged impairment in mental or physical functions

<https://www.revenuquebec.ca/en/citizens/tax-credits/amount-for-a-severe-and-prolonged-impairment-in-mental-or-physical-functions/>

CANADA REVENUE AGENCY

Website

<https://www.canada.ca/en/revenue-agency.html>

Disability tax credit

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

Home accessibility expenses (an individual who is eligible for the disability tax credit OR an individual who is 65 years of age or older)

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/line-31285-home-accessibility-expenses.html>

Eligible medical expenses

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/about-your-tax-return/tax-return/completing-a-tax-return/deductions-credits-expenses/lines-33099-33199-eligible-medical-expenses-you-claim-on-your-tax-return.html>

CNESST – OCCUPATIONAL DISEASES

This site provides workers with information on the procedures to follow, the forms to fill out, and the compensation available in connection with occupational diseases such as Parkinson's. Click on the link below to find out more:

<https://www.cnesst.gouv.qc.ca/en/procedures-and-forms/workers/work-accident-or-occupational-disease/occupational-disease>

CHAMBRE DES NOTAIRES DU QUÉBEC – NOTARIES

Toll-free number	1 800 263-1793
Montreal area	514 879-1793
Website	https://www.cnq.org/en/

Notaries are experts in wills, successions, and family and real estate law. They can help you make important legal decisions for you and your loved ones regarding **powers of attorney, protective mandates, advance medical directives** and **wills**. Click on the following links to learn more:

For protection of persons
<https://www.cnq.org/en/your-notarial-services/protection-of-persons/>

For wills and successions
<https://www.cnq.org/en/your-notarial-services/wills-and-successions/>

If you are caring for a child with a disability, please see the following link to help protect them and plan for long-term care.

Testamentary trust
<https://www.cnq.org/en/your-notarial-services/wills-and-successions/the-will/#faq-8641>

The website has many useful links that can help you research subjects, think things through, and make decisions. It can also help you find a notary.

<https://www.cnq.org/en/your-notarial-services/>

CONSEIL POUR LA PROTECTION DES MALADES - COUNCIL FOR THE PROTECTION OF PATIENTS

Toll-free number	1 877 276-2433
Montreal area phone number	514 861-5922
Website	https://cpm.qc.ca/en/home/

CURATEUR PUBLIC DU QUÉBEC – PUBLIC GUARDIAN AND TRUSTEE

Toll-free number	1 844 532-8728
Website	https://www.quebec.ca/en/government/departments-agencies/curateur-public

ÉDUCALOI – LEGAL INFORMATION

Website	https://educaloi.qc.ca/en/
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This organization's mission is to **inform you** about your rights and obligations **in a clear and accessible manner**. Their legal information directory covers numerous topics including health, families and couples, consumer affairs, housing, and death and succession.

Staying in your home: help for seniors and caregivers
<https://educaloi.qc.ca/en/capsules/staying-in-your-home-help-for-seniors-and-caregivers/>

END-OF-LIFE CARE

Looking for information on end-of-life care such as palliative care, medical assistance in dying (MAID), and advance medical directives (AMDs)? Click here to learn more:

<https://www.quebec.ca/en/health/health-system-and-services/end-of-life-care>

In addition, you can also find two downloadable publications on AMDs and end-of-life rights at the following links:

Advance medical directives
<https://publications.msss.gouv.qc.ca/msss/en/document-001603/>

Rights of a person receiving end-of-life care
<https://publications.msss.gouv.qc.ca/msss/en/document-001601/>

JURIDIQC – FRAUD, PHISHING AND MISTREATMENT

Website <https://juridiqc.gouv.qc.ca/en>

This site offers easy-to-understand information. The **“Seniors experiencing a loss of autonomy”** section covers key topics, such as planning for loss of autonomy and protecting your belongings:

<https://juridiqc.gouv.qc.ca/en/seniors-experiencing-a-loss-of-autonomy>

Also consult the files on **“Fraud”**, **“Phishing”** and **“Mistreatment”**. Recognize the signs and take steps to protect yourself and respond effectively:

<https://juridiqc.gouv.qc.ca/en/seniors-experiencing-a-loss-of-autonomy/mistreatment-and-fraud/preventing-and-recognizing-fraud-or-mistreatment>

OFFICE DES PROFESSIONS DU QUÉBEC – HEALTH PROFESSION REGULATORS

Toll-free number 1 800 643-6912

Website <http://www.opq.gouv.qc.ca>

This organization regulate health professionals so that you can receive safe, ethical, and competent health care.

