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RESOURCES TO MAINTAIN/ IMPROVE DRIVING SKILLS

Alberta Safety Council

4831 93 Ave. NW T6B 3A2

Toll-Free: 1.800.301.6407

Email: info@safetycouncil.ab.ca

www.safetycouncil.ab.ca

- The Canada Safety Council's 55 Alive Mature Drivers Course is offered through the Alberta Safety Council.

Alberta Transportation

Driver Fitness and Monitoring

Main Floor, 4999 98 Ave. T6B 2X3

Phone: 780.427.8230

Email: Driver.Fitness@gov.ab.ca

www.alberta.ca/driver-fitness-monitoring.aspx

- The Driver Fitness and Monitoring Section of Alberta Transportation is responsible for making decisions relating to a person's medical and/or physical fitness to drive.
- Medical reports are required upon renewal of Class 5, 6 and 7 operator's licenses at age 75, 80 and every two years thereafter. The same report is required for holders of Class 1, 2 and 4 commercial driver's licenses every five

years until age 45, every two years until age 65, and then annually after the age of 65.

- The Alberta Health Care Insurance Plan will pay for medical exams for motor vehicle operators who are 74 years and six months of age and over.

Alberta Motor Association(AMA)

Canadian Automobile Association

Seniors Driving Portal

www.caa.ca/seniors

- SeniorsDriving.caa.ca is an online resource for seniors
- Whether you're a driving senior or a caregiver, our online portal has all the information and tools to help seniors stay safe behind the wheel.

Mature And Senior Driver Refresher

Toll-Free: 1.833.374.8733.

Email: drivered@ama.ab.ca

www.AMADriverEducation.ca

Keeping drivers on the road as long and as safely as possible.

- 6 hours of classroom instruction i.e. rules of road; strategies and tips for safe driving.
- Held in Edmonton, Camrose, Red Deer, Calgary, Lethbridge and Medicine Hat.
- Call for fees and dates.
- In-car driving refresher is also available.

Senior Driver in-Car Evaluation

Edmonton and Area, Calgary and area, Lethbridge, Red Deer

Phone: 1.833.374.8733

Email: drivered@ama.ab.ca

www.AMADriverEducation.ca/InVehicleEvaluation

- You'll get an honest evaluation of your driving ability and receive feedback

on things you are doing well and recommendations for improvement.

- Some of the topics included: vision screening and questionnaire, 45 minute in-vehicle evaluation, confidential feedback (verbal and written) and recommendations.

Medically At-Risk Driver Centre (MARD)

University of Alberta
6-40 University Terrace T6G 2T4
Phone: 780.492.6273
Email: mard@ualberta.ca
www.mard.ualberta.ca

- Visit our website to access the “**Online Listing of Alternate Transportation Service Providers**” in Edmonton and surrounding area. (<https://mard.med.ualberta.ca/mard/db/>).
- Also visit our website to access the “**Guide to Mobility and Independence**”, a listing of essential services and transportation providers in Edmonton and surrounding area.

TRANSPORTATION OPTIONS FOR PEOPLE NOT DRIVING

Bridge to Care Inc.

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: Mon-Fri 9:00am-5:00pm
A Canadian based Not-for-Profit healthcare organization.
Our services:

- Transportation for seniors and for people with physical & mental disabilities
- Mental health therapy

See also [HEALTH & WELLBEING – Home Health Care Agencies](#)

Comfort Keepers

Phone: 780.465.4665 for 24/7 service
Email: edmonton@comfortkeepers.ca
Edmonton.ComfortKeepers.ca

- Comfort Keepers provides superior dedicated drivers that offer fully escorted transportation for appointments, shopping, events, etc. Call for details.

See [HEALTH & WELLBEING – Home Health Care Agencies](#) for complete listing.

Drive Happiness Seniors Assisted Transportation

Phone: 780.424.5438
Email: info@drivehappiness.ca
www.drivehappiness.ca

A registered Canadian charitable organization providing door-to-door seniors-assisted transportation.

Phone: 780.424.5438
Email: info@drivehappiness.ca
www.drivehappiness.ca

Our services:

- We provide safe, secure transportation for seniors, in Edmonton and the surrounding communities, to activities such as appointments, shopping, visiting family & friends and religious services.
- We operate 24 hours a day, 7 days a week, ride bookings accepted Mon-Fri 9am-4pm.
- Application to the rider program is required in order to start booking rides.

