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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

Website: www.alberta.ca/alberta-aidsto-daily-living.aspx

- Alberta Aids to Daily Living (AADL) funds basic medical equipment and supplies to help Albertans with longterm disabilities, chronic and terminal illnesses, stay independent in their communities.
- AADL is a cost-share program. Clients pay 25% of the benefit cost up to a maximum of \$500 per family per year. If you receive provincial income assistance, or if your income is below qualifying thresholds, you may be exempt from cost-share payments.
- To obtain AADL funding, you must be assessed by an approved healthcare professional. That person determines what equipment and supplies you can get through the AADL program. If you are eligible, they will give you an authorization for products from AADL's product list.
- To find an approved healthcare professional, you can contact your local health care centre or hospital, or call HealthLink at 811. Let them know what kind of equipment or supplies you are looking for, and ask them to help you find an AADL Authorizer or Specialty Supplier.

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 permanent 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

Amramp Alberta

Phone: 800.649.5215 or 780.666.2606

Email: Barbara.peters@amramp.com

Email: Normand.doyle@amramp.com

www.amramp.com

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

- Affordable Wheelchair Ramps
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Canada Homecare Group

1126 Wahl Place NW,
Edmonton AB T6W 3G6

Phone: 780.340.0910

Fax: 780.669.3569

Email: info@canadahomecaregroup.ca

www.canadahomecaregroup.ca

- Licensed Homecare Services
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- Physician and Nurse Practitioner House calls
- Specialized Nursing Care at home
- Personal Support and Assistance with Activities of Daily Living
- Group of Doctors, Nurse Practitioners, Registered Nurses, Licensed Practical Nurses, Health Aides affiliated with Psychologists & Physiotherapists

Seniors Information Phone Line

Connecting Seniors
to Supports and Services

Dial 



Canada
Homecare
Group



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PHYSIOTHERAPISTS • HEALTHCARE AIDES

SERVICES BILLABLE THROUGH ALBERTA HEALTH AND MOST
PRIVATE INSURANCE

[INFO@CANADAHOMECAREGROUP.CA](mailto:info@canadahomecaregroup.ca)

WWW.CANADAHOMECAREGROUP.CA

Congdon's Aids To Daily Living Ltd.

10550 Mayfield Rd

Phone: 780.483.1762

Email: info@congdon.ca

www.congdons.ca

Hours of Operation:

Monday-Friday 8:30am-5:00pm

Home Health product supplier since 1970

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

Eco Medical Equipment

18303 107 Ave T5S 1K4

Phone: 780.483.6232

Email: info@ecomedical.ca

Now serving Red Deer, Grande Prairie 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.



50 YEARS **Congdon's** Aids to Daily Living Ltd.
Since 1970

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OSTOMY, INCONTINENCE, WOUND CARE,
COMPRESSION GARMENTS, MOBILITY
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10550 Mayfield Rd NW 780-483-1762 www.congdons.ca

SOCIAL ACTIVITY MATTERS

Staying socially active is an important part of our overall health.

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780.423.5510



sage
Sage Seniors Association



Scooters



Lift Chairs



Van Conversions



Adjustable Beds



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

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- Excellent for year round use
- Smooth & quiet
- Soft touch controls
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- 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

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Home Health Store Inc.
Medical Supplies

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Of Personalized Service**



CONTACT US

7843-106 Ave, Edmonton, AB

Phone: 780-469-8499

Toll: 877-417-9106

HOURS

Mon, Tue, Wed, Fri - 8:30am - 4:30pm

Thursday - 8:30am - 5:30pm

Saturday - 10:00am - 1:00pm

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, and custom hernia 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

"A home visit can be arranged for our clients that can't come to our store"

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



OSTOMY



MOBILITY



BATH SAFETY



INCONTINENCE

Certified Fitters ● AADL Approved Vendor ● NHIB Approved Vendor ● WCB/DVA

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**Elevate your life to
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All of your Home Healthcare
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- ✓ Wound Care
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- ✓ Ramps
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Visit Us at a Location Near You

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Northgate Centre

9499 137th Avenue
Edmonton, AB
T5E 5R8

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

Edmonton South
On Gateway

5920 Gateway Blvd
Edmonton, AB
T6H 2H6

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

MON-FRI
8:30am-6:00pm

SAT
9:00am-5:00pm

SUN
Closed

shop online at www.healthcaresolutions.ca

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:

Monday, Tuesday, Wednesday, Friday:
8:30am-4:30pm

Thursday 8:30 to 5:30pm

Saturday: 10:00am-1:00pm (unless it's a long weekend)

