



Get the help you need with a  
**Seniors Navigator**



**1-866-770-0588**

**Seniors Navigators assist near seniors, seniors, their family members and their caregivers.**

There are many ways that the Seniors Navigators can help, including:

- *Assisting with information on services and programs*
- *Directing to the appropriate service and programs contacts*
- *Helping with completing applications for services and programs*
- *Helping to direct seniors' concerns to the appropriate avenue*
- *Promoting awareness of services and programs for seniors*

The 2024 Seniors Guide is available online at:  
[PrinceEdwardIsland.ca/SeniorsNavigator](https://PrinceEdwardIsland.ca/SeniorsNavigator)