

TAVIE in MOTION

*Treatment, Assistance,
Virtual Nurse Intervention,
and Education*

RESOURCE GUIDE



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Introduction

As a couple or dyad (e.g. parent/child, friends) that face daily challenges related to Parkinson disease, you have probably thought of asking for help from your family or friends. There are also various resources throughout Quebec and close to home that can meet your various support needs.

To help you in your present or future endeavours, we invite you to consider the resources proposed in this document, these topics of interest can be found on the following pages:

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We strongly encourage you to consult the different resources and regularly visit the web sites of Parkinson Québec and Parkinson Canada to keep you updated about latest publications.

Act before you run out of steam!

In addition to consulting the various resources, we invite you to:

- identify the appropriate services for your situation;
- know how to obtain them;
- undertake the necessary steps to help yourself at the present and in the future, because some of these steps take time to get the assistance you may need.

In addition, we recommend asking for some help, at the earliest possible time, from your family members and from people around you as well as in your community can help you live better on a daily basis and perhaps help prevent you from running out of steam.

In this guide, the term care partners is used to make reference to caregivers, family caregivers or the persons who take care of their loved ones.

Good reading!

Organizations and Public associations

PARKINSON QUÉBEC

Toll-free number	1 800 720-1307 Information line
Email	info@parkinsonquebec.ca
Write via the website	Section «About us» / then «Contact us»
Website	https://parkinsonquebec.ca/en/

Parkinson Québec offers support to those living with Parkinson disease together with their spouses, partners, and family members. Parkinson Québec speaks on behalf of Parkinson's offices and organisations, provincial associations located in different regions of Quebec.

Parkinson Québec represents the Parkinson's community and is the provincial advocate for Quebecers living with the disease and their care partners. It offers information through the information and support line, conferences, training programs and the opportunity to participate in **support, self-help and exercise groups**. On the upper part of the website, you can get information about Parkinson disease by clicking the tab button "[Parkinson's disease](#)".

To take a better control of your symptoms and to obtain maximum effectiveness from your medication, the "[ParkiTrack](#)" diary is available to you and can be mailed to your home:
<https://parkinsonquebec.ca/en/services/parkitrack/>

On the "Parkinson's disease" tab button, Parkinson Québec offers a free reference guide **«[The InfoParkinson Guide](#)»**. This guide attempts to answer various questions asked by people affected with Parkinson's and their care partners. It also invites you to use various strategies to better live with the disease on a daily basis. It can be downloaded on the link below:
<https://parkinsonquebec.ca/en/services/guide-info-parkinson/>

In addition, at the «**Services offered**» tab button, you can access to the online services and programs, including the English version of the «**EMPATIC PROGRAM**» (acronym for Education Motivational Parkinson: Assistance from Technologies of Information and Communication) and its three web interventions:

TAVIE™ in motion	https://parkinsonquebec.ca/tavie-en-mouvement/
Expert's advice	https://parkinsonquebec.ca/en/services/daily-life/
Inspirational testimonials	https://parkinsonquebec.ca/en/living-with-parkinsons/testimonials/

The three interventions of the EMPATIC program aim to equip people living with Parkinson disease and their care partners with validated strategies to improve their quality of life.

PARKINSON QUÉBEC – REGIONAL PARTNERS

The regional partners of Parkinson Québec offer several services for persons living with Parkinson's and for care partners. Some of these activities are free of charge and accessible on line. We encourage you to contact the nearest organisation or office to get information about the availability and conditions of an activity or service. Thus, you will be better informed to find the most relevant activity or service according to your situation.

In Québec, most of activities are offered in French. Nevertheless, Parkinson Outaouais brings information and services in English if requested.

The following are the activities and services offered by Parkinson Québec 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.

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, organisation of fundraising activities.

On the following pages, you will find the contact details of the regional office or organisation near from your area.

- **Abitibi-Témiscamingue**

Telephone	819 880-1425
Email	abitibi-temiscamingue@parkinsonquebec.ca
Website	https://parkinsonquebec.ca/regions/abitibi-temiscamingue/

- **Bas-Saint-Laurent**

Telephone	418 722-0600 ou 418-732-2086
Email	parkinsonbsl-coord@telus.net
Website	https://parkinsonquebec.ca/regions/parkinson-bas-saint-laurent/

- **Basses-Laurentides**

Email	basses-laurentides@parkinsonquebec.ca
Write via the website	Onglet «Nous joindre»
Website	https://parkinsonquebec.ca/regions/basses-laurentides/

- **Centre-du-Québec. Mauricie**

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

- **Cœur des Laurentides**

Telephone	450 630-4122
Email	coeurdeslaurentides@parkinsonquebec.ca
Write via the website	Onglet «Nous joindre»
Website	https://parkinsonquebec.ca/regions/coeur-des-laurentides/

- **Côte-Nord**

Telephone	418 960-2290
Email	parkinsoncotenord@gmail.com
Write via the website	Onglet «Nous joindre»
Website	https://parkinsonquebec.ca/regions/cote-nord/

- **Estrie**

Telephone	819 239-6232
Email	mailto:estrie.parkinson@gmail.com
Write via the website	https://www.parkinsonestrie.org/en/nous-joindre/
Website	https://www.parkinsonestrie.org/en/