- 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
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- ✓ 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

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3 Locations

Homecare & Surgical
ON SITE

ASPEN ASPEN

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

MEDICAL EQUIPMENT LOANS

Easter Seals Alberta

103, 811 Manning Rd. NE **Calgary** T2E 7L4

Phone: 403.235.5662

Email: info@easterseals.ab.ca

www.easterseals.ab.ca

Facebook: www.facebook.com/EasterSealsAlberta/

- For almost 70 years, Easter Seals Alberta has supported individuals with disabilities and medical conditions. We strive to ensure that the resources they need for an independent and full life are available.
- We make this possible with our main supports:
EASTER SEALS CAMP HORIZON
Provides subsidized five-day summer camps and respite weekends near Bragg Creek for Albertans with disabilities and medical conditions.
- ACCESSIBILITY SUPPORTS
Provides critically needed equipment and support to those who qualify both physically and financially. This includes Equipment and Support Services, Phyllis Davidson Easter Seals Scholarship, and Community Access.
- EASTER SEALS MCQUEEN HOME is a self-governed, 24-hour personal care residence in Edmonton for people with disabilities looking to develop independent living skills.

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: 780.342.0220

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@](mailto:continuingcare@albertahealthservices.ca)

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 and Social Work.

Disability Services

Bridge to Care Promotes dignity, individuality, independence, personal growth and community inclusion for people with Mental - Cognitive, Psychological & Psychiatric disorders. Services provided throughout Alberta:

- 24 hours Respite Care (In- Home and Out of Home)

- Community Engagement
- Employment Support
- Therapeutic Care

Patient Concerns & Feedback

c/o Patients Relations 10030 107 St. NW T5J 3E4

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 during 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. NW

Phone: 780.469.9606, ext 228

CapitalCare Kipnes Centre for Veterans Day Program

4470 McCrae Ave. NW
Phone: 780.442.5722
Email: info@capitalcare.net
www.capitalcare.net

CapitalCare Strathcona Day Program

12 Brower Rd. **Sherwood Park** AB
Phone: 780.417.4347
Email: info@capitalcare.net
www.capitalcare.net

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
Phone: 780.496.1300

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

Hospice Day Program

Pilgrims Hospice Society

Interim Address:
104-15023 123 Ave. NW
Edmonton, AB T5V 1J7
Phone: 780.413.9801 ext 103
Email info@pilgrimshospice.com
www.pilgrimshospice.com

Rutherford Wellness Day Program

949 Rutherford Rd. SW
Phone: 780.496.1300

St. Joseph's Nursing/Rehab Day Program

10707 29 Ave. NW
Phone: 780.496.1300

Sherwood Park Wellness Day Program

314 52323 RR3, **Sherwood Park**

**Southside Seniors Day Program,
Ermineskin (Covenant Health)**

3030 106 St. NW 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/senior-care/adult-day-support-program/

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

- Adult Day Support Programs are designed to offer clients a variety of therapeutic services and structured social and recreational activities in a group setting. Participation is based on referral as part of a service plan; services are tailored to the client's individual needs.

Two types of programs are offered:

- Complex Day Program – for adults who may have physical and/or cognitive impairments, but no physical occupational therapy included.
- Medical Rehabilitation Support Program – provides physical and/or occupational therapy along with social activities.

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

Email: info@capitalcare.net

www.capitalcare.net

CapitalCare CHOICE Mental Health

14504 118 St. NW T5X 1T3

Phone: 780.944.8668

Email: info@capitalcare.net

www.capitalcare.net

CapitalCare CHOICE Norwood

10404 111 Ave. NW T5G 3A2

Phone: 780.944.8662

Email: info@capitalcare.net

www.capitalcare.net

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 192 under Housing](#)

FACILITY LIVING

[See page 243 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-therapyclinic

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.

[See also Counselling](#)

Alberta Health Services - Addiction & Mental Health Access 24/7

10959-102 St. T5H 2V1

Phone: 780.424.2424

Website:

www.albertahealthservices.ca/amh/

Page14063.aspx#details-panel14066

Hours of Operation: 24/7

- Provides a single point of access to adult addiction and mental health community based programs. Access 24/7 provides a range of urgent and non-urgent addiction and mental health services including service navigation, screening, assessment, referral, consultation, crisis intervention, outreach and short-term stabilization.

