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Nunavummi Disabilities Makinnasuaqtiit Society
Nunavummi Pimmaqluktut Makinnasuaqtiit Katimayit
Soci t  Nunavummi Disabilities Makinnasuaqtiit

Support is available across Nunavut—whether you need information, someone to talk to, or help with daily care.

NDMS—Nunavummi Disabilities Makinnasuaqtiit Society

We support Nunavummiut living with disabilities, including memory loss and dementia. We offer:

- Plain-language resources in English and Inuktitut
- Support for caregivers
- Connections to community services
- Advocacy and education

Other supports

- **Local health centres.** Nunavut has health centres located in various communities across the territory. Healthcare providers and staff can assist with dementia-related check-ups, medication, referrals, and questions. Visit nu211.ca to search for local services.
- **Community wellness programs.** These may include Elder support groups, mental wellness services, or local counsellors. Visit [Community Wellness Programs](#) to find out more.
- **Government programs.** The Home, Community, and Continuing Care program helps Nunavummiut care for themselves with help from family and community members. This helps with their sense of independence and well-being. Services include homemaking, personal care, nursing care, respite care, and rehabilitation/recovery exercises. Visit the [HCC program](#) to learn more.
- **Government services.** The [Department of Family Services](#) can help with respite, income support, or social work.
- **Alzheimer Society.** Visit [Help and Information](#) for persons who are caring with someone with dementia.
- [Kamatsiaqtut Nunavut Helpline](#). If you are feeling overwhelmed, the helpline is available 24 hours a day: 867-979-3333 in Iqaluit or toll-free at 1-800-265-3333.