

Chapter Contents

- Alberta Aids to Daily Living
- Home Health Care and Medical Equipment Suppliers
- Medical Equipment Loans
- Alberta Health Services
 - Health Link Alberta
 - Home Care
 - Day Programs
 - CHOICE
 - Rehabilitation
 - Mental Health
 - Palliative Care
 - Hospitals
 - Finding a Doctor
 - Medical Clinics
 - After Hours Care
 - Public Health Centres
- Caregiver Support
- Counselling
- Dental Services
- Fall Prevention
- Health Benefit Plans
- Health Service Organizations
- Hearing Aid Suppliers
- Home Health Care Agencies

ALBERTA AIDS TO DAILY LIVING (AADL)

AISH Health Benefits

Community and Social Services

500-12323 Stony Plain Rd. NW T5N 4B4

Phone: 780.415.6300

TTY: 780.427.1570

www.alberta.ca/aish.aspx

- AISH Health Benefits may assist eligible AISH clients with their essential medical needs.

See **FINANCE - Provincial Financial Programs & Benefits** for complete listing.

Alberta Health

10th Floor, Milner Building, 10040 104 St.
NW T5J 0Z2

Phone: 780.427.0731

Toll Free outside of Edmonton: 310.0000
then 780.427.0731

<http://www.health.alberta.ca/services/aids-to-daily-living.html>

• Alberta Aids to Daily Living(AADL)

is a cost-share program that assists Albertans with a long-term disability, chronic or terminal illness, in maintaining independence in their community through the provision of basic medical equipment and supplies to meet their clinically assessed need. AADL works in cooperation with Health care Professionals, approved as AADL authorizers/assessors who assess clients' clinical needs and determine eligibility for specific medical equipment and supplies. AADL clients above the qualifying income thresholds are subject to a cost-share component of 25% of the approved benefit amount. Low-income Albertans, below qualifying



NAVIGATE
YOUR HEALTH

You Don't have to Journey Alone!

In-person appointment support
...and more

Peace-of-mind •
Empowerment • Advocacy

Call to book a
Complimentary Assessment

780-224-0467

www.navigateyourhealth.ca

income thresholds, are not required to cost-share.

Refer to the AADL website listed above for more information on the program.

Community Aids for Independent Living (CAIL)

Room 2Y03 Edmonton General Hospital
11111 Jasper Ave. NW T5K 0L4

Phone: 780.496.1300 Referrals

Hours of Operation: Mon-Fri 8am-4:15pm

- CAIL is a program within the Allied Health Community (Edmonton Zone) portfolio that assists individuals who have chronic illnesses or disability, or who are terminally ill, to obtain medical equipment and/or supplies. The primary funding source accessed is Alberta Aids to Daily Living (AADL).
- A Registered Nurse or Occupational Therapist will assess clients in their homes or in one of the site offices. Appointments are booked in advance.

Navigate Your Health

202-10526 Jasper Avenue NW

Edmonton AB, T5J 1Z7

Phone: 780.224.0467

Email: info@navigateyourhealth.ca

www.navigateyourhealth.ca

Hours of Operation: by appointment

- Support for patients and caregivers: in-person appointment support and more, to help you navigate communication and health information.
- Prevent communication gaps. Avoid information overload and confusion. Be heard. Get help keeping loved-ones informed. Get help connecting to resources. It's about everyone's peace-of-mind and well-being.
- Insured and bonded. Home visits available upon request.

HOME HEALTH CARE & MEDICAL EQUIPMENT SUPPLIERS

Alberta Medical Supplies

6570-28 Ave. NW AB T6L 6N3

Phone: 780-761-1216

Fax: 780-705-1217

Email: info@albertamedicalsupplies.com

Website: www.albertamedicalsupplies.com

- Since opening in 2015, AMS has been a trusted source of medical supplies in Alberta.
- All staff are certified fitters for Compression stockings and Orthopedic Braces (Knee, Ankle, Elbow and Wrist Braces)
- Certified vendor for AADL products such as bathroom mobility and safety equipment, walkers, transfer aids, ostomy and incontinence supplies.
- Free installation and delivery.
- Experience the BEST service in Edmonton, come and visit us today!



Licensed Vendor for AADL Products

BATHROOM MOBILITY & SAFETY PRODUCTS

Bath Rails
Commodes
Raised Toilet Seats
Toilet Safety Frames
Wall & Tub Grab Bars
Bath & Transfer Benches

INCONTINENCE & OSTOMY SUPPLIES

MOBILITY PRODUCTS

Bathroom Mobility
Canes and Crutches
Lift Chairs
Power Mobility (Scooters)
Rollators & Walkers
Wheelchairs

ORTHOPEDIC BRACES

Knee Brace
Ankle Brace
Elbow, Wrist Brace
Lumbosacral Brace

ELECTROTHERAPY

TENS Machine

*We also provide services to clients under the
Seniors Financial Assistance Program*

P 780-761-1216 . F 780-705-1217

6570 – 28 Ave NW, Edmonton, AB T6L 6N3

Amramp Alberta

Phone: 800.649.5215 or 780.666.2606

Email: lorne.wensel@amramp.com

www.amramp.com

Hours of Operation: Mon-Fri 8:30am-4:30pm

- Affordable Wheelchair Ramps
- Quick Delivery - Installed In Days
- RENT or Buy - FREE Home Evaluation
- Non-skid mesh surface drains moisture and snow
- Porch Lifts
- Stair Lifts

Congdon's Aids To Daily Living Ltd.

10550 Mayfield Rd

Phone: 780.483.1762

Email: info@congdon.ca

www.congdon.ca

Hours of Operation:

Monday-Friday 8:30am-5pm

Home Health product supplier since 1970

- Specializing in Ostomy, Incontinence, and Wound Care.
- Wide range of products from liftchairs, compression stockings, homecare beds, bathroom and bedroom safety, walking aids, and independent living aids.
- An assortment of Accessibility products including porch lifts, stair lifts, scooters, power chairs and ceiling tracks.



Wheelchair Ramps

FREE Home Evaluation Call Today

- RENT or Buy
- Affordable
- Residential & Commercial
- Quick Delivery
- Installed in Days

780-666-2606 • 800-649-5215
www.amramp.com

amramp
NORTH AMERICA'S LEADING RAMP

Eco Medical

18303 107 Ave T5S 1K4

Phone: 780.483.6232

Email: info@ecomedical.ca

Now serving Red Deer and Calgary

www.ecomedical.ca

Hours of Operation: Mon-Fri 8am-5pm

- Since 1978 Eco Medical has been the leader in providing Edmonton & surrounding area with the most updated medical assistive equipment and service.
- We have a solid service staff that will provide you with the efficient and caring performance you deserve.
- We provide a range of home health care products, many home lifts and mobility solutions.

First Choice Orthotics

17508 Stony Plain Rd NW T5S 1A1

Phone: 780.807.2773

Email: info@firstchoiceorthotics.ca

Hours of Operation: Monday-Friday

9:30am-6pm

Saturday 11am-5pm, Sunday Closed

We are dedicated to helping the seniors community in Edmonton. Many of the products we provide are funded by the Seniors Needs Assistance for Seniors (SNAS) program.

Items include:

- Orthotics
- Lift Chairs
- Mattresses
- Personal Emergency Response Devices

As part of our dedication and service, we will gladly assist with the SNAS application paperwork.

Call Today!

Congdon's

Since 1970 | Aids to Daily Living, Ltd.



*Serving Albertans
since 1970*

Specializing in
**OSTOMY,
INCONTINENCE,
WOUND CARE,
MOBILITY EQUIPMENT,
STAIR CHAIRS, PORCH
LIFTS, POWER LIFT-
RECLINE CHAIRS,
CEILING TRACK LIFTS,
BEDS**
and more...



www.congdons.ca

*Specially
for You* | Wellness
Boutique

www.speciallyforyou.ca

*Our compassionate and well trained staff
in our Specially For You Wellness Boutique
has been assisting with mastectomy needs,
clothing, forms, swimwear since 1980.*





medical equipment

Scooters



Lift Chairs



Van Conversions



Adjustable Beds



- Adjustable massage for head & feet
- Remote wireless control
- New concept in comfort
- Head & foot adjustments

Stair Lifts



Porch Lifts



- Excellent for year round use
- Smooth & quiet
- Soft touch controls
- Standard lift height to 52"
- Custom heights available
- Easily installed

18303 107 AVE. EDMONTON AB. T5S-1K4

TOLL FREE - 1.800.232.9450 MAIN - 780.483.6232 FAX - 780.484 8238

www.ecomedical.ca

Plenty of Free Parking

Now in Red Deer and Calgary

Financing Available

ATTENTION Senior Citizens!



FIRST CHOICE
ORTHOTICS

Did you know that low income seniors in Alberta may qualify for the following government funded products?

Custom Orthotics

- Custom orthotics may help relieve pain or discomfort when standing and walking
- Our orthotics are made by using a 3D laser technology for precise measurements



Lift Chairs

Lift chairs assist seniors to help them to stand up from their seat

Lift Chair Features

- Electronic remote control
- Seat cushion raises to help you stand up
- Recliner feature with the touch of a button
- 8 Point vibration massage system
- One touch heating system
- Colour choices include black or dark brown



Mattress

- Many choices of mattress sizes where the full amount is subsidized
- Plenty of choices for upgraded models



Personal Emergency Response Systems

- Medical alert device that provides professional assistance at the touch of a button

- Confidence, reliability, and peace of mind knowing that help will be there when needed

Our organization focuses on customer service and we will gladly assist every client with the application and all the paperwork.

Please call us for more information and set your appointment up today!

