

# 7 numbers FOR EARLY DEMENTIA

## DEMENTIA SUPPORT

604-681-8651  
1-800-936-6033

First Link® Dementia Helpline

**When:** 9 a.m. to 4 p.m., Monday to Friday

**Why:** If you are living with dementia or have questions about the disease, call for information and support. Every call to the Alzheimer Society of B.C. is confidential. Please call the South Asian Dementia Helpline for culture-and-language specific support (1-833-674-5003).

## COMMUNITY SERVICES

2-1-1 (bc211.ca)

**When:** 24 hours/day, 7 days/week

**Why:** If you need a service and aren't sure what it's called or where to find it. One call connects you to an information and referral specialist with numbers for all community, social and government services.

## HOME HELP

[betterathome.ca/  
organization-directory/](http://betterathome.ca/organization-directory/)  
Better at Home

**When:** Office numbers and hours vary by community

**Why:** If you need friendly visiting; transportation to appointments; light yard work; minor home repairs; snow shoveling; light housekeeping; grocery shopping (services vary by community). Some services may be free, based on your income.

## HOME HEALTH

1-855-412-2121  
Fraser Health Service Line

**When:** 8:30 a.m. to 4:30 p.m., 7 days/week

**Why:** To find out if you qualify for in-home personal care, home care nursing or rehab, palliative care, day programs for adults or respite services for caregivers.

**What:** Trained phone staff will identify your needs and refer you to the services you need. Some services may be free, based on your income.

## HEALTH INFORMATION

8-1-1 (healthlinkbc.ca)  
HealthLink BC

**When:** 24 hours/day, 7 days/week

**Why:** If you're feeling unwell or have a minor injury and are unsure about what to do. Or if you just have a health question or need advice about a health issue.

**What:** Health advice from a nurse; nutrition information from a dietitian; advice about drugs and pills from a pharmacist; where to find health services in your community.

## TRANSPORTATION

604-953-3680  
HandyDART

**When:** 8 a.m. to 4 p.m., Monday to Friday

**Why:** If you are unable to use conventional public transit without assistant. A driver will come to your home, help you board the vehicle, and get you to the door of your destination safely.

## MENTAL HEALTH

604-951-8855  
1-877-820-7444  
Fraser Health Crisis Line

**When:** 24 hours/day, 7 days/week

**Why:** For anything that's causing you concern, worry or distress, for example suicide thoughts or feelings, mental health problems, addictions, family violence, abuse, relationship conflicts, loss, or just plain loneliness.

**What:** Free confidential emotional support, crisis intervention and community resource information.

\* Translation Services  
Provided

bc211 we can help  
in partnership with  
the United Way

8-1-1  
HealthLink BC

Better  
at Home  
United Way helping seniors  
remain independent.

Alzheimer Society  
BRITISH COLUMBIA

fraserhealth