

Resources for Seniors and Older Adults

November 2016



Visit www.211edmonton.com to obtain a new copy if more than 6 months old.

Abuse

Canadian Mental Health Association (CMHA)
Seniors' Abuse Helpline (24/7)780-454-8888

Catholic Social Services
*Elder Abuse Resource and Supports (EARS)*780-477-2929

City of Edmonton Citizen Services780-496-4777
Relationships with Your Adult Children (60+ yrs)

Government of Alberta
Family Violence Info Line.....310-1818
Protection for Persons in Care (reporting). 1-888-357-9339

Multicultural Women and Seniors Services780-465-2992

OakNet: *Abuse of Older Adults*www.oaknet.ca

Sage Seniors Association
Seniors' Safe House (60+ yrs)780-702-1520

Government Services

Government of Alberta
Alberta Aids to Daily Living (AADL)780-427-0731
(funding for medical equipment and supplies)

Office of the Public Guardian and Trustee. 1-877-427-4525

Residential Access Modification (RAMP)780-427-5760

Saying Farewell Handbook.....780-644-9992

Seniors Financial Assistance Programs780-644-9992

Service Canada
Canada Pension Plan (CPP) / Old Age Security (OAS) / Guaranteed Income Supplement (GIS) 1-800-277-9914

Health / Home Care / Safety

Alberta Health Services (AHS)
Community Care Access (24/7).....780-496-1300

Community Urgent Services and Stabilization Team (FKA: Adult Crisis Response Team; 24/7).....780-342-7777

Health Link (24/7) 811

Home Care780-496-1300

Edmonton Meals on Wheels780-429-2020

ElderCare Edmonton - *Day Support Program*.....780-434-4747 x0

The Good Samaritan Society
Good Samaritan TeleCare ("help button").....780-431-3630

Yellow Pages Telephone Bookwww.yellowpages.ca
For private home care services look up "Home Health Services" or "Nurses' Registries".

Housing

Alberta Seniors Communities and Housing Association
.....www.ascha.com

Operation Friendship Seniors Society (*inner city*)780-408-2955

Sage Seniors Association
Housing Information Services (60+ yrs)587-773-1764

Information

Edmonton Seniors Coordinating Council (ESCC).... 780-423-5635

Online Resources.....www.seniorscouncil.net

Sage Seniors Association
Directory of Senior Services..... 780-423-5510

Seniors Information Phone Line..... 211

Seniors Centres / Groups

Contact individual agencies for services offered in your area for:

- *in-home assistance, home repairs, and yard work services*
- *health, fitness, recreational, social programs, and clubs*
- *outreach services, one-on-one support*

Central Lions Seniors Association (*north; 55+ yrs*).... 780-496-7369

Edmonton Aboriginal Seniors Centre
(central; 50+ yrs)..... 780-476-6595

Edmonton Seniors Centre (*central; 55+ yrs*) 780-342-8625

Lifestyle Helping Hands Seniors Association..... 780-450-2113

Mill Woods Seniors Activity Centre (*55+ yrs*)..... 780-496-2997

Multicultural Women and Seniors Services (*55+ yrs*) 780-465-2992

North Edmonton Seniors Association (*55+ yrs*)..... 780-496-6969

North West Edmonton Seniors Society (*55+ yrs*) 780-451-1925

Operation Friendship (*inner city only; 55+ yrs*)..... 780-429-2626

Sage Seniors Association
(central)..... 780-423-5510

Senior Citizen Opportunity Neighbourhood Association (SCONA)
(south only; 55+ yrs) 780-433-5377

Society of Seniors Caring About Seniors
(south only) 780-465-0311

South East Edmonton Seniors Association (*55+ yrs*) 780-468-1985

SouthWest Edmonton Seniors' Association (*55+ yrs*)587-987-3200

Strathcona Place 55+ Centre (*south*)..... 780-433-5807

Westend Seniors Activity Centre (*55+ yrs*)..... 780-483-1209

Transportation

Edmonton Aboriginal Seniors Centre..... 780-476-6595

Edmonton Transit System (ETS) 311

Disabled Adult Transit Service (DATS) 780-496-4567

Seniors' Transit Passes 780-496-1665

Lifestyle Helping Hands Seniors Association..... 780-450-2113

Operation Friendship Seniors Society
Helping Hands (inner city only; 55+ yrs) 780-429-2626

Seniors Assisted Transportation Society (SATS)..... 780-732-1221

Service Alberta - *Consumer Information*..... 780-427-4088

Parking Placards for Persons with Disabilities (or find "License and Registry Services" in Yellow Pages)

Society of Seniors Caring About Seniors
(south only) 780-465-0311

Dial 2-1-1 within Edmonton for more information or if you cannot find the particular service you are looking for.

If 211 is not yet available in your area call 780-482-INFO (4636).

Inclusion of an agency or service on this list does not constitute an endorsement by 211.