- **Montréal-Laval**

Telephone	514 868-0595
Information line	514 868-0597
Website	https://parkinsonmontreallaval.ca
Downloadable resources guide of Montreal's services (2021 / in French only)	https://secureservercdn.net/166.62.107.20/p58.902.myftpupload.com/wp-content/uploads/2021/02/Bottin-de-ressources-23.pdf

- **Outaouais**

Telephone	873 660-1221
Email	outaouais@parkinsonquebec.ca
Website	https://parkinsonquebec.ca/regions/outaouais/

- **Québec Chaudière-Appalaches**

Telephone	418 527-0075
Toll-free number	1-877-527-0075
Email	information@prqca.ca
Website	www.prqca.ca

- **Rive-Sud**

Telephone	514 943-7583
Email	rivesud@parkinsonquebec.ca
Website	https://parkinsonquebec.ca/regions/rive-sud/

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

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

PARKINSON CANADA

Toll-free number	1 800 565-3000
Email	info@parkinson.ca
Website	https://www.parkinson.ca/

Parkinson Canada provides information and support services to people with the disease and their families. On the Website, you will find, among others, the following tabs **“About Parkinson’s”** and **“Resources”**. In the **“Resources”** section you can consult and download brochures and **educational publications** as well as to access to 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, to take their medication on time, and at all times in the different health care facilities. If needed this information can be shared with health professionals.

On the **“Symptoms”** section, you can download the guide **“Parkinson disease: An Introductory guide”** or you can click on the link below:

<https://www.parkinson.ca/about-parkinsons/symptoms/>

In the **«Resources»** section, you can download the Canadian edition of the **“Every victory counts”** manual and worksheets or click at the following links:

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

<https://www.parkinson.ca/wp-content/uploads/EVC-Canada-worksheets-2022-05-20.pdf>

You can also meet support groups or get educational resources on a variety of topics related to Parkinson’s.

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, in the top menu, you can consult the tab "**STRESS**". It explains, among other things, what stress is, how to make it less harmful, how to differentiate between useful and less useful stress, a questionnaire **NUTS** questionnaire and some videos that might be of interest to you.

You also have free access to the official magazine « Mammoth Magazine » <https://humanstress.ca/>.

Sonia Lupien, researcher and director of the CSHS, also invites you to visit her blog on Facebook www.sonialupien.com.

HEALTH LINE – PARKINSON DISEASE

Website <https://www.healthline.com/health/parkinsons>

This American Website offers reliable information on Parkinson disease: symptoms, risk factors, lifestyle, medical treatments, additional methods, etc.

HEALTH SHEETS - CENTRE HOSPITALIER DE L'UNIVERSITÉ DE MONTRÉAL

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

In this website you can access to a collection of fact sheets (PDF printable version) produced by experts from the Centre hospitalier de l'Université de Montréal (CHUM). There you will find information and answers to your questions, to help you understand your health, prepare for an exam, or make informed choices.



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The following are specific links to access information related to Parkinson disease.

<https://www.chumontreal.qc.ca/en/fiches-sante/preventing-falls-home>

<https://www.chumontreal.qc.ca/fiches-sante/marcher-avec-parkinsonisme>

<https://www.chumontreal.qc.ca/fiches-sante/prevenir-chutes-chez-gens-atteints-parkinsonisme>

INSTITUT DE RÉADAPTATION DE QUÉBEC (IRDQP) MANAGEMENT OF YOUR ENERGY

The IRDPQ has developed a user-friendly and useful tool to better intervene on fatigue and develop daily strategies to manage your energy. We invite you to consult the following link in order to access to the advice sheets (available in French only):

<https://www.cassetete22.com/wp-content/uploads/2017/06/Guide-de-l%C3%A9nergie-fiches-conseils-Par-l%E2%80%99-IRDQP-Quebec.pdf>

LE CENTRE CUMMINGS CENTER

Telephone

514 - 342-1234

Website

<https://cummingscentre.org/>

This organization provides to the community adapted programs, activities, and social services to enhance the quality of life for people aged 50 years and more.



In addition to its main campus at 5700 Westbury Avenue in Montreal, programs are offered at several off-site locations including Côte Saint-Luc, Chomedey/Laval, Ville Saint-Laurent, Westmount, Dollard-des-Ormeaux/ West Island and Florida. Some online activities are also available.

This center is open for all cultural communities. It provides resources for individuals affected by Parkinson, for example, vocal training and adapted exercises programs. You can get information at the following link:

<https://cummingcentre.org/all-programs-classes/adapted-programs/parkinsons/>

NEURO-PATIENT RESOURCE CENTRE

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

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

PARKINSON'S FOUNDATION

This American organisation brings awareness to the latest Parkinson disease news, research and resources, nutrition advice, educational books as well as a YouTube channel.

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

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

PASSEPORTSANTÉ.NET – PARKINSON DISEASE

Website [Maladie de Parkinson : symptômes, prévention et traitements \(passeportsante.net\)](https://passeportsante.net)

This French website offers reliable information on Parkinson disease: symptoms, risk factors, lifestyle, medical treatments, additional methods, etc.