Hours of Operation: Monday - Friday: 9:30 am - 6 pm
Saturday: 11 am - 5 pm Sunday: Closed

780.807.2773

17508 Stony Plain Rd NW, Edmonton, AB

Sage

Help us
inspire,
support,
and connect
seniors.

Contact us about setting up a monthly, pre-authorized gift of \$25

This simple act can help us sustain important programming over time, and adds up to a nice tax credit for you at the end of the year!



Become
a Silver
Threads
Donor.

780.423.5510
info@mysage.ca
www.mysage.ca

9 Quick Safety Tips to Manage Your Medications

By Johanna Trimble and Janet Currie



Canadian
Deprescribing
Network

- ✓ **Track your meds.** It's up to you or your family to keep track of the drugs you are taking. Your medication list is unlikely to be available to all health professionals online!
- ✓ **Keep a list.** For your safety, carry your own UPDATED list and keep one on your fridge. Make sure to include over-the-counter drugs, as well as drugs prescribed by specialists. For a sample medication list, visit: deprescribingnetwork.ca
- ✓ **Stick to one pharmacy.** Try to fill prescriptions from one pharmacy so drug interactions are easily checked. Any pharmacy's list will only show what their pharmacy has dispensed to you and won't include everything you take.
- ✓ **Don't start a new drug when you're alone.** It's rare, but if you have a severe allergic reaction you'll need immediate help. Never take a prescription drug that was prescribed to someone else.
- ✓ **Check your prescription.** When you pick up your prescription order, check both your name and the drug name on the bottle. At times, people who have the same name have received the other person's drug.
- ✓ **Be aware of side effects and adverse effects.** If you have a new symptom after taking a new drug, don't assume it's a "new condition" or "old age". Tell your doctor or pharmacist right away. It could be adverse effects from the drug itself or an interaction with another drug you already take.
- ✓ **Beware of the prescription cascade.** Sometimes new drugs might be prescribed to deal with symptoms caused by a drug you are already taking. This is called the "prescription cascade" – a common example is being prescribed a new drug for stomach upset, which may be caused by a drug you are already taking. Ask your doctor to consider whether new symptoms could be the result of the drugs and whether you should consider stopping a medication or reducing the dose.
- ✓ **Look out for changes.** Tell your doctor how new drugs affect you and whether there's been a change for better or worse. If you SEE something (or feel something), SAY something (just like at the airport!).
- ✓ **Seniors are more sensitive to medications.** Due to age-related changes in liver and kidney function, drugs should sometimes be prescribed to seniors at a reduced dose. Adverse drug reactions can start even if you have been taking a drug for a long time. Your doctor depends on you to raise issues of concern.



Learn more by visiting this website: deprescribingnetwork.ca



SENIORS' HEALTH & WELLNESS FORUM

SATURDAY, NOVEMBER 2, 2019

9:00AM TO 2:30PM

Central Lions Seniors Recreation Centre
11113 113 St. Edmonton, Alberta

FREE

WHAT IS THE SENIORS' HEALTH & WELLNESS FORUM?

The 4th Annual Seniors' Health & Wellness Forum is an opportunity for seniors, their families and caregivers to obtain information and resources pertaining to health, wellness and social supports vital to healthy aging.

The goal of the Forum is to educate participants about the range of health and wellness options and community resources available for older adults.

Registration Opens
October 1st, 2019

www.mysage.ca

Call to register
780.809.8604



Serving Edmonton’s Senior Community
A Better Experience for Todays Seniors



All of your Home Healthcare Solutions in Edmonton’s largest showrooms

- | | | | | |
|------------------------------|------------------|----------------|----------------|--------------|
| ✓ Wound Care | ✓ Rollators | ✓ Ostomy | ✓ CPAP | ✓ Porchlifts |
| ✓ Orthotics | ✓ Power Chairs | ✓ Incontinence | ✓ Leisure Beds | ✓ Stairlifts |
| ✓ Personal Response with GPS | ✓ Lifting Chairs | ✓ Ramps | ✓ Scooters | |



Visit Us at a Location Near You

Edmonton North
Northgate Center

9499 137th Avenue
Edmonton, AB
T5E 5R8

T: (780) 406-3500
F: (780) 406-3567

Mon-Fri
8:30am- 6:00pm

Edmonton South
On Gateway

5920 Gateway Blvd
Edmonton, AB
T6H 2H6

T: (780) 434-3131
F: (780) 437-3355
Free: (800) 565-0333

Sat
10:00am- 5:00pm
Sun
Closed

shop online at www.healthcaresolutions.ca

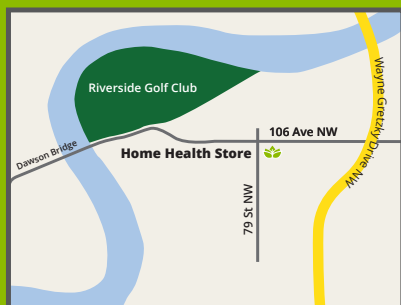


Home Health Store

medical supplies

www.homehealthstore.ca

**Experience the difference
of Personalized Service!**



Contact Us

7843 - 106 Ave, Edmonton, AB
Phone: 780-469-8499
Fax: 780-469-8864
Toll Free: 877-417-9106

Our knowledgeable staff is always
available to answer your questions!

Hours

Monday to Friday
8:30am - 4:30pm

We are proud to offer a one on one customer
service and troubleshooting if needed to
make your life as easy as possible.

HHS is a very trusted, discreet partner and resource
for Ostomates with difficult stoma sites as well as
for Incontinence clients. Our professional team with
nursing backgrounds has years of experience and
always works closely with Healthcare professionals
that are involved in your care.

Other key services include shoe and stocking
fittings, custom hernia belt and stockings fittings.
We also offer foot care supplies and kits, VAD kits &
ABI services. Contact one of our in-house
professionals to find out what our sampling
programs include.

Are you, a family member or loved one concerned
about Health and Safety in the home? Call Home
Health Store today to receive a customized solution
and peace of mind!

***Home visits can be arranged for our clients that
can't come to our store.***



order online
www.homehealthstore.ca

• Certified Fitters • AADL Approved Vendor • NIHBB Approved Vendor
• WCB/DVA • Member of the Medical Surgical Dealers Association

Healthcare Solutions

South store: 5920 Gateway Blvd T6H 2H6
 Phone: 780.434.3131
 North store: 9499 137 Ave T5E 5R8
 Phone: 780.406.3500
 Toll Free: 1.800.565.0333
 Shop Online at
www.healthcaresolutions.ca

- Healthcare Solutions is one of the leading Healthcare Product providers in Alberta.
- Homecare beds, Scooters, Lift Chairs, Porch Lifts and Ramps for Easy Access, Stair Lifts.
- Incontinence, Walkers, Ostomy supplies, Bathroom Safety, Orthopedic/ Foot care, Compression Stockings,
- Wound Dressings and much more.
- Fitters in store, Technicians, Installers and Rentals. We are also a vendor for, AADL, DVA, NIHB, WCB, MVAC.

Home Health Store Inc.

7843 106 Ave
 Phone: 780.469.8499
 Email: homehealthstore@shaw.ca
www.homehealthstore.ca
 Hours of Operation:
 Mon-Fri 8:30am-4:30pm

- Our knowledgeable staff is here to discuss questions regarding ostomy, incontinence, mobility and wound care.
- We carry bathroom equipment, walkers, hospital beds, compression stockings, wound care, ostomy supplies and catheters. We have expanded to serve you better.
- We are a vendor for AADL, NIHB, DVA, WCB. Certified fitter in store. Wholesale and professional pricing available.

Homecare & Surgical

11044 82 Ave. T6G 0T2
 Garneau Professional Centre
 Phone: 780.439.6367
www.aspenhealthcare.ca
 Hours of Operation:
 Mon-Fri 8:30am-5:30pm, Sat 9am-3:30pm

"Specialists in Home Health Care Products & Surgical Supports."

- ✓ Complete Selection of Discharge Hospital Supplies Including Dressing Supplies
- ✓ Blood Pressure & TENS Machines
- ✓ Orthopaedic Splints & Braces
- ✓ Ostomy Supplies
- ✓ Hospital Beds Sales & Rentals
- ✓ Bladder Control Products
- ✓ Surgical Support Hosiery
- ✓ Home Healthcare Products



- ✓ Liftchairs
- ✓ Mobility Products
- ✓ Wheelchairs & Scooters
- ✓ Certified Fitters

RENTAL & SALES PROGRAMS

City-Wide Delivery

AADL, WCB, NIHB, DVA Vendor Approved

3 Locations



11044-82 Ave.
 Garneau Professional Centre

11C St. Anne St.,
 St. Albert

on Kingsway
 11315 Kingsway Ave.

780-439-6367

780-458-5349

780-452-4386

Trinity Home Medical

4230 99 Street

Phone: 780-462-0009

Email: trinityhomemedical@gmail.com

Website: www.trinityhomemedical.net

Hours of Operation:

Mon - Fri 8:30 am - 6:00 pm; Saturday 10 am - 4 pm; Sunday closed

- We provide: new and used lift chairs, hospital beds, scooters. As well as catheter and incontinence supplies, bathroom equipment, walkers, bed rails, compression stockings, orthopedic shoes and slippers, arthritic supports and braces, aides for daily living & more!
- Our services: In home shoe & stocking fittings, pick up and delivery of Red Cross HELP equipment, FREE monthly delivery on orders over \$25, consignment of gently used lift chairs, scooters and electric beds
- We are authorized vendors for: AADL, DVA, NIHB, WCB and Motor Vehicles

**Trinity Home
Medical**



At Trinity Home Medical our first priority is providing superior customer service to you, our valued client.