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 Ave. T5M 3L7

Phone: 780.342.9100 for intake or inquiries

Hours: Mon-Fri 8:00am-4:15pm

- Provides assessment, treatment, and follow-up for seniors (age 65+) with mental, emotional, behavioural or concurrent addiction problems.
- Offers support and monitoring through community based day programs at Westmount Shopping Centre or Ermineskin Mall.
- 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

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 also [Counselling](#).

PALLIATIVE CARE

Alberta Health Services Palliative Home Care

Phone: 780.496.1300

www.albertahealthservices.ca

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

Comfort Keepers

101-4208 97 St. NW T6E 5Z9

Phone: 780.465.4665 for 24/7 service

Email: edmonton@comfortkeepers.ca

www.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](#)

A daily dose of joy

In-Home Care Services

- Personal care
- Companionship and housekeeping
- Dementia and Alzheimer's care
- Respite care
- Safety solutions

780-465-4665

Home + Life + Care | Comfort Keepers Edmonton

www.comfortkeepers.ca/edmonton



**Comfort
Keepers.**

Elevating the
Human Spirit™

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.
- 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. NW 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

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

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 Rd, **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. NW 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

College of physicians and Surgeons (CPSA)

Edmonton 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 CPSA if you have any concerns about the care you receive from your physician.

Primary Care Network

www.albertafindadoctor.ca

Phone: 811

- Find a PCN family doctor near you: 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 albertafindadoctor.ca/pcn 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 specializing in geriatrics, a social worker, exercise specialist, dietician, nurse practitioner, respiratory therapist and unit clerks.
- The goal of the clinic is to help seniors remain as independent as they can be within their community by providing primary health care and partnering with other community agencies.

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
For Full Listing.

AFTER HOURS CARE

Health Link Alberta

Phone: 811

Hours of Operation: 24/7

- Health Link Alberta also provides comprehensive information on services offered by Alberta Health Services (Edmonton Zone) and can direct you to the most appropriate hospital or community services and programs.

Community Care Access

Hours of Operation: 24/7

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 Rd. 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 CentreRoom 448, Westmount Shopping Centre
111 Avenue and Groat Road NW T5M 3L7

Phone: 780.342.1600

**PUBLIC HEALTH CENTRES
SURROUNDING COMMUNITIES****Beaumont Health Centre**4918 50 Ave. **Beaumont**, AB T4X 1J9

Phone: 780.929.4822

Devon Public Health Centre101 Erie Street South, **Devon**, AB T9G 1A6

Phone: 780.342.7069

Evansburg Health Centre5225 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 Centre4720 50 Ave. **Gibbons**, AB T0A 1N0

Phone: 780.342.2660

Leduc Health Centre4219 50 St. **Leduc**, AB T9E 8C9

Phone: 780.980.4644

Morinville Health Centre10008 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 Centre505 Queen St. **Spruce Grove**, AB T7X 2V2

Phone: 780.342.1301

Stony Plain - WestView Health Centre4405 South Park Drive, **Stony Plain**, AB T7Z 2M7

Phone: 780.968.3700

Thorsby Health Centre4825 Hankin Street, **Thorsby**, AB T0C 2P0

Phone: 780.789.4800

CAREGIVER SUPPORT**Caregivers Alberta**

#17, 12122 68 St. NW T5B 1R1

Phone: 780.453.5088

Email: office@caregiversalberta.cawww.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 community 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

8700 84 Street, Dow Centennial Centre

Fort Saskatchewan AB T8L 4P5

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.

Family Caregiver Wellness Initiative

Presented by **NorQuest College**

10215 108 St. NW T5J 1L6

Phone: 1.866.534.6480

Email: health@norquest.ca

www.norquest.ca/family-caregiver

- Caring for a loved one?
- Learn skills to feel confident and empowered as a family caregiver
- Workshops and online tutorials now available. Register today!

Hospice Home Visiting Program

Pilgrims Hospice Society

Interim Address:

104, 15023 123 Ave. NW T5V 1J7

Phone: 780.413.9801 ext 103

Email: info@pilgrimshospice.com

www.pilgrimshospice.com

Hours of Operation:

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

- Pilgrims Hospice Society provides support to those experiencing a severe life-limiting illness, as well as respite for their caregivers. We also provide support for individuals and families grieving the death of a loved one.
- Respite support is offered on site through the Hospice Day Program, as well, the Hospice Home Visiting Program connects clients living with a progressive life-limiting illness with specially trained volunteers who provide companionship and support in the home (including hospital, extended care and hospice locations).



Learn skills to feel confident and empowered as a family caregiver.