RÉSEAU FADOQ

Montreal area phone number 514-252-3017
Toll-free number 1 800 544-9058
Email info@fadoq.ca
Website <https://www.fadoq.ca/en/reseau/>

Réseau FADOQ with more than 550,000 members aged 50 and over, is the largest network for seniors in Quebec. This organisation promotes the quality of life for senior citizens by, among other things, advocating for their rights and by offering them services, programs, sports and leisure activities.

SANTÉ MONTREAL

In this website you can access to the printable version and video of the program «**Le GO pour bouger!** », a physical activity program created the CHUM's geriatrics service in collaboration with the direction régionale de santé publique du CIUSSS du Centre-Sud-de-l'Île-de-Montréal. This is a five units program adapted for seniors to help you stay in shape.

<https://santemontreal.qc.ca/en/public/advice-and-prevention/physical-activity-for-seniors/#c38831>

SERVICE 211

Telephone 211
Website [Home | 211 Québec](#)

This service is offered to Quebec citizens to refer and inform them about community, public and parapublic programs and services in their region. To find resources, identify the region of your choice and you will have access to a directory of community organizations. It is possible to download this directory free of charge.

Tel-Aînés

Telephone [514-353-2463](tel:514-353-2463)
Website <http://tel-ecoute.org/programme-tel-aines/>

Tel-aînés is free and confidential listening and referral service to help persons of 60 years and over living in Montreal to break their isolation and express their emotions. Care partners are also invited to use this helpline.

This service is available from Monday to Sunday and from 10H00 to 22H00. This service is available in French only.

U-TURN PARKINSON

Email info@uturnpd.org
Website <https://www.uturnparkinsons.org/our-mission>

U-Turn Parkinson's is a wellness centre located in Winnipeg with a mission to empower people living with Parkinson's in their pursuit of being healthier and actives.



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This organisation offers among other services, a free of charge program called Empower-U. This online live stream class provides a full-body workout combining functional strength training, stretching, range of motion, coordination, balance, and agility exercises as well vocal exercises and singing. You can get more information at the following link:

<https://www.uturnparkinsons.org/empoweru>



Governmental resources

GOVERNMENT OF QUEBEC PROGRAMS AND SERVICES

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

A guide entitled "**Programs and services for seniors**" developed by the Government of Quebec is available online. It contains information on the different government programs and services for seniors. This guide, which is updated annually and available for free download, is intended to provide seniors and their loved ones with information on the main programs and services concerning health and social services, home help, housing and transportation. Also, you can get information about legal and financial aspects that might be a concern to you. Each topic generally answers the following questions: Who? What? When? Where? Why? How?

You can access to this guide at the following link:

<https://www.quebec.ca/en/family-and-support-for-individuals/seniors/programs-services-for-seniors>

INSTITUT NATIONAL D'EXCELLENCE EN SANTÉ ET SERVICES SOCIAUX (INESSS)

This institute aims to be a reference to inform about decisions and practices in health and social welfare. We suggest that you consult a pamphlet that helps create an opening for discussion about care and treatment when a person is hospitalized or seriously ill and to take steps in this direction at the appropriate time. You can access to the brochure entitled "Levels of Care – Let's talk about it" at the following link.

[Brochure – Levels of care – Let's talk about it \(inesss.qc.ca\)](https://www.inesss.qc.ca/)

OFFICE DES PERSONNES HANDICAPÉES DU QUÉBEC

Toll-free number 1 800 567-1465 (Ask for service in English)
Email aide@ophq.gouv.qc.ca
Website <https://www.ophq.gouv.qc.ca/>

L'Office des personnes handicapées du Québec (OPHQ) is a government agency that provides information and support services for handicapped persons and their families.

On the following link you can access the English translations of documents produced by the Office.

<https://www.ophq.gouv.qc.ca/publications/publications-in-english.html>

Health and Social services

COMMUNITY LOCAL SERVICES CENTERS

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

Info-Social consultation with social workers 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/>

Your community local services center in your neighborhood is the gateway to home support services and other public community organizations (rehabilitation facility, day hospital, drop-in centre, nursing home, etc.).

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

In addition to general services (vaccination and follow-up care), the community local services center offers **services to the person diagnosed** with Parkinson (care and professional services: nursing services, psycho-social services, physiotherapy, occupational therapy, nutrition, etc.), and **personal assistance services** (help with hygiene, eating, taking medication, etc.), **services to care partners** (presence, respite, etc.) and **equipment loans**.

In case you are hospitalized, and the doctor tells you that you have been discharged from the hospital. Then, if you need home services, make sure that a nurse is **assigned to be your liaison with the community local services center** before you leave the hospital.

Furthermore, the community local services center can put you in touch with aid community services such as: **Social economy enterprises for domestic help; Meals on Wheels for home delivery of hot meals; The falls prevention program also known as the Fall Prevention: Stand up!**, etc. Ask them about the **sources of government assistance** (tax credits, financial assistance for domestic help, residential adaptation program, etc.).

Finally, the community local services center is also an important resource if you need **immediate support**, for example, if one of you is hospitalized urgently or needs to undergo surgery.