Four Wheel Walkers

Bedrails

Floor to Ceiling Transfer Poles

Various Bathroom Equipment

Orthopedic Footwear

Injury Braces

Hospital Beds

Lift Chairs

Compression Stockings & Sleeves

Adult Incontinence Supplies

- ◆ We strive to offer personalized service to meet each individual's unique needs.
- ◆ Our staff are fully certified and have years of experience so you can count on us for expert advice and service!
- ◆ If you can't make it in to see us, we will deliver to your home monthly at no extra charge.
- ◆ We also provide free in-home orthopedic shoe and stocking fittings.
- ◆ We provide priority same day service for palliative clients.
- ◆ We want to make dealing with Trinity Home Medical a positive experience for all our clients.

INTEGRITY, RESPECT, SERVICE

4230-99 Street NW, Edmonton, AB, T6E 5B3

Phone: 780-462-0009 - Fax: 780-436-0934

MEDICAL EQUIPMENT LOANS

Easter Seals Alberta

404-10525 170 St. NW T5P 4W2

Phone: 780.429.0137

Email: edmonton@easterseals.ab.ca

www.easterseals.ab.ca

Twitter: @eastersealsAB

- Provides equipment and support services to persons with disabilities and special needs, such as power wheelchairs, scooters and home adaptations.
- Provides residential services to adults with physical disabilities through Easter Seals McQueen Residence.
- Provides a recreational camp in Bragg Creek Alberta through Easter Seals Camp Horizon.

Health Equipment Loan Program (HELP)

Canadian Red Cross

2B01-11111 Jasper Ave. NW T5K 0L4

Phone: 780.342.8588

www.redcross.ca

- A referral from a health care professional is required.
- The Canadian Red Cross Short Term Health Equipment Loan Program allows people to return home from hospital earlier and gives independence and dignity to those in palliative care. Individuals can receive aids such as wheelchairs, walkers, bath seats, benches, commodes and toilet seats, crutches and canes, bed handles and other durable medical equipment.

ALBERTA HEALTH SERVICES

Health Link Alberta

Phone: 811

Email: healthlink@albertahealthservices.ca
www.MyHealth.Alberta.ca

- Health advice and information provided by registered nurses 24 hours a day, 7 days a week.
- Health Link Alberta also provides comprehensive information on services and programs offered by Alberta Health Services and will direct you to the most appropriate hospital or community services or programs.

Alberta Health Services

Seventh Street Plaza

10030 107 St. NW T5J 3E4

Phone: 780.342.2000

Toll Free: 1.888.342.2471

Email: info@albertahealthservices.ca

www.albertahealthservices.ca

Communicable Disease Control

Phone: 780.342.0219

www.albertahealthservices.ca

Environmental Public Health

Phone: 780.735.1800

Email: EdmontonZone.EnvironmentalHealth@albertahealthservices.ca

www.albertahealthservices.ca

Population, Public, and Aboriginal Health

14310 111 Ave. NW T5M 3Z7

Phone: 780.342.0120

Email: ppah.scn@ahs.ca

www.albertahealthservices.ca

CONTINUING CARE-HOME CARE

Phone: 780.496.1300

Email: continuingcare@albertahealthservices.ca

www.albertahealthservices.ca

- Can consist of long term care, short term care or palliative care.
- Includes Home Care Clinics which serve clients who are mobile.
- Professional services and personal care are provided, based on assessed need, to clients living in their own homes in the community. Professional services provided by Alberta Health Services staff include: Nursing, Physiotherapy, Occupational Therapy, Social Work

Patient Concerns & Feedback

Phone: 1.855.550.2555

Email: patient.feedback@ahs.ca

<https://www.albertahealthservices.ca/273.asp>

- Patients, family members and the public may express complaints about the health services they receive through **Alberta Health Services (AHS)**
- Patient Concerns also receives suggestions and compliments, and acts as a resource for both patients and AHS staff and practitioners giving the Patients Concerns Process.
- When possible, speak to your care team first about any concerns or questions, or ask a supervisor or manager for help.
- A complete range of hospital and community-based health services is provided.

DAY PROGRAMS

For further information or to make a referral, Phone: 780.496.1300
www.albertahealthservices.ca

- Provide a variety of health, rehabilitation, social and related support services for older adults in a structured setting during the day.
- Individuals who participate in adult day support programs attend on a planned basis during specified hours.
- Adult day support programs help clients remain in their communities and allow families and other caregivers to continue caring for them at home.

Allen Gray Day Program

5005 28 Ave.

CapitalCare Kipnes Centre for Veterans Day Program

4470 McCrae Ave. NW
 Phone: 780.442.5722

CapitalCare Strathcona Day Program

12 Brower Rd. **Sherwood Park** AB
 Phone: 780.417.4347

Covenant Health:

Community Geriatric Psychiatry

Suite #412 - Westmount Shopping Centre
 13310 111 Ave.
 Edmonton, AB T5M 3L7
 Phone: 780.342.9100

See complete listing in **HEALTH & WELLBEING – Mental Health**

Devon Day Program

101 Erie St. S, Devon, AB

ElderCare Connections Day Program

10310 56 St. T6A 2J2
 Phone: 780.434.4747

ElderCare Daybreak Day Program

9629 176 St. NW T5T 6B3
 Phone: 780.434.4747

ElderCare Edmonton Office

201-17203 99 Ave. NW T5T 6S5
 Phone: 780.434.4747
 Email: info@eldercareedmonton.ca

ElderCare Vitality Day Program

11113 113 St. NW T5G 2V1
 Phone: 780.434.4747

Evansburg Adult Day Support Program

4930 50 Ave., Evansburg, AB

Fort Saskatchewan Wellness Day Program

10409 100 Ave., Fort Saskatchewan, AB

Leduc Wellness Day Program

5503 Black Gold Drive, Leduc, AB

Morinville Wellness Day Program

9523 100 St., Morinville, AB

ElderCare Edmonton Society for Adult Day Programs is a community based non-profit that provides recreational day programs for seniors and a free Caregiver Support program for caregivers

Day Program Locations

Vitality Program	Central Lions Senior Centre
Daybreak Program	Westend Seniors Activity Centre
Connections Program	Fulton School



Caregiver Support Program

LifeStyle Options Building
 17203-99 Ave NW Suite C201

Call today for more information on how to register for our day programs or Caregiver Support program!

780-434-4747

www.eldercareedmonton.ca

"to strengthen seniors' independence and quality of life by supporting family caregivers, community inclusion and engagement"

Pilgrims Hospice Adult Respite Day Program

9808 148 St. NW

Phone: 780.413.9801 ext 105

Rutherford Wellness Day Program

949 Rutherford Rd

St. Joseph's Nursing/Rehab Day Program

10707 29 Ave. NW

Sherwood Park Wellness Day Program

314 52323 RR3, Sherwood Park

Southside Seniors Day Program, Ermineskin (Covenant Health)

3030 106 St. T5J 3M5

Phone: 780.342.1400

St. Michael's Adult Day Support Program

7404 139 Ave. NW T5C 3H7

Phone: 780.472.4509

www.smhg.ca

Hours of Operation: Tues-Fri 10am-4pm

- St. Michael's Adult Day Support Programs are designed to offer clients a variety of health services and structured social and recreational activities in a group setting. Two types of programs are offered:
- Social Program - provides social interaction and/or respite care.
- Medical Rehabilitation Support Program - for adults with cognitive/social/physical limitations.

Stony Plain Wellness Day Program

4405 South Park Drive, Stony Plain, AB

Sturgeon Dementia Day Program

201 Boudreau Rd., St. Albert, AB

Sturgeon Nursing/Rehabilitation Day Program

201 Boudreau Rd., St. Albert, AB

CHOICE

CHOICE (Comprehensive Home Option for Integrated Care of the Elderly)

Phone: 780.496.1300

www.albertahealthservices.ca

- Program includes Day Centre where staff provide rehab, medical, nursing, pharmacy and social supports. Other services include short term care beds for medical treatment, planned respite and personal care through home care agencies.
- Developed in partnership with Good Samaritan Society, CapitalCare and Alberta Health Services.
- Assessment and admission provided through Community Care Access at 780.496.1300.

CapitalCare CHOICE Dickinsfield

14225 94 St. NW T5E 6C6

Phone: 780.371.6642

CapitalCare CHOICE Mental Health

14504 118 St. NW T5X 1T3

Phone: 780.944.8668

CapitalCare CHOICE Norwood

10404 111 Ave. NW T5G 3A2

Phone: 780.944.8662

Good Samaritan Dr. Gerald Zetter Care Centre CHOICE

9649 71 Ave. NW T6E 5J2

Phone: 780.431.3901

Good Samaritan Place CHOICE

8425 83 St. NW T6C 2Z2

Phone: 780.413.3500

SUPPORTIVE LIVING

See page 206 under Housing

FACILITY LIVING

See page 257 under Housing

REHABILITATION**Allied Health – Edmonton Zone**

Phone: 780.735.3342

www.albertahealthservices.ca

Provides health promotion activities, self management education for chronic diseases and rehabilitation services including audiology, occupational therapy, physiotherapy, recreation therapy, respiratory therapy, and speech language pathology services. A range of programs and services are offered in a variety of community settings including homes.

Community Rehabilitation Interdisciplinary Service

Phone: 780.735.2413

www.albertahealthservices.ca

Through its assessment and intervention services, Community Rehabilitation Interdisciplinary Service (CRIS) serves adults living at home, who have a condition that is functionally debilitating and will respond to rehabilitation or self management support. Most clients served will have complex rehabilitation needs requiring an interdisciplinary intervention. This may include clients with:

- neurological conditions
- complicated arthritis
- frail elderly
- amputees

- complicated multiple fractures
- other orthopaedic concerns

Although the focus is on interdisciplinary service, the OT and SLP will see clients who require only their service.