Workshops and online tutorials now available.

Register today

norquest.ca/family-caregiver

Continuing Education & Custom Training

ElderCare Edmonton

#23 Jerry Forbes Centre
12122 68 St. NW T5B 1R1
Contact: Sandra Stemmer,
Executive Director
Phone: 780.434.4747
Email: info@eldercareedmonton.ca
www.eldercareedmonton.ca

- ElderCare Edmonton has served seniors and their caregivers for 40 years.
- We offer a full array of services, including day respite through three recreational day support programs for seniors in the community.

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.

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.

Grief Support Services

Pilgrims Hospice Society

Interim Address:
104-15023 123 Ave. NW
Edmonton, AB T5V 1J7
Phone: 780.413.9801 ext 102
Email: info@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 one-on-one support to explore their grief journey, including anticipatory grief related to end of life concerns.
- A bi-weekly Drop-in Grief Support Group and 10-week closed Adult Grief Support Groups are offered.

Catholic Social Services

Mercy Counselling

Phone: 780.391.3233
Email: info@cssalberta.ca
www.cssalberta.ca

- Individual, couple, and family counselling.
- Affordable. Confidential.
- Counselling in several languages is available
- We now offer telepsychology sessions

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

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

Suite 706, 5241 Calgary Trail NW

Phone: 780.757.0900

Email: info@walkinedmonton.org

www.momentumcounselling.org

Hours of Operation:

Mon-Wed 10:00am-7:00pm,

Thurs 10am-5pm, Fri 10:00am-2:00pm

- 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 hearts 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

Phone: 587.773.1764

www.MySage.ca

Hours: Monday-Friday 8:30am-4:00 pm

Sage provides one-on-one assessment and connection to resources, including assistance with filling out forms. Although walk-ins are welcome between the hours of 9:00 am and 2:00 pm, we recommend that you make an appointment to avoid what might be a lengthy wait. Please call 587.773.1764 to schedule.

Drop-In Counselling at Sage

Drop-In Counselling is available at Sage on Wednesdays between 10:00 am – 3:00 pm, with the last appointment seen at 2:00 pm. Single-session counselling is available on a walk-in basis.

Sexual Assault Centre of Edmonton (SACE)

Support and Information Line (9 am - 9 pm):

780.423.4121

Office Line: 780.423.4102

www.sace.ca

- Counselling for adults, teens and children (age three and up) of all genders who have experienced sexual abuse/assault.
- Public Education for community groups interested in learning more about sexual violence.
- Diversity Outreach for people who experience barriers accessing SACE services.

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

Strathcona County Family and Community Services

Office: 200, 401 Festival Lane

Sherwood Park, AB T8A 3W7

Phone: 780.464.4044

Email:

familyandcommunity@strathcona.ca

www.strathcona.ca/fcs

- Offering both virtual and telephone counselling in its efforts to help residents feel safe, supported and connected.
- We are all impacted by COVID-19. Many of us are experiencing the Impacts of financial stress, job loss, domestic violence, restrictions on seeing loved ones and friends or major changes to daily routines. People may feel uncertain, anxious, isolated, irritable, lonely or even have a sense of grief and loss.

Call in Hours:

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

Tuesday, Wednesday, Thursday: 8:30am-8 pm

Our office is not accessible to the public at this time.

- Counselling Groups: Are suspended temporarily due to COVID-19.

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 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.

The Family Centre

#20, 9912 106 St. NW

Phone: 780.423.2831

Email: info@familycentre.org

www.familycentre.org

Clients can also access video or phone counselling by emailing therapy-leads@familycentre.org

- Just drop-in for counselling – no appointments or referrals are needed.
- Your first session is free of charge and subsidies are available for follow-up sessions.
- If you are faced with a problem that you don't know how to solve, our mental health therapists can help you understand your situation better and figure out ways to move successfully through it.

DENTAL SERVICES

Dental and Optical Assistance for Seniors

Alberta Seniors Benefit

Phone: 780.644.9992

Toll-Free 1.877.644.9992

www.alberta.ca/seniors-financial-assistance

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: Mon-Fri 8:00am-4:00pm

- Clinic specializes in Dental care for the elderly and disabled. Family and friends are also welcome.
- 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 Ave. NW

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

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

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 decisionmaking.