The steps to follow for getting services from the community local services center are illustrated below in Figure 1.

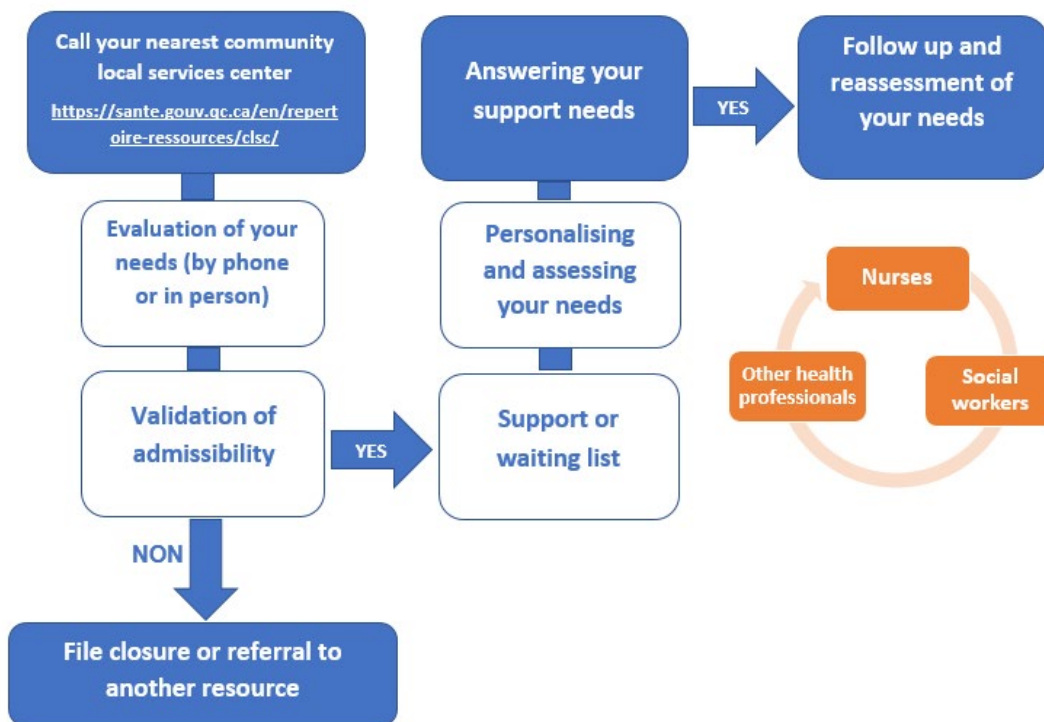


Figure 1 - Inspired and adapted from Appui Laurentides (2015)

DAY CARE FACILITIES

Day care facilities offer preventive and therapeutic interventions for individual or group of seniors who are losing their physical autonomy. They aim to promote **home care** and provide a **period of respite** for care partners. These activities include: **exercises, music, arts, cooking, pet therapy, etc.** This kind of activities usually last a full day and are tailored to the specific needs of the people, especially those living with Parkinson disease. **Adapted transportation** is sometimes available for the clientele living in the territory they serve. Fees are charged for transportation and meals, if applicable. To access these services, a request from the community local services center or a health professional is necessary.

DAY HOSPITALS (Outpatient Hospitals)

Day hospitals offer **individualized outpatient services** aimed at improving the health and autonomy of an elderly person without having to resort to hospitalization. The individual is sent home in the evening following interventions provided by a team of medical professionals.

For example, the services of a day hospital can be used to adjust anti-Parkinson's medication in order to avoid significant and unpredictable motor fluctuations. **To obtain this service, the request must be written by a healthcare practitioner.**

FÉDÉRATION DES CENTRES D'ACTION BÉNÉVOLE DU QUÉBEC

Telephone	514 - 843-6312
Toll-free number	1 800 715-7515
Website	www.fcabq.org

This organization regroups the Volunteer, Mutual Aid and Community Action Centres for seniors in Quebec. It offers the possibility of

consulting a directory, the coordinates of the centres in the various regions and the services offered.

A volunteer, self-help or community centre is a non-profit organization for people who wish to remain active or who need services to help them stay in their communities.

Some centres offer services such as food, support, low-cost transportation, recreation and social activities, income tax assistance and home repairs. Check with your local volunteer, self-help or community centre to see what services are available to you.

Contact your regional community action center or the Toll-free number and ask for service in English.

REHABILITATION FACILITIES

These facilities offer personalized and specialized services related to environmental adaptation, rehabilitation and social integration in order to maximize your quality of life.

They offer several programs including those related to evolving illnesses such as Parkinson's, **driving evaluation** and **vehicle adaptation**, as well as **technical aids for mobility and posture** (assessment, orthotics, prostheses, wheelchairs, etc.), **accessibility to technological aids for communication and work rehabilitation.**

To access these services, you must submit a consultation request or a referral from a health professional. As for technical 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 about programs and services are available at the following websites.