Glenrose Rehabilitation Hospital

10230 111 Ave. NW T5G 0B7

Phone: 780.735.7999

There is a variety of rehabilitation services available. If you require this type of service, discuss your circumstances and concerns with your healthcare provider or a registered nurse at HEALTHlink by dialing 811 or (TTY:) 780.496.8822

University of Alberta Corbett Hall Student Physical Therapy Clinic

Faculty of Rehabilitation Medicine

University of Alberta

8205 114 St. NW

1-26 Corbett Hall T6G 2G4

Phone: 780.248.2070

Email: ptsca@ualberta.ca

www.ualberta.ca/physical-therapy/corbett-hall-student-physical-therapy-clinic

Hours of Operation:

Mon-Fri 9am-12pm, 1pm-4pm

- The Clinic is a non-profit clinic operated within the Department of Physical Therapy. Physical therapy students take primary responsibility for providing assessment or rehabilitation under the supervision of licensed physical therapists.
- Physician referrals are not required.
- General Services: Musculoskeletal Rehabilitation, Vestibular/ Dizziness Rehabilitation, Chronic Pain Management, Neurological Rehabilitation and Older Adult Health & Wellness.

MENTAL HEALTH

Assessment and treatment for those with mental health concerns are available through Mental Health Services. A broad range of services for people of all ages is offered throughout the Region.

Canadian Mental Health Association – Edmonton Region

Phone: 780.414.6300

See **HEALTH & WELLBEING – Health Service Organizations** for complete listing.

Community Urgent Services and Stabilization Team

Phone: 780.342.7777

www.albertahealthservices.ca

- Provides 24-hour assessment, consultation, intervention and stabilization services to adults experiencing a mental health crisis.
- Staffed by professionals and is available to individuals, family members, concerned others and community organizations dealing with an emotional or psychiatric crisis.

Covenant Health: Community Geriatric Psychiatry

Suite #412 - Westmount Shopping Centre
13310 111 Avenue

Edmonton, AB T5M 3L7

Phone: 780.342.9100 for intake or inquiries

Hours: Mon-Fri 8am-4:15pm

- Provides assessment, treatment, and follow-up for seniors (age 65+) with mental, emotional, behavioral or concurrent addiction problems.
- Offers support and monitoring through community based day programs at the HYS Centre or Erminskin Clinic.
- Accepts self-referrals, or referrals from families, physicians and other community agencies with the person's

knowledge.

- Promotes a positive knowledgeable attitude among the senior population towards mental health issues, through educational services.

Dementia Advice

via **Health Link, Alberta Health Services**

Phone: 811 Simply dial 8-1-1

Email:

healthlink@albertahealthservices.ca

www.MyHealth.Alberta.ca

Hours of Operation: 24/7

- Dementia Advice through Health Link is now available province wide!
- All Albertans living with dementia or caring for a loved one with dementia are invited to access dementia-related advice 24/7 by calling Health Link at 811.

Psychiatric Treatment Clinic

Main Floor, University of Alberta Hospital
Room 1E1.01, Walter McKenzie Centre
8440 112 St. NW T6G 2B7

Phone: 780.407.6501

www.albertahealthservices.ca

Services for persons up to age 65.

See **Counselling on Page 94.**

PALLIATIVE CARE

Phone: 780.496.1300

www.palliative.org

Palliative Care aims to relieve suffering and improve the quality of living and dying for a person living with a life-threatening illness. The goal of Palliative Care is to provide comfort and support to patients and their families. In the Edmonton Area, Palliative Care is provided in the home, in a hospice, in hospital or in a tertiary unit.

CapitalCare Norwood Palliative Hospice

10410 111 Ave. NW T5G 3A2

Phone: 780.496.3251

Email: info@capitalcare.net

www.capitalcare.net

HOSPITALS

Patient Concerns & Feedback

Phone: 1.855.550.2555

Email: patient.feedback@ahs.ca

www.albertahealthservices.ca/about/patientfeedback.aspx

- Patients, family members and the public may express complaints about the health services they receive through **Alberta Health Services (AHS)**
- Patient Concerns also receives suggestions, and compliments and acts as a resource for both patients and AHS staff and practitioners giving the Patients Concerns Process.
- When possible, speak to your care team first about any concerns or questions, or ask a supervisor or manager for help.
- A complete range of hospital and community-based health services is provided.

Covenant Health:

Villa Caritas Geriatric Psychiatry

16515 88 Ave T5R 0A4

Phone: 780.342.6500

Devon General Hospital

101 Erie St. South, **Devon** AB T9G 1A6

Phone: 780.987.8200

Fort Saskatchewan Community Hospital

9401 86 Ave., **Fort Saskatchewan** AB T8L 0C6

Phone: 780.998.2256

Edmonton General Continuing Care Centre

11111 Jasper Ave T5K 0L4

Phone: 780.482.8111

Grey Nuns Community Hospital

(member of Covenant Health)

1100 Youville Drive West T6L 5X8

Phone: 780.735.7000

Leduc Community Hospital

4210 48 St. **Leduc** AB T9E 5Z3

Phone: 780.986.7711

Misericordia Community Hospital

(member of Covenant Health)

16940 87 Ave. NW T5R 4H5

Phone: 780.735.2000

Northeast Community Health Centre

14007 50 St. NW T5A 5E4

Phone: 780.342.4000

Royal Alexandra Hospital

10240 Kingsway Ave. NW T5H 3V9

Phone: 780.735.4111

Strathcona Community Hospital

9000 Emerald Drive,

Sherwood Park, AB T8H 0J3

Phone: 780.449.5380

Sturgeon Community Hospital

201 Boudreau Road, **St. Albert**, AB T8N 6C4

Phone: 780.418.8200

University of Alberta Hospital

8440 112 St. NW T6G 2B7

Phone: 780.407.8822

WestView Health Centre

4405 South Park Drive,

Stony Plain AB T7Z 2M7

Phone: 780.968.3600

SPECIALIZED HOSPITALS

Alberta Hospital Edmonton

(Specialized Mental Health Facility)
17480 Fort Rd. NW T5J 2J7
Phone: 780.342.5555

Cross Cancer Institute

11560 University Ave. NW T6G 1Z2
Phone: 780.432.8771 (Switchboard)

Glenrose Rehabilitation Hospital

10230 111 Ave. NW T5G 0B7
Phone: 780.735.7999

See [HEALTH & WELLBEING - Rehabilitation](#) for further information.

Kaye Edmonton Clinic

(Outpatient Service Only)
11400 University Ave. T6G 1Z1
780.407.5000

Lois Hole Hospital for Women

10240 Kingsway Ave. NW T5H 3V9
780.735.4111

Mazankowski Alberta Heart Institute

11220 83 Ave NW T6G 2B7
Phone: 780.407.8407

Stollery Children's Hospital

8440 112 St. NW T6G 2B7
Phone: 780.407.8822

FIND A DOCTOR

Edmonton/area phone: 780.423.4764
Toll Free: 1.800.561.3899

Email: publicinquiries@cpsa.ab.ca
www.cpsa.ca

To find an Alberta family physician accepting patients, or to find out more about any doctor practising in Alberta, go to the **College of Physicians & Surgeons of Alberta** website listed above. You can also contact the College to lodge a complaint about a physician.

Primary Care Network

www.edmontonareadocs.ca

Program Management Office

Phone: 780.488.4350

Toll free: 1.866.714.5724

- Find a PCN Family Doctor Near You: Edmonton-area Primary Care Networks are committed to helping Albertans find a family doctor who is accepting new patients.
- In a Primary Care Network, a group of family doctors works with Alberta Health Services and other health professionals to coordinate the delivery of primary health services for their patients. Visit www.pcnpmo.ca for more information about Primary Care Networks in Alberta.

MEDICAL CLINICS

Good Samaritan Seniors' Clinic

8861 75 St. NW T6C 4G8

Phone: 780.440.8274

www.gss.org/locations/seniors-clinic/

Hours of Operation: Mon-Fri 9am-4pm
(closed between 12pm-1pm)

- Primary health care clinic which sees seniors with complex health problems for Primary Care and Consults.
- Our team includes physicians with training and an interest in caring for seniors; nurses with advanced training in geriatrics; a social worker, medical records technician and receptionist.
- The goal of the clinic is to help seniors remain as independent as they can and be within their community by providing primary health care and partnering with other community agencies.

Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5

Health Services at Sage

Phone: 780.423.5510

See [Health Services Organizations For Full Listing](#).

St. Michael's Family Health Centre

13930 74 St. NW T5C 3M7

Phone: 780.457.1600

www.smhg.ca

Hours of Operation:

Mon, Wed, Fri 9am-4pm;

Tues, Thurs 9am-8pm

- Family medicine physicians provide medical care and treatment for all ages, from babies to the elderly.
- Walk in patients accepted.
- Plenty of free parking on site.

See Health Services Organizations on Page 101.

AFTER HOURS CARE**Health Link Alberta**

Phone: 811

- Health advice and information provided by registered nurses 24 hrs a day, 7 days a week.
- Health Link Alberta also provides comprehensive information on services offered by Alberta Health Service (Edmonton Zone) and can direct you to the most appropriate hospital or community services and programs.