Finding Balance

Injury Prevention Centre

School of Public Health at the University of Alberta

Phone: 780.492.6019

www.findingbalancealberta.ca

- Finding Balance is a provincial seniors' falls prevention program that provides older adults and practitioners with the latest information and resources to help seniors live an active and independent lifestyle.
- Finding Balance Campaign: November is Falls Prevention Month across Alberta. Every year, the Finding Balance campaign creates resources and hosts activities and events to promote the importance of encouraging seniors to challenge their balance, build strength, and be active to prevent falls.

Public Health Agency of Canada

Toll-Free 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.

HEALTH BENEFIT PLANS

Alberta Blue Cross

10009 108 St. NW T5J 3C5

Phone: 780.498.8000

Toll-Free: 1.800.661.6995

www.ab.bluecross.ca

Hours: Mon-Fri 8:30 am to 5:00pm

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

HERE TO MAKE GOOD DAYS BETTER, AND TOUGH DAYS EASIER.

Our dental, drug and extended health retirement plans can provide you with coverage for every kind of day.

1-800-394-1965 | ab.bluecross.ca



**ALBERTA
BLUE CROSS**

*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. IP20-001 2020/06

Alberta Health Care Insurance Plan

Alberta Health Services

PO Box 1360, Stn Main T5J 2N3

Phone: 780.427.1432

Toll-Free: dial 310.0000, then 780.427.1432

Email: health.ahcipmail@gov.ab.ca

www.alberta.ca/ahcip.

Alberta Health Care Insurance Plan

coverage includes:

- Insured hospital and physician services 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 in province once per benefit year for persons 65+.
- For details on community physiotherapy services in province, 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.**

Dental and Optical Assistance for Seniors

Alberta Seniors Benefit

Phone: 780.644.9992 or

Toll-Free 1.877.644.9992

www.alberta.ca/financial-assistance-for-seniors.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 \$28,785 or less, and senior couples with a combined annual income of \$46,745 or less, may qualify.

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

Edmonton Central – 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)

Edmonton North – Northgate Alberta Supports Centre

2050 Northgate Centre

9499 137 Ave. T5E 5R8

Phone: 780.422.9440

Email: hs.EdmNorthIS@gov.ab.ca

Edmonton South – Mill Woods Alberta Supports Centre

Mill Woods Town Centre

2331 66 St. NW T6K 4B5

Phone: 780.644.2888

TTY: 780.427.9999

Email: hs.EdmSouthIS@gov.ab.ca

Edmonton West – Meadowlark Alberta Supports Centre

120 Meadowlark Shopping Centre

15710 87 Ave. NW T5R 5W9

Phone: 780.415.8116

Email: ABSupports_

MeadowlarkProcessing@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.

Leduc Alberta Supports Centre

50 St. Leduc Plaza

Suite 202, 4809 43A Ave.

Leduc, AB T9E 8J6

Phone: 780.980.0557

Fax: 780.980.0036

Parkland Alberta Supports Centre

200 Westgrove Professional Building

2nd Floor, 131 1st Ave.

Spruce Grove, AB T7X 2Z8

Phone: 780.962.8681

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

St. Albert Alberta Supports Centre

Provincial Building

30 Sir Winston Churchill Ave.

St. Albert, AB T8N 3A3

Phone: 780.419.3907

HEALTH SERVICE ORGANIZATIONS**Arthritis Society**

Toll-free: 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 online education programs available 24/7 on our website, including pain management, workplace, childhood arthritis, and before/after surgery.

Assisted Living Program**Indigenous Services Canada**

Phone: 780.495.2823

Email: Yaa.Attobrah@canada.ca

www.canada.ca/en/indigenousservices-canada.html.

Provides funding to First Nations' communities to provide social support services to infirm/ chronically ill/disabled individuals who live on reserve and who need help with activities of daily living.

Boyle McCauley Health Centre (BMHC)

10628 96 St. NW T5H 2J2

Phone: 780.422.7333

Dental Clinic (direct line): 780.421.7333

www.bmhc.net

Hours: Mon- Fri 8:00am- 4:30pm

- 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.

- iHuman Youth Clinic-providing primary health care for traumatized youth

Canadian Blood Services

8249 114 St. NW T6G 2R8

Phone: 1.888.236.6283

www.blood.ca

Blood Donor Clinic hours:

Mon-Fri 9:00am-7:00pm

Sat: 8:00am-2:00pm

Sun: Closed

- Manages the blood and blood products supply for hospitals across Canada.
- Manages OneMatch (stem cell and marrow network).
- To book your blood, plasma, or platelet donation appointment, call: +1 (888) 236-6283 (1.888.236.6283) or visit www.blood.ca.