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

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

THE QUÉBEC HEALTH BOOKLET

Website

<https://carnetsante.gouv.qc.ca/portail>

The Québec Health Booklet is a free service managed by the Régie de l'assurance maladie du Québec. Among other online services, you can schedule appointments for your family doctor, access the results of your medical examinations, consult your medication and check the dosage and instructions.



Resources for care partners and respite services

L'APPUI FOR CARE PARTNERS

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

The mission of this organization is to improve the quality of life of care partners. The Appui regional offices offer a professional telephone service for listening, information and referrals adapted to the needs of care partners. The Website offers, among other things, under the tab button “**I am a care partner**” practical advices about the care partner’s role, protection mandates, legal and financial information, as well as safety and health prevention advices. At the “**Resources**” tab button you will find information about the care partner support line and the resources directory by region and by service - **respite, mutual aid, and support.**

We suggest that you consult the various Guides and videos for care partners by accessing the following links:

<https://www.lappui.org/en/practical-advices/being-a-caregiver/>

PARKINSON QUÉBEC

Toll-free number 1800 720-1307

The Parkinson Québec website offer relevant information for care partners as well a bilingual toll-free information, a referral line available from Monday to Friday, 8h30 to 16h30. Consult the «Mouvement d’appui» video clips to better understand Parkinson’s: <https://parkinsonquebec.ca/en/living-with-parkinsons/helping-someone/>

<https://www.youtube.com/watch?v=20wNawSMNCQ>

PARKINSON CANADA

At Parkinson Canada website, you can download a practical book specially designed for care partners called **“Care Partnering: Managing Parkinson disease Together”** at the following link:

<https://www.parkinson.ca/about-parkinsons/care-partnering/>

AIDECHEZSOI.COM

Website

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

This website refers to a cooperation network of social economy enterprises (Entreprise d'Économie Sociale en Aide à Domicile, ÉÉSAD) providing home services, personal assistance care, respite care and monitoring for seniors. These social economy enterprises are present in 17 administrative regions in Quebec.

This organisation offers support to access to the Financial Assistance Program for Domestic Services (Programme d'exonération financière pour les services d'aide domestique) from the Ministère de la Santé et des Services Sociaux du Québec.

BIBLIO-SANTÉ

Website

[Biblio-Santé \(bibliosante.ca\)](http://bibliosante.ca)

The Quebec Public Library Association has developed a provincial Biblio-Santé program for care partners seeking information to better support their loved ones. Fifteen thematic booklets, including **“Parkinson disease”, “Care partners” and “End-of-Life Care”**, offer a list of organizations, a selection of websites and suggestions for relevant reading that could certainly be useful. These booklets are updated every year.

CENTRE DE SOUTIEN ENTR'AIDANTS



Treatment, Assistance,
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Email info@centredesoutienentraidants.com
Telephone 450 - 465-2540
Website <https://www.centredesoutienentraidants.com/en/>

This community organisation support care partners by offering a range of services to help them maintaining their physical, psychological and financial health. This centre offers services as workshops, conferences, support (individual or in a group), and respite care.

GOVERNMENT OF QUEBEC

Bill 56 and act to recognize and better support care partners

We invite you to consult the text of Bill 56 – National Caregiver Policy at the following link:

https://www.publicationsduquebec.gouv.qc.ca/fileadmin/gazette/pdf_encrypte/lois_reglements/2021A/104863.pdf

Government action plan for care partners

As a follow-up to Bill 56, the Government of Quebec has developed a five-year action plan (2021-2026) in terms of measures and actions to concretely support care partners:

<https://publications.msss.gouv.qc.ca/msss/document-003191/> (in French only)

On the following link you can access to useful information for informal and family care partners:

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

PROCHE AIDANCE QUÉBEC



Telephone 514-524-1959
 Toll-free number 1855 524-1959
 Email info@procheaidance.quebec
 Website <https://procheaidance.quebec/#>

This group aims to improve the quality of life of care partners taking care of a loved one, of any age, of any condition, in Quebec. To get help, click on the tab on their website section "**Soutien aux proches aidants**".

A directory of organizations that provide support to care partners by region is available. The following is a list of organisations that offer their services in English.

Organisation	City	Website
Centre Action Générations des Aînés de la Vallée-de-la-Lièvre	Gatineau	https://www.cagavl.ca
Centre de soutien entr'Aidants	Saint-Hubert	https://www.centredesoutienentraidants.com/
Fondation Maison Gilles-Carle	Montréal	https://fondationmaisongillescarle.org
L'Antr'Aidant	Saint-Sauveur	http://lantraidant.com
Centre d'action bénévole du grand Châteauguay	Châteauguay	http://www.cabchateauguay.org/
Voix et solidarité des aidants naturels de la Vallée-de-la-Gatineau	Maniwaki	https://voixetsolidarite.ca/
Coop Aide Rive Sud Métropolitaine	Longueuil	https://www.cooprivesud.com
Centre Évasion	Montréal	https://centreevasion.com/en/
Regroupement soutien aux aidants Brome-Missisquoi (RSABM)	Cowansville	https://rsabm.ca/en/
Organisation	City	Website