See listing in [SENIOR CENTRES, CLUBS & GROUPS - South West](#)

Operation Friendship Seniors Society - Helping Hands

Phone: 780.429.2626

- Provides transportation for seniors, living in the inner city of Edmonton, to appointments, for shopping, and to access other community resources and supports.
- Services targeted to: seniors 55+; living between 118 Ave and the River Valley and between 82 St. and 101 St.

See also SENIOR CENTRES, CLUBS & GROUPS – Central, HELP AT HOME - Outreach, HELP AT HOME - Donating Household Items.

Seniors Caring About Seniors

100-6770 129 Ave. T5C 1V7

Phone: 780.465.0311

Email: info@sscas.com

www.sscas.com

- Services for low-income seniors living on the south side.
- Membership fee applies.
- Transportation by volunteer drivers to city appointments. Ticket required for 1½ hour ride, contact us for pricing.

See also HELP AT HOME – Home Services

PUBLIC TRANSPORTATION

Edmonton Transit Service(ETS)

ETS provides public transportation in Edmonton, including paratransit (DATS) service.

Phone: 311 for all ETS inquiries including transit routes, schedules, fares, or concerns.

Outside Edmonton, call 780-442-5311.

Email: 311@edmonton.ca

www.takeETS.com

Senior Fares:

ETS fares change annually in February of each year.

ETS fares are valid on ETS buses, LRT, and DATS service.

2020 Senior Fares (65 years +)

Cash fare: \$3.50

Senior 10 ticket strip: \$19

Senior monthly pass: \$34

Senior annual pass (Valid Apr 1 - Mar 31):

- Regular: \$374
- Low income: FREE*

*Senior residents of Edmonton aged 65 years and older with income less than \$28,513 may qualify for a FREE annual pass. For information and proof needed to apply, check the Fares information on the ETS website or phone 311.

Ride Transit Program

The Ride Transit Program offers a monthly transit pass to eligible low-income Edmontonians at a subsidized rate. The program is for Edmonton residents ages 6-64.

ETS Customer Service

Outside Edmonton, call 780-442-5311.

For purchase of ETS fares, Lost and Found services and transit information.

2nd Floor, Edmonton Tower 10111 104 Ave NW (across from Rogers Arena)

Hours of operation: Mon - Fri, 8 am - 4:30 pm

Disabled Adult Transit Service (DATS)

5610 - 86 St. NW T6E 2X3

Phone: 780.496.4567

TTY: 780.496.5506

Email: dats@edmonton.ca

www.TakeETS.com/dats

IBook: datsibook.gov.edmonton.ab.ca

- DATS is a door-to-door, operator-assisted, shared-ride, specialized transit service for people who are unable to use conventional transit services.

- There is no registration fee, but clients must meet eligibility requirements and be registered before they can use DATS.
- Reservation, subscription, group and same-day trip bookings are offered on a first-come, first-served basis. To book a trip, please call three days in advance or up to noon of the day before your intended trip. Group trips of five or more people must be booked by 5 pm, three days in advance.

ETS Mobility Choices Customer Travel Training

Phone: 780.496.3000

Email: ETSCustomerTraining@edmonton.ca

www.TakeETS.com/mobilitychoices

Free, customized transit travel training for seniors, people with disabilities, and staff working at agencies or organizations serving people with mobility challenges.

Parking for People with Disabilities Program

Phone: 780.427.7013

www.servicealberta.ca, then click the Family and social supports link and then People with disabilities

- A parking placard allows people who cannot walk 50 metres (164 feet) to use disabled parking stalls.
- For information about applying for a placard, phone or visit our website, check your Yellow Pages under License and Registry Services or visit a registry agent. Applications are also available from any physician, podiatrist, nurse practitioner or chiropractor.

Am I at risk of social isolation?

CONNECTING EDMONTON SENIORS

- I am content with my friendships and relationships
- I have enough people I feel comfortable asking for help at any time
- I am as socially and physically active as I want to be
- I have the resources I need to do the things I want to do

If you answered "No" to any of these questions, you may be at risk of social isolation.

For more information, go to:
www.connectingedmontonseniors.ca