Canadian Cancer Society

Phone: 1.888.939.3333

Email: info@cancer.ca

www.cancer.ca

How we can help:

- If you or someone you care about has been diagnosed with cancer, you will have many questions and concerns. We are here to help. We offer support and information for people with cancer and their families and help them find services in their communities.
- Call to speak with one of our Cancer Information Specialists.

Canadian Hard of Hearing Association, Edmonton Branch

Jerry Forbes Centre

#10, 12122 68 St. NW T5B 1R1

Office Hours: Mon & Wed 12:30pm–

5:00pm. Thursday 9:30am–3:30pm

780.428.6622

info@chha-ed.com

www.chha-ed.com

Programs & Activities:

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

- General Meetings, Presentations, and 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
- Hospital Kits (presentation & kits provided free)

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 Foundation AB & NWT

Bold Dreams, Bright Futures

11150 Jasper Ave. Edmonton, AB T5K 0C7

Phone: 780.488.4871

Email: Alberta@cnib.ca

www.cnib.ca

Empowering Albertans who are blind or partially sighted to live the lives they choose. We offer specialized programs and services for individuals and families looking for community supports, including:

- Peer support
- Volunteer matches
- Employment services
- Technology and products

Deaf & Hear Alberta

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

Phone/Text: 866.471.2805

Email: info@deafandhearalberta.ca

www.deafandhearalberta.ca

<https://estore.deafandhearalberta.ca>

Hours of Operation: Mon-Fri 9am-4pm

(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

Email: Info@hc-sc.gc.ca

Phone: 613.957.2991

Toll-free: 1.866.225.0709

www.hc-sc.gc.ca

Northern Alberta 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.

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.
- Provides referral to support groups.

Poison and Drug Information Service (PADIS)

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 Herbals
- 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@parkinsonassociation.ca

www.parkinsonassociation.ca

Hours of operation:

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

- Provides no and low-cost programming for people with Parkinson disease, Parkinson's Plus Syndromes; their care partners and families throughout the entire Parkinson's journey.
- Offers three types of programming: Support, Education and Active. Support includes: one-on-one/family support, support groups and peer-to-peer. Education includes: information and resources (disease-specific, local, provincial and federal), webinars and conferences. Active includes: physical, voice/speech, cognitive and social offerings.
- Call our office to learn more or to schedule an appointment.
- Membership is \$25/year and is voluntary.

When you support Sage you support seniors.

"I got all the help I needed, to get the help I need."



sage
Sage Seniors Association

www.mysage.ca

Vision Loss Rehabilitation Alberta

#600, 11150 Jasper Ave, AB T5K 0C7

Phone: 780.488.4871

www.ab.visionlossrehab.ca

We provide training that enables people who are blind or partially sighted to develop or restore key daily living skills, helping enhance their independence, safety and mobility.

We offer programs and services including:

- Low vision services
- Training for independent living
- Travel and mobility instruction
- Technology and products

HOME HEALTH CARE AGENCIES

Bridge to Care Inc.

A Canadian-based Non-for-Profit Healthcare Organization

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

Branch Offices: Edmonton, Red Deer, Whitecourt - AB

Our Services:

- Skilled Nursing Care
- Pregnancy Care
- Dementia Care
- Palliative Care
- Convalescence Care
- Respite Care(In Home & Out of Home)

See also [TRANSPORTATION](#) -

[Transportation Options For People Not Driving](#)

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



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.

Comfort Keepers

101-4208 97 St. NW T6E 5Z9

Phone: 780.465.4665 for 24/7 service

Email: edmonton@comfortkeepers.ca

www.comfortkeepers.ca/edmonton

Hours of Operation: 24/7

- 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](#)

Care at Home



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



**Comfort
Keepers.**

Elevating the
Human Spirit™



Make everyday extraordinary

At Comfort Keepers, we provide in-home care that helps seniors live safe, happy, and independent lives in the comfort of their own homes.

In-Home Care Services

- Personal care
- Companionship and housekeeping
- Dementia and Alzheimer's care
- Respite care
- Safety solutions

780-465-4665

Home + Life + Care | Comfort Keepers Edmonton

www.comfortkeepers.ca/edmonton

Harmony Caregiving

9856 89 Ave. T6E 2S4

Phone: 780.328.7807

www.HarmonyCaregiving.com.

Hours of Operation: Available Around the Clock, 24/7/365.