Association Lavalloise des personnes aidantes (ALPA)	Laval	https://aldpa.org
Groupe des aidants du Sud-Ouest (GASO)	LaSalle	https://gaso.ca
Les Aidants Naturels du Haut-Saint-Laurent	Saint-Chrysostome	https://www.aidantshsl.org
Table régionale de concertation des aînés de l'Estrie (TRCA de l'Estrie)	Sherbrooke	https://aineseestrie.qc.ca/

You may also be interested in the French version of the guidebook about «How to take care of oneself while taking care of someone else'» for preventing burnout for care partners. You can access to the guide at the following link.

https://www.lappui.org/documents/98/Guide_Prendre_soin_de_moi_tout_en_prenant_soin_de_lautre.pdf

YWCA ET DE FEMMES DE MONTRÉAL

Telephone

514 - 866-9941

Website

<https://www.ydesfemmesmtl.org/en/>

The YWCA offers legal information, housing services, group support, as well workshops, relaxation, social and wellness activities for family care partners. Free services for women helping a senior who has a loss of autonomy are also available.

RESPIRE SERVICES

Following the adoption of the family care partner policy, the Quebec government and the Ministry of Health and Social Services (MSSS) are supporting the following respite services:

1) Le Baluchon Alzheimer

If you are a care partner, this organization can meet your need for rest by taking care of the person you are caring for during your absence.

It should be noted that the services are no longer exclusively given to care partners of people with Alzheimer's disease or a related illness but also to families who are concerned by other degenerative diseases such as Parkinson's.

You can click on the link below to learn more about their services and how they operate. Please note that the services are offered in French, English, Creole and Spanish.

<https://baluchonalzheimer.com/obtenir-de-laide>

2) Les Maisons Gilles-Carle

Gilles-Carle's Houses offer a range of bilingual services in, including respite care, drop-in care, access to "training and information" and psychological support. The services offered may vary from one house to another. For more information, click on the links below:

<https://www.fondationmaisongillescarle.org/>



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3) Le Monastère des Augustines

The Monastère des Augustines occupies the old wings of the Hotel-Dieu of Quebec Monastery (1639). A respite care program for care partners is available. The monastery offers respite stays and some inner renewal healing activities.

If you would like to know more about the offer, click on the link below:

<https://monastere.ca/en>



Transportation

ADAPTED TRANSPORTATION SERVICES - PARATRANSIT

Telephone	5-1-1 Ministère des Transports
Website	Ministry of Transportation (Eligibility Policy) https://www.quebec.ca/en/transports/paratransit/paratransit-eligibility
Depending on region or local areas:	Greater Montreal area https://www.stm.info/en/para South Shore of Montreal area https://m.rtl-longueuil.qc.ca/en-CA/paratransit- https://exo.quebec/en/trip-planner/para-transit https://exo.quebec/en/trip-planner/para-transit North Shore of Montreal area https://stlaval.ca/paratransit/general-info Quebec Region https://www.rtcquebec.ca/en/p-aratransit-stac

Paratransit is a **public transportation service for people with significant and persistent disabilities** such as an **inability** to walk 400 metres on level ground, to climb a 35-centimetre high step with support or to descend without support, to make the entirety of a trip on regular public transportation, to orient oneself in time or space, to control situations that could be detrimental to one's own safety or the safety of others, and to communicate verbally or through gestures.

To find out if you are eligible for this adapted transportation services, you must fill out a **form** that you can download online from the **Paratransit Service in your area** or obtain a copy from your

community local services center. One part of the application form must be filled out by the person or a relative and another part by a healthcare professional depending on the applicant's health condition.

Please consult your regional or local paratransit service website for **service hours, reservations, changes and cancellations, area 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>

In some cases, VIA Rail allows a person to accompany a person with reduced mobility free of charge during the trip. To receive this service the person wishing to travel with a personal care attendant must provide, for each trip, a valid accompanying card issued by one of the recognized mobility organizations or institutions, or a medical letter or certificate issued within the last nine months (unless the letter refers to a permanent condition) and bearing signature of a medical doctor.

BY BUS

Telephone 1 844 476-8181
Website <http://www.federationautobus.com/en/accompanying-card>

Bus Carriers Federation (*Fédération des Transporteurs par Autobus*) and its members are offering an **accompanying card** for intercity bus service in the province of Quebec. This card (*Carte québécoise à l'accompagnement en transport interurbain par autobus*) is the only one recognized by the intercity bus carriers and for anyone aged eight and over residing in Quebec and with permanent disabilities that need to be accompanied on their intercity travel. This accompanying

card grants free passage to anyone accompanying a person with a disability, throughout the intercity bus system without extra fees or complicated procedures.

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

BY AIR

Some Canadian airlines have implemented a **"one person, one fare requirement" policy**. This policy is applicable to a person with a disability who is accompanied by a family member or care partner who attends to their personal needs and ensures their safety during the flight, or who requires an additional seat for themselves. As such, the accompanying person may travel free of charge. This policy applies to flights within Canada. For more information on the conditions of application about 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 Website **"Kéroul"** whose mission is to promote and develop accessible tourism and culture and to make it accessible to people with restricted physical ability. To learn more about free travel for companions (see section AIR) click on the following link:

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

PARKING PERMITS FOR PERSONS WITH A MOBILITY IMPAIRMENT

Montreal area phone number	514-873-7620
Quebec area phone number	418-643-7620
Toll-free number	1 800 361-7620
Website	https://saaq.gouv.qc.ca/en/
Explainer page	https://saaq.gouv.qc.ca/en/persons-mobility-impairment
Application form	https://saaq.gouv.qc.ca/fileadmin/documents/formulaires/disabled-parking-permit-application.pdf

During your journey with Parkinson's, you may have difficulty walking short distances (e.g. from the parking lot to a retail store).