Community Care Access

Phone: 780.496.1300

- Integrated system of health and personal support services based on assessed need.
- Delivered through Home Living, Facility Living and Supportive Living.
- Telephone screening, needs assessment and triage for all programs offered within Community Care Services.
- First point of contact for all programs within Community Care Services is Community Care Access. Phone: 780.496.1300
24 hrs/day, 7 days/week

East Edmonton Health Centre

7910 112 Ave. NW T5B 0C2

Phone: 780.342.4700

Kaye Edmonton Clinic

(Outpatient Service Only)

11400 University Ave. NW T6G 1Z1

780.407.5000

Northeast Community Health Centre

14007 50 St. NW T5A 5E4

Phone: 780.342.4000

PUBLIC HEALTH CENTRES

Services such as immunization and communicable disease follow-up are available at all Public Health Centres.

www.albertahealthservices.ca**Bonnie Doon Public Health Centre**

8314 88 Ave. NW T6C 1L1

Phone: 780.342.1520

East Edmonton Health Centre

7910 112 Ave. NW T5B 0C2

Phone: 780.342.4700

Mill Woods Public Health Centre

7525 38 Ave. NW T6K 3X9

Phone: 780.342.1660

Northeast Community Health Centre

14007 50 St. NW T5A 5E4

Phone: 780.342.4020

Northgate Health Centre

2020 Northgate Centre

9499 137 Ave. NW T5E 5R8

Phone: 780.342.2800

Rutherford Health Centre

2nd Floor 11153 Ellerslie Road SW T6W 0E9

Phone: 780.342.6800

Twin Brooks Public Health Centre

George P Nicholson School
201-1110 113 St. NW T6J 7J4
Phone: 780.342.1560

West Jasper Place Public Health Centre

9720 182 St. NW T5T 3T9
Phone: 780.342.1234

Woodcroft Public Health Centre

Room 448, Westmount Shopping Centre
111 Avenue and Groat Road NW T5M 3L7
Phone: 780.342.1600

WALK-IN CLINICS

Please check the phone book
or internet for additional locations

PUBLIC HEALTH CENTRES SURROUNDING COMMUNITIES

Beaumont Health Centre

4918 50 Ave. Beaumont, AB T4X 1J9
Phone: 780.929.4822

Devon Public Health Centre

101 Erie Street South, Devon, AB T9G 1A6
Phone: 780.342.7069

Evansburg Health Centre

5225 50 St. Evansburg, AB T0E 0T0
Phone: 780.727.2288

Fort Saskatchewan Public Health Centre

Room IT-007, 9401 86 Ave.
Fort Saskatchewan, AB T8L 0C6
Phone: 780.342.2366

Gibbons Health Centre

4720 50 Ave. Gibbons, AB T0A 1N0
Phone: 780.342.2660

Leduc Health Centre

4219 50 St. Leduc, AB T9E 8C9
Phone: 780.980.4644

Morinville Health Centre

10008 107 St., Morinville, AB T8R 1L3
Phone: 780.342.2600

St. Albert Public Health Centre

23 Sir Winston Churchill Ave.
St. Albert, AB T8N 2S7
Phone: 780.459.6671

Sherwood Park - Strathcona County Health Centre

2 Brower Drive,
Sherwood Park, AB T8H 1V4
Phone: 780.342.4600

Spruce Grove Health Centre

505 Queen St.
Spruce Grove, AB T7X 2V2
Phone: 780.342.1301

Stony Plain - WestView Health Centre

4405 South Park Drive
Stony Plain, AB T7Z 2M7
Phone: 780.968.3700

Thorsby Health Centre

4825 Hankin Street (Mail to: Box 314)
Thorsby, AB T0C 2P0
Phone: 780.789.4800

CAREGIVER SUPPORT

Caregivers Alberta

Fulton Place School,
10310 56 St. NW T6A 2J2
Phone: 780.453.5088
Email: office@caregiversalberta.ca
www.caregiversalberta.ca
Caregivers Alberta (formerly Alberta Caregivers Association) helps caregivers maintain their well-being while providing care. "Caregivers" assist a family member or friend with challenges resulting from illness, disability or aging. We promote their well-being by:

- Providing group and one-on-one

supports that help caregivers connect with others, navigate the system and look after themselves while providing care.

- Increasing communities' capacity to support caregivers by educating professionals, promoting networking and referrals, and sharing the programs we develop.
- Advocating for policy changes that will make a difference in caregivers' lives.

Caregiver Support Group

Fort Saskatchewan Family and Community Support Services

10102 100 Ave., Pioneer House
Fort Saskatchewan AB T8L 1Y6
Phone: 780.992.6623

www.fortsask.ca

- Meets at 1pm on the 3rd Tuesday of each month - no group July/Aug
- Provides support to people caring for a loved one.
- Join us to share your experiences and learn from one another in a supportive environment.

Compassionate Companions

Pilgrims Hospice Society

9808 148 St. NW T5N 3E8

Phone: 780.413.9801

Email: info@pilgrimshospice.com

www.pilgrimshospice.com

Hours of Operation:

Mon-Fri 8:30am-4:30pm

- We provide support to those experiencing a life threatening or severe life limiting illness as well as respite to their caregivers. We also provide support to individuals and families that are grieving.
- We offer respite support via our Adult Respite Day Program on site

and through the Compassionate Companions Program, which connects clients with a progressive life limiting or life threatening illness with Volunteers who will come to your home to provide support (including hospital, extended care and hospice locations)

- Referral and program information can be found on our website or by calling Bonnie at 780.413.9801 ext 103.

ElderCare Edmonton

17203 99 Ave. NW T5T 6S5

Contact: Lynn Nichol,

Managing Director

Phone: 780.434.4747

Email: info@eldercareedmonton.ca

www.eldercareedmonton.ca

- ElderCare Edmonton has served seniors and their caregivers for 35 years.
- We offer a full array of services, including day respite through three recreational day support programs for seniors in the community.
- Our Caregiver Support Program provides no cost support to family caregivers. This includes referrals, information, advocacy and help navigating the health system.
- We offer one weekly Caregiver Support Group on the west end located at 17203 99 Ave. NW

Suicide Grief Support Services

Canadian Mental Health Association - Edmonton Region

Suicide Caregiver Support Services:

Phone: 780.414.6300

Provides support for those who are concerned about someone who is suicidal.

Suicide Bereavement Support Services:

See ESTATE PLANNING – Bereavement Support

COUNSELLING

Addiction Services Edmonton

Alberta Health Services

2nd Floor 10010 102A Ave. NW T5J 3G2

Phone: 780.427.2736

www.albertahealthservices.ca

Hours of Operation: Drop-in hours

available Mon-Fri. Call for hours

- Information, supports and services, individual and group counselling, assessment, as well as a 3-week out-patient day program available to seniors and family members to address substance abuse concerns relating to alcohol, drugs and gambling.

Adult Bereavement Counselling Services

Pilgrims Hospice

9808 148 St. NW T5N 3E8

Phone: 780.413.9801 ext. 107

Email: selenab@pilgrimshospice.com

www.pilgrimshospice.com

Hours of Operation: Please check Website Calendar for dates and times

- As we grieve, it is helpful to connect with others for support, to process the feelings of grief and loss, and explore the tools available to us as we cope, reconcile, and begin to heal.
- Individual counselling is available for those who desire personally tailored sessions.
- Drop-in grief support group offered.

Catholic Social Services

Mercy Counselling

Phone: 780.391.3233

Email: info@cssalberta.ca

www.cssalberta.ca

- Individual, couple, and family counselling and assessment for people

of all faiths and cultures. Affordable. Confidential. Counselling in several languages is available.

Drop-In Single Session Counselling

Phone: 211

Email: info@dropinyeg.ca

www.dropinyeg.ca

Contact for hours and locations

- Free individual, couple, and family therapy

Edmonton Healing Centre for Grief & Loss

100-8702 Meadowlark Rd. NW T5R 5W5

Contact: Michael Yankowski

Phone: 780.454.1194

Email: ehc@jfse.org

www.jfse.org

- Community presentations on grieving
- Support groups and individual counselling.
- Resource library.
- Flexible appointment times and adjustable fees.

Jewish Family Services - Integrity Counselling

100-8702 Meadowlark Rd. NW T5R 5W5

Phone: 780.454.1194

Email: info@jfse.org

www.jfse.org

- Counselling for individuals, couples or families.
- Flexible appointment times and adjustable fees.

See also SENIOR CENTRES, CLUBS & GROUPS - Cultural Organizations with Seniors' Programming

Momentum Walk-In Counselling

200-9562 82 Ave. T6C 0Z8

Phone: 780.757.0900

Email: info@walkinedmonton.org

www.momentumcounselling.org
Hours of Operation: Mon-Thurs 11am-7pm,
Fri-Sat 10am-2pm, Sunday closed.

- An affordable walk-in counselling agency, Momentum Walk-In Counselling specializes in providing Solution Focused, Single Session Therapy to clients who are in crisis or do not know where else to go.
- Our staff is a group of caring Mental Health Professionals, volunteering their time and talent, to help people. They do it out of the goodness of their heart and for the betterment of society!
- We offer a method of treatment that produces real results in real time, not only relieving people of their emotional strain, but relieving some of the stress that is crippling the mental health system.

Sage Information and Support Services

15 Sir Winston Churchill Square NW T5J 2E5
Northwest corner of 100 St. and 102A Ave.
Assessment Phone: 587.773.1764

www.MySage.ca

Office Hours: Monday-Friday 8:30am-4pm
Comprehensive and client-centered.
Provides one-on-one assessment and connection to resources, including assistance with forms. Also provides ongoing support, outreach, supportive counselling and case management to clients. Home and community visits may be arranged when appropriate. Though walk-ins are welcome, to serve you more efficiently, appointments are recommended. Last appointment seen at 2pm.