- Helping People with Dementia and their Family Members Enjoy the Best Quality Life Possible. Bonded, Insured & Fully Screened Health Care Aides & Companions Provide Assistance in Your Home, Seniors Community or Hospital. Approved AHS Self Managed Care Invoicing Model Service Provider.
- Our Licensed Practical Nurses Ensure Medications are Managed Daily. Certified Health Care Aides are Trained to Help Your Loved One Living with Dementia/Alzheimer's with Meal Assistance, Safe Bathing & Washroom Assistance. Hire a Caregiver to Accompany Your Loved One to

Hospital & Medical Appointments, Fun Social Outings, Shopping or Running Errands to Ensure their Safety & Well-Being.

- Call for a Free Care Consultation Today.



HARMONY CAREGIVING MEMORY CARE SPECIALISTS

♥Reliable ♥Trustworthy ♥Respectful ♥Compassionate

HELPING YOUR ELDERLY LOVED ONES LIVE A WONDERFUL LIFE

ESSENTIAL SERVICES TO SUPPORT YOUR ELDERLY LOVED ONES AT HOME OR IN-FACILITY

- ♥ Home Care ♥ Companionship ♥ Dementia Support ♥ End of Life Care
- ♥ Hospital to Home Transitions ♥ Medication Management ♥ Personalized Hygiene Care
- ♥ Meal Preparation ♥ Housekeeping

Covid-19 Compliant Protocols to Ensure Your Safety and Well-being

Certified, Screened, Insured & Dementia Trained Essential Health Care Team

AHS Invoicing Model & Self-Managed Care
Approved Service Providers

Complimentary Consultation

780-328-7807



www.HarmonyCaregiving.com

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 Homecare

Contact: Susie Sterenberg
780-953-0342
havencresthomecare@gmail.com

Hours of Operation 24/7
Serving the community since 2000

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

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

Services include:

• Personal Care	• 24 Hour Care
• Companion Care	• Palliative Care
• Home Support	• AHS Approved
• Alzheimer/Dementia Care	• Off Site Respite Care

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

Call for a complimentary consultation today!
Serving Edmonton and surrounding communities

www.havencresthomecare.ca

Home Care Assistance Edmonton

Store Front Office - Welcome to public
16953 127 St. T6V 1T0

Phone: 780.490.7337

Toll-free: 1.866.454.8346

www.HomeCareAssistanceEdmonton.ca

Hours of Operation: 24/7

Email: Zali@HomeCareAssistance.com

Home Care Assistance Edmonton

Non-Medical and Medical care

- Our One-on-One Services Balance Care Method and Cognitive Therapeutics Method
- **Medical Care LPN/RN and Non Medical Health Care Aides**
- Supervision and direct care with activities of daily living
- Assistance with a physical fitness regimen
- Meal preparation/healthy eating
- Companionship and recreation
- Transportation
- Household tasks
- Light housekeeping
- Bathing and hygiene
- Assistance with mobility and ambulation
- **Cognitive Therapy - memory care for Dementia Care**
- **Specialized Care - Quarantine Care**
- Respite Services
- Palliative Care
- **FSCD - Children with Disabilities**

Nurse Anytime Home Care

Phone: 780.435.9959

Email: info@nurseanytime.com

www.nurseanytime.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.

Nurse Next Door

Phone: 1.888.988.5880

Email: Edmonton@NurseNextDoor.com

www.NurseNextDoor.com

Hours of Operation: Day or Night, We're available 24/7/365 to provide immediate care

- It's our goal at Nurse Next Door to provide you with all the necessary support you need day to day so you can continue to live your life as you have been living.
- When you book a free Caring Consult, you'll meet with a Care Designer who will design a comprehensive home care plan using our Happier Aging™ approach matching you with a perfect-fit caregiver who can help bring the plan to life.

- Our services range from friendly companionship to around-the-clock nursing care including respite care, personal care, Alzheimer's and dementia care as well as palliative care to provide comfort and peace of mind.
- Rest-Assured - we manage everything, every step of the way.

Veritas Seniors Concierge

Home Care Services for Seniors

Phone: 780.975.7927

Email: care@veritasseniors.ca

www.veritasseniors.ca

Hours of Operation: 24/7

- Veritas Seniors Concierge, an independent agency was started by a Registered Nurse over a decade ago in Edmonton.
- Specializing in Senior Care.
- Giving personalized care tailored to your family needs when and where care is required.
- Dignity, compassion, respect, listening, honesty and being present describes our approach to anything we do.
- Enter our family of compassionate Companion and Caregivers matched to your loved one.
- Absolute quality of life care is our goal
- Care available from a few hours a day to full time care.
- Book a complimentary home visit to learn more how our services can make a difference.
- Bonded, licensed and insured for your peace of mind.