Like all couples, or dyads, who want to stay active, enjoy the outdoors, have fun, do your run errands or attend medical appointments, you can get a parking permit from the Société de l'Assurance Automobile du Québec (SAAQ), if you are a driver or a passenger in the vehicle.

To obtain this privilege you must first [complete an application form](#). You can download the form online from the Société d'assurance du Québec (SAAQ) website or obtain a copy at your community local services center.

In the application form, a section must be completed by a health professional such as a: special educator, occupational therapist, nurse, physician, optometrist, physiotherapist or psychologist. Therefore, it is advisable to choose the health professional who can best describe your disability related to walking a short distance.

Housing

For couples who wish and are able to continue to stay in their living environment, the first two resources suggested below may help you in terms of guidance and assistance to **adapt your environment** according to your needs.

However, for couples who no longer want to or can no longer live in their home, **other types of housing** are possible, such as low-income housing (HLM), housing cooperatives (COOP), condominiums, private residences for the elderly (RPA) with services, public accommodations, family-type resources (RTF), intermediary resources (RI) and residential and long-term care centres (CHSLD).

To locate these various resources, you can refer to:

- An occupational therapist and a social worker from your community local services center
- Your local Municipal Housing Office
- The Quebec Seniors' Housing Group

Website	https://www.rqra.qc.ca/
Telephone	514 - 526-3777
Toll-free number	1 888 440-3777

- A housing consultant
- Quebec Association of Lodging Consultants for Seniors
https://achq.quebec/?page_id=392&lang=en
- Private seniors' residences – Government of Quebec
<https://www.quebec.ca/en/homes-and-housing/renting/private-seniors-residences>
- Friends who live in various types of housing



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SOCIÉTÉ D'HABITATION DU QUÉBEC

Telephone 1 800 463-4315 option #1
Website <http://www.habitation.gouv.qc.ca/english.html>

On the website of the Société d'habitation du Québec, you will find information that may concern your needs, as well as the financial support available for people with disabilities. In addition, on the home page, information is provided on how to adapt your home, renovate your home and access subsidized housing.

CANADA MORTGAGE and HOUSING CORPORATION

Toll-free number 1 800 668-2642
Email centrecontact@schl.ca
Website <https://www.cmhc-schl.gc.ca/en/>
Aging at your place <https://www.cmhc-schl.gc.ca/en/search#q=vieillissem ent%20sur%20place&sort=relevan cy>

Visit the Website of (CMHC/SCHL) Canada Mortgage and Housing Corporation (Société canadienne d'hypothèques et de logement). You will find information and resources about how to make your home accessible and adaptable, as well as housing and financial tips.



Financial and legal services

When filling your annual income tax returns, it is useful to check with an accountant if you are eligible for tax credits (medical expenses, home support for a senior, care partner, respite, activity, renovations, snow removal, landscaping, home adaptations, etc.), refunds or any other financial assistance program.

QUEBEC REVENUE

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

This brochure, updated every year and entitled **Seniors and Taxation**, provides information to seniors regarding the amounts and credits that they may claim and the programs to which they may be entitled.

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

CANADA REVENUE AGENCY

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

Disability tax credit certificate
<https://www.canada.ca/en/revenue-agency/services/forms-publications/forms/t2201.html>

Canada care partner credit (CCC)
<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>

CNESST

This website lists all the steps to take, the forms, the available indemnities related to an occupational disease for workers with Parkinson disease.

See the link below:

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

PARKINSON QUÉBEC - WORK | FINANCIAL RESOURCES

Website: <https://parkinsonquebec.ca/en/living-with-parkinsons/employment-financial-resources/>

In the link above, Parkinson Québec approaches the notion of Parkinson disease and work (your rights and obligations) as well as the aspects of financial resources.

ADVICE FOR THE PROTECTION OF SICK PEOPLE

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

CHAMBRE DES NOTAIRES DU QUÉBEC

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

A notary is an expert in family law, real estate law, inheritance law and wills. He/she can help you make important legal decisions, such as those concerning **powers of attorney, protective mandates, advance medical directives** (see tab button Your Notarial Services) for protection of the public or **wills** and Successions, etc. The website contains several useful links that can help you research, reflect and make decisions, as well as find a notary.

CONSUMER PROTECTION OFFICE

Toll-free number	1 888 672-2556 (Service in English available if required)
Website	https://www.opc.gouv.qc.ca/en/

ÉDUCALOI

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

On the Website file entitled "Care partners: Practical legal tools", some topics may be of particular interest to you, such as: Health Care Decisions, Plan Ahead for peace of mind, Legal Protection For Vulnerable People, and Housing Issues. For more details, visit de following link:

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

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

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

END OF LIFE CARE

By clicking on the link below, you will find information on the following topics: Medical aid in dying, Advance medical directives, Act respecting end-of-life care and Palliative care.

