

## Important Supports Resource List 2020

### **Avalon**

Supports: Anyone who has been subject to sexual abuse/assault

Sexual assault counselling

Group programming/workshops

On-going resources

\*Must have the capacity to comprehend their individual situation, and desires supports.

\*Anyone with any ability is able to attend Avalon workshops – with support if needed.

Contact: 902-422-4240 ext. 29 (Intake and initial response counsellor)

### **Nova Scotia League for Equal Opportunities**

Supports: Counselling, resources and further supports individuals with diverse abilities

\*Any individual with intellectual, developmental and/or physical differences

Contact: 902-455-6942/1-866-696-7536

Email: [nsleo2018@outlook.com](mailto:nsleo2018@outlook.com)

### **Caregivers Nova Scotia**

Supports: Provides a diverse range of supports for unpaid caregivers (ie:

Family or friends)

Contact: 902-424-7390

### **Public Trustee's Office**

Supports guidance surrounding things such as:

Misuse of guardianship orders

Maltreatment

Financial assistance for capacity making assessment

\*Anyone with diverse abilities who might need decision making support, or legal support surrounding decision making

Contact: 902-424-7760

Website: [novascotia.ca/just/pto/adult-capacity-decision.asp](http://novascotia.ca/just/pto/adult-capacity-decision.asp)

## **Protection for Persons in Care Act & Adult Protection**

What they do: Provide protection to everyone with Diverse Abilities IN Care

Supports: Protection and support to those being abused

The individual must be in care of:

Residential home

Group home

Nursing home

Hospital

Has a worker/care provider

\*Must be 16 or over

\*Requires a service/care taker to report

Contact: 1-800-225-7225

## **211**

Call 211 or visit [ns.211.ca](http://ns.211.ca) any time of the day or night to find community groups, non-profits or government bodies to help you.