Nurse Anytime
HOME CARE

Helping Seniors Remain
in the Comfort of Home!

780-435-9959

www.nurseanytime.com





Seniors Concierge

**Quality
Senior Home Care Services
for Over a Decade**

Some services are:

Companions	Personal Care	Dementia Care
Healthy Meals	Respite Care	Alzheimer's Care
Errands	Mobility & Exercise	Hospital Discharge
Housekeeping	Palliative Care	Live-In Care

Peace of mind care occurs where you call home.

Meaningful Work,
Meaningful Relationships

Call: **780-975-7927**
for your Complimentary Home Visit

care@veritasseniors.ca
www.veritasseniors.ca

Bonded Licensed & Insured



**Helping seniors
make the best
connection**

**Call
211**

Information and referrals to community and government supports. Press 2 for Seniors Information Phone Line.

**Call
311**

Information on City of Edmonton programs and services

**Call
411**

Directory assistance

**Call
511**

Alberta road conditions

**Call
811**

Health Link to speak with registered nurse

**Call
911**

Emergency services: police, fire & ambulance

**CONNECTING
EDMONTON
SENIORS**



EDMONTON
SENIORS
COORDINATING
COUNCIL

PODIATRY AND FOOT CARE

Comfort Footcare

Phone: 780.952.8551

Email: comfort_footcare@icloud.com

www.comfortfootcare.ca

Hours of Operation: Monday to Friday
8:00 am-4:00 pm. Services may be available during evenings and weekends. Comfort Footcare is a Nursing Company specializing in Private Footcare. We have over 20 years of Nursing Experience. We believe in providing quality services coupled with the strictest standards of practice.

Services Provided:

- Foot Care, Diabetic Foot Care, Hand Care. Services provided in your home.
- Foot Care Preventative Measures

Possible Interventions:

- Maintaining good skin integrity
- Corn & Callus Management
- Nail Care Including Treatment of Ingrowns & Fungal Infections

Comfort Footcare
Mobile In-Home
Services

Foot Care . Diabetic Foot Care . Nail Care

(780) 952-8551

Tanya Harding
LPN
comfort_footcare@icloud.com



OPTOMETRY

Alberta Association of Optometrists

www.optometrists.ab.ca

- An annual eye exam with your optometrist can help detect serious eye diseases before they compromise your sight.
- Optometrists recommend that babies have their first exam between six and nine months. At least one eye exam between the ages of two and five, and annually for everyone after age six.
- During an eye exam, your optometrist examines the tissues and structures inside the eye, looking for eye diseases.
- Many common eye diseases have no early signs or symptoms.
- Medically necessary and urgent care services are provided by optometrists. They have the proper knowledge, tools and equipment necessary to diagnose, treat and refer to a specialist, if needed. This includes things, such as: eye infections or injuries; foreign objects in the eyes; monitoring diabetes; and post-operative care.
- Check with your optometrists about your Alberta Health coverage for appointments.
- You can find an optometrist close to you by using the search tool on the website.



Your **SIGHT**
is a *gift* that
deserves
protecting!



FOR ALL THAT YOU LOVE . . .

If you're 65+ there's no better time to focus on quality vision care – to preserve your eye health, an active, independent life, and the chance to enjoy all that you love. Speak to your optometrist about your Alberta Health coverage.

Find an optometrist near you at optometrists.ab.ca

Alberta
Association
of Optometrists



ADDICTIONS RECOVERY

Cornerstone Residence

(Addictions Aftercare - 19 suites)
11838 82 St. NW
Phone: 780.474.7499
Population Served: Female/those who identify as female

Keystone Residence

(Addictions Aftercare - 15 suites)
11830 85 St. NW
Phone: 780.490.6501
Population Served: Male/those who identify as male

Transformations Program

(Addictions Treatment 32 beds)
9611 102 Ave. NW
Phone: 780.429.4274, ext. 230
Population Served: Male/those who identify as male

PETS

Alberta Helping Animals Society

Phone: 587-338-8668
Website: www.ahas.ca
Email: AlbertaHelpingAnimalsSociety@gmail.com
Alberta Helping Animals Society (AHAS) is a non-profit society developed to provide access to veterinary care and animal-related advice for the companion animals of vulnerable people, defined as low income, marginally housed, disabled, or otherwise disadvantaged.

COVID 19

Due to the ongoing COVID-19 pandemic, information in this directory is subject to change. We encourage you to phone the lister for up to date information.