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

In addition, two brochures are available concerning advance medical directives and the rights of the person to the end-of-life. They can be downloaded on the website ministry of health and social services. Here are the two direct links:

<https://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-828-03A.pdf>

<https://publications.msss.gouv.qc.ca/msss/en/document-001601/>

HEALTH AND SOCIAL SERVICES OMBUDSMAN

Toll-free number	1 800 463-5070
Website	https://protecteurducitoyen.qc.ca/en

JURIDIQC

Website	https://juridiqc.gouv.qc.ca
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This site offers legal, psychosocial information, resources and guidelines for getting started in your process for getting resources. In the section «seniors experiencing loss of autonomy», various topics are discussed, including understanding and predicting loss of autonomy, legal and financial aspects, living environment as well information about help and support for care partners.



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OFFICE DES PROFESSIONS DU QUÉBEC

Toll-free number
Website

1 800 643-6912
www.opq.gouv.qc.ca

QUÉBEC PUBLIC CURATOR

Toll-free number
Websites

1 844 532-8728
www.curateur.gouv.qc.ca/cura/en/index.html

<https://www.quebec.ca/en/government/departments-and-agencies/curateur-public>



Private resources

Various private resources are available if the waiting time for health public services is very significant and if you are able to afford them. Among others, **family support workers, beneficiary attendants, light duty housekeeping aides, housekeepers and health professionals** are available and offer fee-for-service.

You should verify the qualifications and skills of the people providing these services and make sure that they are covered by personal or professional insurance. The cost of services varies according to their complexity. Certain questions should be asked about the: fees, treatments, duration, equipment provided, coverage provided, ties established with your family doctor, specialist, community local services center or hospital, quality criteria for services, etc.?

Your community local services center can also provide you with more information about private resources.

In addition, the various professional associations responsible for protecting the general public can also provide you with information about the services offered by health professionals in private practice.

And finally, here are some websites of professional associations to allow you to target resources in your area.

- **Collège des médecins du Québec / physicians**
Toll-free number 1 888 633-3246
Website <http://www.cmq.org/home.aspx>
- **Fédération des kinésiologues du Québec / kinesiologists**
Telephone 514-343-2471
Website <https://www.kinesiologue.com/en/accueil>

- **Fédération québécoise des massothérapeutes / massage therapist**
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
Telephone 514-523-2882 (Service in English available if required)
Website www.o-a-q.org
- **Ordre des audioprothésistes du Québec / hearing aid specialists**
Telephone 514-640-5117 ext. 201 (Service in English available if required)
Website www.ordreaudio.qc.ca
- **Ordre des dentistes du Québec / Dentists**
Toll-free number 1 800 361-4887
Website [Home Page \(odq.qc.ca\)](http://Home Page (odq.qc.ca))
- **Ordre des ergothérapeutes du Québec / Occupational therapists**
Toll-free number 1 800 265-5778 (service in English available if required)
Website www.oeq.org
- **Ordre des infirmières et infirmiers du Québec / Registered Nurses (RN) and Licensed practical nurses (LPN)**
Toll-free number 1 800 363-6048 (service in English available if required)
Website www.oiiq.org

- **Ordre des infirmières et des infirmiers auxiliaires du Québec / auxiliary nurses and nursing assistants**

Telephone 514-282-9511 (service in English available if required)

Website www.oiaq.org

- **Ordre des opticiens d'ordonnances du Québec / Opticians**

Toll-free number 1 800 563-6345

Telephone 514-288-7542 (Service in English available if required)

Website www.opticien.qc.ca

- **Ordre des optométristes du Québec / Optometrists**

Toll-free number 1 888 499-0524

Website www.ooq.org

For service in English go to the Member Directory, choose your regional area and in the «Autres» section, choose the option « Langues parlées autre que le français »

- **Ordre des pharmaciens du Québec / Pharmacists**

Toll-free number 1 800 363-0324 (Service in English available if required)

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

Telephone 514 731-3925 (Service in English available if required)

Website <https://www1.otstcfq.org/>

- **Ordre professionnel des diététistes du Québec / Dieteticians
an nutritionists**

Toll-free number	1 888 393-8528
Email	info@odnq.org
Website	www.opdq.org

To find a nutritionist go to «Trouver un dietetiste-nutritioniste» and choose «Anglais» on the language tab.

- **Ordre professionnel des physiothérapeutes du Québec /
Physiotherapists**

Toll-free number	1 800 361-2001
Website	https://oppq.qc.ca/en/

Conclusion

In this Resource Guide, we have provided you with suggestions for public and private resources that may offer some assistance and support to your needs as a couple or dyad living with Parkinson's. We have also encouraged you to look at these resources and identify the ones that are the most appropriate for you to consider using.

You have perhaps already thought about or begun the necessary steps to obtain a resource that could meet one or more of your needs. We congratulate you on the progress you have made, and we encourage you to continue your efforts, which are likely, now and in the future, to maintain the quality of your life together.