Drop-In Counselling at Sage

Wednesday: 10am – 3pm

*Last appointment 2pm

- Single-session counselling available on a walk-in basis.

Sexual Assault Centre of Edmonton (SACE)

24 hours Support and Information Line:
780.423.4121

Office Line: 780.423.4102

- Counselling for adults, teens and children (age three and up) of all genders who have experienced sexual abuse/assault
- No fees charged to clients.

www.sace.ab.ca.

See **EMERGENCY – Emergency Numbers** for complete listing.

Strathcona County Family and Community Services

Office: 200-501 Festival Avenue, AB

Mail: 2001 Sherwood Drive

Sherwood Park AB T8A 3W7

Phone: 780.464.4044

Email:

familyandcommunity@strathcona.ca

www.strathcona.ca/fcs

- Counselling: A team of professionals and graduate students offer walk-in, pay what you can afford, counselling sessions Monday and Friday: 8:30 am to 4:30 pm Tuesday, Wednesday, Thursday: 8:30 am to 8:00 pm.
- Counselling Groups: We offer a variety of free, professionally facilitated groups.

Understanding Emotions:

Mondays 3 to 4:30pm

Men's Group: Tuesday 6:30 to 8pm

Communication:

Tools Wednesday 6:30 to 8pm

Women's Group: Thursdays 6:30 to 8pm

Next Steps for Support:

Friday 3 to 4:30pm

See **HELP AT HOME – Home Services**,

HELP AT HOME – Outreach

for additional listings.

Suicide Grief Support Services

**Canadian Mental Health Association -
Edmonton Region**

See SENIORS' INFORMATION SERVICES –
Seniors' Services Organizations

Suicide Bereavement Support Services:

See ESTATE PLANNING – Bereavement
Support

and **Suicide Caregiver Support Services:**

See HEALTH & WELLBEING – Caregiver
Support

YWCA of Edmonton

400-10080 Jasper Ave. NW T5J 1V9

Phone: 780.423.9922, Ext. 222

Email: counselling@ywcaedm.org

www.ywcaofedmonton.org

- Individual counselling
sessions, and psychoeducational
support groups available.

See SENIOR CENTRES, CLUBS &
GROUPS – Central for additional listing

DENTAL SERVICES

Dental and Optical Assistance for Seniors

Phone: 780.644.9992 or 1.877.644.9992

See HEALTH & WELLBEING – Health Benefit
Plans for complete listing.

Glenrose Dental Clinic

Glenrose Rehabilitation Hospital

Room 22, GlenEast Bldg

10230 111 Ave. NW T5G 0B7

Phone: 780.735.8810

www.ahs.ca/grh

Hours of Operation: 8am-4pm

- Clinic specializes in Dental care for the
elderly and disabled. Family and friends
are welcome also.
- The treatments rooms are equipped

with ceiling mounted lifts.

- Large treatment rooms to
accommodate patients with
caregivers/family present.

University of Alberta School of Dentistry

Kaye Edmonton Clinic, 8th Floor

11400 University Avenue

Corner of University Avenue (82 Ave.) and
114 Street

To book an appointment, phone: 780.407.5550
www.dentistry.ualberta.ca

- We are a teaching clinic, and patient
care is delivered in an educational
setting. Treatment is provided in all
areas of dental care with faculty
supervision at all times.
- Services we provide are: dental
hygiene care (cleaning), fluoride
application, nutritional analysis,
sealants, oral health care instruction,
fillings and gum treatments, dentures,
root canals and crowns, oral surgery,
replacement of missing teeth.

FALL PREVENTION

Alberta Centre for Active Living

2-131 University Hall, University of Alberta
T6G 2H9

Phone: 780.492.4863

Email: active.living@ualberta.ca

www.centre4activeliving.ca

Hours of Operation:

Mon-Fri 8:30am-4:30pm

- Provides research and education for
the promotion of physical activity.
- Promoting active living by bridging
research, practice and decision-
making.

Finding Balance

Injury Prevention Centre

Phone: 780.492.6019

www.findingbalancealberta.ca

- Finding Balance is a provincial initiative that informs Alberta seniors and future generations of seniors about the importance of preventing slips, trips and falls.
- Free resources, also on website.
- Finding Balance key messages:
Check your medications – Talk to your doctor or pharmacist. Keep active – for strength and balance.
Speak up about dizziness – Tell your healthcare provider and take action.
Have your vision checked every year – check for eye diseases and new lenses.

Public Health Agency of Canada

Toll-Free Phone: 1.866.225.0709

TTY: 1.800.267.1245

www.publichealth.gc.ca/seniors

- Information on falls prevention.

See **SENIORS' INFORMATION SERVICES** – Consumer Resources for complete listing.

Could a fall
put an end to your
independent lifestyle?

1 in 3 older Albertans fall each year.



The good news is that
there are simple ways
you can prevent a fall.

Find out more and take our falls risk quiz at:

findingbalancealberta.ca

Finding Balance is a seniors falls prevention program based on the latest research and evidence. It is developed and coordinated by the Injury Prevention Centre in Alberta.



Stay Independent. 
Prevent Falls.

HEALTH BENEFIT PLANS

Alberta Blue Cross

10009 108 St. NW T5J 3C5

Customer Services: 780.498.8000

Toll Free: 1.800.661.6995

www.ab.bluecross.ca

Hours: Mon-Fri Mon to Fri 8:30 am to 5pm

- Not-for-profit providing supplementary health coverage.
- Administers Coverage for Seniors on behalf of Alberta Health.
- Sells Blue Assured coverage which complements government programs (includes dental, vision care, preferred hospital accommodation, accidental death benefit) and offers guaranteed acceptance.

Alberta Health Care Insurance Plan Alberta Health

PO Box 1360, Stn Main T5J 2N3

Phone: 780.427.1432

Toll Free outside Edmonton: dial 310.0000,
then 780.427.1432

Email: health.ahcipmail@gov.ab.ca

[www.health.alberta.ca/
health-care-insurance-plan.html](http://www.health.alberta.ca/health-care-insurance-plan.html)

Alberta Health Care Insurance Plan
coverage includes:

- Insured hospital and physician services as well as services from a registered osteopath, according to an approved benefit schedule.
- Specific dental, oral and maxillofacial surgical procedures performed by an oral surgeon according to an approved benefit schedule (does not cover other dental services such as office visits, x-rays, splints, dentures, etc.).
- Some foot care services provided by a podiatrist: benefits are limited for each service and the maximum payable

per benefit year* is \$250.

- An operator's license medical examination for people 74.5 years+.
- Comprehensive eye examinations once per benefit year for persons 65+.
- For details on community physiotherapy services, please contact Alberta Health Services through Health Link by dialing 811.

***the Alberta Health Care Insurance Plan benefit year for podiatry and optometric benefits is from July 1 of one year to June 30 of the following year.**

Leave a
Legacy
of Life

sage



For information on how your
PLANNED GIVING can
help us inspire and support
seniors to be the best they
can be:

Contact Sage 780.423.5510
visit www.mysage.ca and click
on "Support Us"



**Contact us today
at 1-800-394-1965**

Looking for benefits options? We've got you covered.

**Whatever your age, enhance your
health and well-being with the
flexible, comprehensive benefits of
one of our individual health plans.**

**Enjoy health benefits you can count
on—from a brand you know and trust.**

ab.bluecross.ca

**The Blue Cross symbol and name are registered marks of the Canadian Association of Blue Cross Plans, an association of independent Blue Cross plans. Licensed to ABC Benefits Corporation for use in operating the Alberta Blue Cross Plan. *† Blue Shield is a registered trade-mark of the Blue Cross Blue Shield Association. ABC 83756 2018/07



Dental and Optical Assistance for Seniors

Phone: 780.644.9992 or

Toll free 1.877.644.9992

www.alberta.ca/ministry-seniors-housing.aspx

To qualify, you must:

- be 65 years of age or older
- live in Alberta for at least three months before applying
- be a Canadian citizen, or admitted to Canada for permanent residence (landed immigrant)
- have an income within the program's thresholds. The amount of dental and optical coverage provided is based on your annual income. In general, single seniors with an annual income of \$31,675 or less, and senior couples with a combined annual income of \$63,350 or less, may qualify for the Dental and Optical Assistance for Seniors programs.

Basic Dental

- Includes: checkups, cleanings, fillings, extractions, root canals and basic dentures
- The Dental Assistance for Seniors program provides basic dental coverage to a maximum of \$5,000 every five years.

Basic Optical

- Includes: only prescription eyeglasses, including lenses and frames dispensed by a recognized optical provider.
- The Optical Assistance for Seniors program provides assistance up to \$230 towards the purchase of prescription eyeglasses every three years.

Provincial Services

Seniors can get information on Alberta's health benefit programs by calling the Alberta Supports Contact Centre or visiting an in-person centre in their area. Please contact the Centre nearest you for hours of operation.

Alberta Supports Contact Centre

Phone: 780.644.9992

Toll-free outside Edmonton: 1.877.644.9992

Email: hs.ascc@gov.ab.ca

www.alberta.ca/alberta-supports.aspx

Argyll Alberta Supports Centre

6325 Gateway Boulevard NW T6H 5H6

Phone: 780.644.2888

TTY: 780.427.9999

Email: hs.EdmSouthIS@gov.ab.ca

City Centre Alberta Supports Centre

Main Floor, 10242 105 St. NW T5J 3L5

Phone: 780.427.9674

TTY: 780.422.0790 - Ask to speak to Alberta Supports (Edmonton)

Northgate Alberta Supports Centre

2050-9499 137 Ave T5E 5R8

Phone: 780.422.9440

TTY: 780.427.1544

Email: hs.EdmNorthIS@gov.ab.ca

Leduc Alberta Supports Centre

4901 50 Ave. Leduc AB T9E 6W7

Phone: 780.980.0557

Meadowlark Alberta Supports Centre

120 Meadowlark Shopping Centre

15710 87 Ave. NW T5R 5W9

Phone: 780.415.8116

Email: awc.meadowlark@gov.ab.ca

Fort Saskatchewan

2nd floor, Fort Saskatchewan Community Hospital
9401 86 Ave.