OFFICE DE LA PROTECTION DU CONSOMMATEUR – CONSUMER PROTECTION

Toll-free number 1 888 672-2556

Website <https://www.opc.gouv.qc.ca/en/>

PROTECTEUR DU CITOYEN EN MATIÈRE DE SANTÉ ET DE SERVICES SOCIAUX – OMBUDSMAN

Toll-free number 1 800 463-5070

Website <https://protecteurducitoyen.qc.ca/en>

Private resources

Various private resources are available if waiting times for public services are very long and if you are able to afford them.

For example, **homemakers, orderlies, light-duty helpers** and a **number of healthcare professionals** offer services for a fee. The cost of their services varies according to complexity.

You should **verify the qualifications and skills of people** providing these services and make sure they are covered by personal or professional insurance. Don't hesitate to ask them the following questions:

- What is the duration, price and coverage of the treatment provided?
- Is equipment provided?
- Will they liaise with your family doctor, specialist, local community services centre or hospital?
- What are their quality standards?

Different **colleges** responsible for protecting the public also offer information about services provided by health professionals in private practice. **Finally, some college websites can help you to find resources in your area.**

- **Collège des médecins du Québec / physicians and surgeons**
Toll-free number 1 888 633-3246
Website <https://www.cmq.org/en>
- **Fédération des kinésiologues du Québec / kinesiologists**
Toll-free number 514 343-2471
Website <https://www.kinesiologue.com/en/accueil>
- **Fédération québécoise des massothérapeutes / massage therapists**
Toll-free number 1 800 363 9609
Website <https://www.fqm.qc.ca/en/>

- **Ordre des acupuncteurs du Québec / acupuncturists**
 Toll-free number 1 800 474-5914
 Website www.o-a-q.org
- **Ordre des audioprothésistes du Québec / hearing aid specialists**
 Toll-free number 1 866 676-5117, ext. 201
 Website www.ordreaudio.qc.ca
- **Ordre des dentistes du Québec / dentists**
 Toll-free number 1 800 361-4887
 Website <https://www.odq.qc.ca/en/>
- **Ordre des ergothérapeutes du Québec / occupational therapists**
 Toll-free number 1 800 265-5778
 Website www.oeq.org
- **Ordre des infirmières et infirmiers du Québec / registered nurses (RNs), licensed practical nurses (LPNs) and nurse practitioners (NPs)**
 Toll-free number 1 800 363-6048
 Website <https://www.oiiq.org/en/accueil>
- **Ordre des infirmières et des infirmiers auxiliaires du Québec / auxiliary nurses and nursing assistants**
 Toll-free number 1 800 283-9511
 Website www.oiaq.org
- **Ordre des opticiens d'ordonnances du Québec / opticians**
 Toll-free number 1 800 563-6345
 Website www.opticien.qc.ca
- **Ordre des optométristes du Québec / optometrists**
 Toll-free number 1 888 499-0524
 Website www.ooq.org
 By email (preferred)

- **Ordre des pharmaciens du Québec / pharmacists**
 Toll-free number 1 800 363-0324
 Website www.opq.org
- **Ordre des psychologues du Québec / psychologists**
 Toll-free number 1 800 363-2644
 Website <https://www.ordrepsy.qc.ca/english>
- **Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec / social workers, family social workers and couple therapists**
 Toll-free number 1 888 731-9420
 Website www.otstcfq.org
- **Ordre des diététistes-nutritionnistes du Québec / dietician-nutritionists**
 Toll-free number 1 888 393-8528
 Website www.opdq.org
- **Ordre professionnel de la physiothérapie du Québec / physiotherapists**
 Toll-free number 1 800 361-2001
 Website <https://oppq.qc.ca/en/>

Conclusion

This guide presents different public and private resources that could help meet your support needs to improve your quality of solo living while dealing with Parkinson's.

After exploring these resources, identify the ones that seem most interesting and relevant to you. Remember to call on them well in advance so that you receive them at the right time.

You have perhaps already started thinking about resources that might meet some of your needs or even taken steps to access them. If so, good for you! However, keep going and do the things that are likely to maintain your quality of life, now and in the future.

Finally, if problems arise when seeking help from organizations or services, feel free to contact their staff to explain what is happening. For support, you might consider being accompanied by a care partner or someone else you trust when pursuing these matters. The key to your well-being is to talk about it in order to find solutions through available resources.



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