Fort Saskatchewan AB T8L 0C8

Phone: 780.417.2497

At the Fort Saskatchewan Location individuals are seen by appointment only. Appointments can be made on Tuesday, Wednesday and Thursday.

Parkland Alberta Supports Centre

200 Westgrove Professional Building

2nd Floor, 131 1st Ave.

Spruce Grove AB T7X 2Z8

Phone: 780.962.8681

St. Albert Alberta Supports Centre

Provincial Building

30 Sir Winston Churchill Ave.

St. Albert AB T8N 3A3

Phone: 780.419.3907

Sherwood Park Alberta Supports Centre

105 Tailor Made Business Centre

85 Cranford Way

Sherwood Park AB T8H 0H9

Phone: 780.464.7000

TTY: 780.449.0712

AlzheimerSociety

ALBERTA AND
NORTHWEST TERRITORIES

Visit alzheimer.ab.ca

for information and support for
people affected by dementia

10531 Kingsway Avenue,
Edmonton, 780.488.2266

**HEALTH SERVICE ORGANIZATIONS****Alzheimer Society of Alberta & Northwest Territories**

10531 Kingsway Ave. NW T5H 4K1

Phone: 780.488.2266

Contact: Arlene Huhn

Email: info@alzheimer.ab.ca

www.alzheimer.ab.ca

Hours of Operation: Mon-Fri 8:30am-4:30 pm

- Provides information and support to care partners and people affected by Alzheimer's and other dementias.
- Supportive programs include: personal and confidential visits, telephone intake and referral, various support groups and educational opportunities.
- Provides early stage support groups for people living with Alzheimer's and other dementias.
- Provides Minds in Motion program for people living with dementia and their care partners.

The Arthritis Society

Toll-free Phone: 1.800.321.1433

Email: info@arthritis.ca

www.arthritis.ca

- Free arthritis information and resource referrals by calling the Arthritis Information Line 1.800.321.1433
- Offering FREE education programs in Edmonton and area including Arthritis 101 and Chronic Pain Management.

Assisted Living Program

Phone: 780.495.2823

Email: Yaa.Attobrah@canada.ca

Indigenous Services Canada provides funding to First Nations communities to provide social support services to infirm/chronically ill/disabled individuals who live on a reserve and who need help with activities of daily living.
<https://www.canada.ca/en/indigenous-services-canada.html>.

Boyle McCauley Health Centre

10628 96 St. NW T5H 2J2

Phone: 780.422.7333

Dental Clinic (direct line): 780.421.7333

www.bmhc.net

Hours: Mon-Thurs 8am-8pm,

Fri 8am-4:30pm, Sat 9am-12:30pm

Provides integrated primary health care, health promotion, and social support programs for the most marginalized and vulnerable community members. The team of health care providers at BMHC integrates and addresses addictions and mental health, chronic disease management, housing, income, food, and other needs of patients in the delivery of primary health care services: Medical Clinic, Footcare Clinic, Mental Health & Addictions Counseling, Tuberculosis outreach and clinic, Women's Health Clinic, Community Nursing Station, and Dental Clinic, Miyowayawin Clinic – (located at Edmonton Native Healing Centre) serving Indigenous Seniors and Families

- Medical Clinic: Accepts only patients with complex health care needs.
- Dental Clinic: Accepting new patients.

Bridges Support Services

52-9912 106 St. NW T5K 1C5

Phone: 780.428.6610.

Email: cindy@bridgessupport.com

www.Bridgessupport.com

- For people who are Hard of Hearing, Deaf or experiencing communication or language challenges
- Counselling: Personal/Addiction/Depression/Anger Management or Disability related
- Rehabilitation: Coping with hearing loss
- Workshops: Disability Awareness/Hearing Sensitivity/Healthcare Communication Program/Sound Sense Prevention and Anger Management.

Canadian Blood Services

8249 114 St. NW T6G 2R8

Phone: 780.431.0202

Email: feedback@blood.ca

www.blood.ca

www.facebook.com/albertablood

Blood Donor Clinic hours:

Mon-Fri 9am–1pm & 3:30pm–7:30pm;

Sat 8am–2pm

- Manages the blood and blood products supply for hospitals throughout Northern Alberta, NWT, and North East B.C.
- Manages OneMatch (stem cell and marrow network).
- To book your blood donation appointment, call: 1.888.2.DONATE (1.888.236.6283).

Canadian Cancer Society

201-9452 51 Ave. NW T6E 5A6

Phone: 780.455.7181

Email: info@cancer.ab.ca

www.cancer.ca

Office Hours: Mon-Fri 8:30am-4:30pm

How we can help:

- If you, or someone you care about has been diagnosed with cancer, you'll have many questions and concerns. We're here to help. We offer support and information for people with cancer and their family, friends and caregivers
- Call 1.888.939.3333 to find out more about services in your community.

Canadian Hard of Hearing Association, Edmonton Branch

52-9912 106 St. T5K 1C5

Phone: 780.428.6622 (Voice/TTY)

Email: chha-ed@shaw.ca

www.chha-ed.com

A non-profit, self-help organization providing support, activities, programs and advocacy for all persons with hearing loss:

- General Meetings, Social Activities (All welcome)
- Speechreading & Coping Skill Classes, Beginner Conversational ASL Classes
- Your Third Ear/Hearing Workshops (FREE must register in advance)
- Hearing Aid Assistance Fund, Scholarships

Canadian Mental Health Association – Edmonton Region

Transition Place

300-10010 105 St. NW T5J 1C4

Phone: 780.414.6300

Email: main@cmha-edmonton.ab.ca

www.edmonton.cmha.ca

Hours of Operation: Mon-Fri 8:30am-4:30pm

- Learn how to take care of your mental health. Get the facts about mental illness. Find help for yourself or others.
- Peer support groups and social recreation are available.
- Call us or visit the website above for more information.

CNIB & Vision Loss Rehabilitation Alberta

Seeing Beyond Vision Loss

12010 Jasper Ave. NW T5K 0P3

Phone: 780.488.4871

Email: alberta@cnib.ca

www.cnib.ca

CNIB provides community-based support and rehabilitation services to ensure blind and partially sighted Canadians have the confidence, skills and opportunities to fully participate in life. We offer specialized programs and services for individuals and their families looking for practical solutions or vision health information including:

- Seniors and Vision Loss
- Vision support
- CNIB Library
- Products and technologies

Compass Centre for Sexual Wellness

703-10050 112 St. T5K 2J1

Phone: 780.423.3737

Email: info@compasscentre.ca

www.compasscentre.ca

Hours of Operation: 8:30am-4:30pm,

Closed 12pm-1pm for lunch

- Provides sexual health education and counselling services in Edmonton and surrounding communities.
- We offer a Sexy Senior presentations and/or workshops for seniors to explore commonly held myths, topics include sexual anatomy, physiology, hormonal changes and how to keep their sex life happy & fulfilling.
- We also have our Ethnoculture Program to provide culturally sensitive sexual health education.

Deaf & Hear Alberta

Alberta School for the Deaf, Upstairs, 6240
113 St., Edmonton

Phone: 587.400.9602

Email: info@deafandhearalberta.ca

www.deafandhearalberta.ca

<https://estore.deafandhearalberta.ca>

Hours of Operation: 9am-3pm

(Contact for an appointment)

- We provide supports to Deaf and hard of hearing individuals.
- Services include American Sign Language (ASL) Interpreting, resources/ referrals, and assistive technology for home and safety.
- Our Accessibility Services Department provides support and technology that enhances everyday life. We can demonstrate items prior to purchasing to ensure the assistive device meets your needs. Please call, text or email us for an appointment.

Health Canada

General Inquiries Phone: 780.495.6815

Toll Free: 1.866.225.0709

www.hc-sc.gc.ca

Huntington Disease Resource Centre

Buchanan Centre, 11209 86 St. NW T5B 3H7

Phone: 780.434.3229

Contact: Bernadette Modrovsky

Email: bmodrovsky@huntingtonsociety.ca

www.huntingtonsociety.ca

- Provides support, information, education, counselling and referral for those with Huntington disease and their families in Northern Alberta. Services also include resource materials and in-services about HD.

Living Positive through Positive Living Society of Alberta

33-9912 106 St. T5K 1C5

Phone: 780.424.2214

Email: living-positive@telus.net

www.living-positive.net

Hours of Operation: Tues-Fri 9am-2pm

Closed Mondays and Statutory Holidays

- Living Positive was incorporated in 1990 as a Society in Alberta.
- Provides to people living with or affected by HIV nurturing and supportive environments in which to develop understanding, positive attitudes and self-images. We welcome all persons living with or affected by HIV, regardless of orientation and gender identification.
- The home of The Living Quilt, a testament to survival and symbol for facing adversity head on. More participants than ever have been living with HIV for more than 25 years.

The Lung Association – Alberta and NWT

208-17420 Stony Plain Rd. NW T5S 1K6

Mailing address:

P.O. Box 4500, Station South

Edmonton, AB T6E 6K2

Phone: 780.488.6819

Toll Free: 1.888.566.5864

Email: info@ab.lung.ca

www.ab.lung.ca

- Membership privileges include access to up-to-date information on lung disease.
- Referral to support groups.

PADIS

Poison and Drug Information Service

Toll-Free: 1.800.332.1414 (Alberta-wide)

www.padis.ca

- Free of Charge – Confidential – 24/7
- Expertise and Advice on Poisons, Chemicals, Medications, and Herbs
- Anyone of any age can receive

credible and research-based information delivered by qualified and experienced health professionals (including pharmacists, nurses, and Medical Toxicologists)

Parkinson Association of Alberta

11209 86 St. NW

Phone: 780.425.6400

Email: info@parkinsonalberta.ca

www.parkinsonalberta.ca

Hours of operation:

Mon-Fri 8:30am–4:30pm

- Provides support services and programming for people with Parkinson disease, Parkinson Plus Syndromes and their care partners and families.
- Programs and services offered include: One-on-one/family supportive counselling, support groups, education, information and resources. Programming includes physical, voice/speech, cognitive, and social options. Call our office to learn more or to schedule an appointment today.
- You can become a member for \$25 per year.

Sage Seniors Association

15 Sir Winston Churchill Square NW T5J 2E5

Northwest corner of 100 St. and 102A Ave.

Health Services at Sage

Phone: 780.423.5510

Fax: 587.689.2248

Email: healthservices@mysage.ca

www.mysage.ca/at-sage/health-services

Hours of Operation: 8:30am-4pm

- Nurse Practitioners on staff to provide primary and urgent care 5 days a week. Able to provide almost all services normally obtained through a family physician.
- Able to provide home visits to home bound seniors.
- Soon to have additional services in-house: foot care, dental hygienist, dentist

HOME HEALTH CARE AGENCIES

Bridge to Care Inc.

A Canadian based Not for Profit

Healthcare Organization

Divisional office: 100-5013 48 St.

Stony Plain AB T7Z 1L8

Corporate office: 2-322, McLeod Ave, Spruce Grove, AB T7X 0J6

Phone: 780.591.1000

Toll-free: 1.800.717.5536

Email: info@bridgetocare.org

www.bridgetocare.org

Hours of Operation: 9am-5pm

Our Services:

- Skilled Nursing Care
- Pregnancy Care,
- Dementia Care
- Palliative Care
- Convalescence Care

See also **TRANSPORTATION – Transportation Options For People Not Driving**

Seniors Information Phone Line

Connecting Seniors
to Supports and Services

Dial 

Care at Home by Exquisicare

Serving all of Edmonton and surrounding communities.

Phone: 780.707.6509

www.CareAtHomebyExquisicare.com

Hours of Operation: all services available 24/7
Love. Reverence. Family.

- A nurse-operated company, dedicated to providing the same level of care we would want for our own families.
- Care At Home offers companion care for all daily living activities including home help & outings: support for your loved ones to age in place as long as possible.
- From basic personal care to skilled nursing care, our services are available all hours of the day and night, in facilities & at home.

Care at Home

Where love matters

Offering companionship, home help, personal care and nursing support around the clock.

Let Care at Home provide the help you need to stay comfortable and supported at home.

780-707-6509

Call for a free nursing assessment



www.careathomebyexquisicare.com

Companionship * Personal Care * Respite * Transportation * Housekeeping



**Comfort
Keepers®**

(780)465-4665

www.Edmonton.ComfortKeepers.ca

Complimentary Home Visit within 1 day!



Each Office Independently Owned and Operated

Comfort Keepers

101-4208 97 St. NW T6E 0S9

Phone: 780.465.4665 for 24/7 service

Email: edmonton@comfortkeepers.ca

Edmonton.ComfortKeepers.ca

- Flexible options for companionship, housekeeping, personal care, respite and transportation.
- We find the best caregiver match to provide superior interactive caregiving.
- There is a difference: our quality caregivers, interaction to support quality of life, and our unwavering commitment to excellence.

See also **TRANSPORTATION – Transportation Options for People Not Driving**

Harmony Caregiving

9856 89 Ave. NW T6E 2S4

Phone: 780.328.7807

Email: caring@HarmonyCaregiving.com

www.HarmonyCaregiving.com

Hours of Operation: 24/7 Availability

- Our Certified Home Health Care Aides & Companions Provide Assistance In-Home, In-Facility or In-Hospital
- Feel safe & secure knowing our Aides are bonded, insured, CPR/First Aid certified & are able to meet your personal needs such as: bathing, grooming, dressing, medication assistance, meal preparation & cleaning, shopping & errand running, appointment accompaniment.
- Let our Care team take care of the little things, so you can enjoy the more important things in life!



HARMONY CAREGIVING

♥ Reliable ♥ Trustworthy ♥ Respectful ♥ Compassionate

HELPING YOU LIVE YOUR LIFE IN THE COMFORT OF YOUR OWN HOME

WHOLEHEARTED CARE SERVICES 24/7

- ♥ Home Care ♥ Companionship ♥ Respite Care ♥ End of Life Care
- ♥ Healthy Meal Preparation ♥ Dementia & Alzheimer's Memory Care
- ♥ Post-Hospital Care ♥ Fun Social Outings ♥ Shopping ♥ Errands
- ♥ Personal Care & Hygiene ♥ Medications ♥ Appointments

780-328-7807

Book Your Complimentary Consultation Today!

Ensure Your Safety and Well-Being with
Screened, Bonded & Insured Care Professionals



www.HarmonyCaregiving.com

9856 89th Ave Edmonton AB T6E 2S4

Havencrest Home Health Care

51574 R.R. 224 Sherwood Park AB T8C 1H5

Phone: 780.953.0342

Email: havencresthomecare@gmail.com

www.havencresthomecare.ca

Hours of Operation: 24/7

Serving the community since 2000.

- Our professional homecare team are certified, extensively trained, screened, insured and available to provide compassionate care for you or your loved ones.
- Services include: compassion care, home support, personal care, Alzheimer/Dementia care, nursing and palliative care.
- From a few hours a week to full time live-in care we are here to help improve quality of life.
Providing care is what we do best!

Havencrest Home Health Care

Contact: Susie Sterenberg

780-953-0342

havencresthomecare@gmail.com

Hours of Operation 24/7

Serving the community since 2000

*Providing care and improving quality of life is
what we do best!*

Our professional homecare care team are certified and extensively trained, screened, insured and available to provide compassionate care for you or your loved ones.

Services include:

- Companion Care
- Home Support
- Personal Care
- Alzheimer/Dementia Care
- Nursing
- Palliative Care.

From a few hours a week to fulltime live in care
we are here to help.

Call for a complimentary consultation today!

www.havencresthomecare.ca

Home Instead Senior Care Edmonton

East location: Serving East Edmonton, Sherwood Park, Fort Saskatchewan, Clairview, Capilano, Millwoods, Summerside, Beaumont, East Leduc.
1004 Parsons RD SW Unit 8 T6X 0J4
Phone: 780.465.5373 Answered 24/7
Contact: Lynn or Brent Boyd
Email: brent.boyd@homeinstead.com
www.homeinstead.com/EastEdmonton
Office hours: Mon-Fri 8am–4pm
Care hours: 24/7 on-call

- We provide dedicated CAREgivers that drive and escort our clients to all different types of activities such as: Doctor's appointments, Hospital discharge, Grocery shopping, Church service, Visit family or friends, Medication pick up, Fun-filled outings, Shopping centres.

See our ad on page 322.

Nurse Next Door

Phone: 1.888.988.5880

Email: Edmonton@NurseNextDoor.com

www.NurseNextDoor.com

Hours of Operation: Always open

24/7 access, 24/7 service

3 Pillars to help determine the support you – or the ones you love – need

- Taking Care: Attentive visits, house keeping and meals, of course – but what do you love to do? We'll help set goals to improve your health and independence.
- Enriched Care: Stay comfortable and safe in your home. Medication and daily living support – look and feel great.
- Vital Care: Whatever you need – daily, live-in or even end-of-life care. A qualified caregiver or nurse ensures attentive care.

Retire-At-Home Services

Phone: 780.435.9959

Email: edmonton1@retireathome.com

www.RAHedmonton.com

Office hours: Mon-Fri 8:30am–4:30pm

Care hours: 24/7 on-call

Nurse Managed Care

Helping seniors maintain their independence through quality, personalized home care since 1994!

- Personal Care – Helping with everyday personal hygiene
- Home Support – Ensuring chores and errands are complete
- Nursing & Palliative Care – Managing medical needs
- Companion Care – Keeping you active and social

Our compassionate professionals can make a difference in your life.

Veritas Seniors

Services Designed for Edmonton Seniors

Email: care@veritasseniors.ca

www.veritasseniors.ca

Hours of Operation: 24/7

- Registered Nurse started Veritas Seniors and oversees all care
- Dedicated to Senior Care
- Enter our family of dedicated Companion and Caregivers matched to care for your loved one.
- Stay comfortably at home for as long as possible with help at home. Break the boredom in a facility, or possibly go on an exciting outing. We relieve family who can't be there or need a break with our exceptional Companions and Caregivers.
- Care available from a few hours a day to full time care.

- Customized to meet your needs.
- Screened, bonded and insured for your reassurance.



Veritas
Home Care Services for Seniors

Ready to lend a helping hand with warm-hearted, gentle, patient, and compassionate caregivers

• Companions	• Personal Care	• Housekeeping
• Healthy Meals	• Errands	• Respite Care & More

Available 24/7 Bonded, Licenced and Insured

Phone: **(780) 975-7927**
Email: care@veritasseniors.ca • www.veritasseniors.ca



**Helping Seniors Remain
in the Comfort of Home!**

780-435-9959

www.RAHedmonton.com

