

Resources for Seniors and Older Adults

May 2017



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: *Older Adult Knowledge Network*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 Programs*780-644-9992
- 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 Care – Adult Services*780-496-1300
- 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
Online Seniors Housing Directory..... 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 Seniors Society
(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 Transit Service (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
- Service Alberta - *Consumer Protection*..... 780-427-4088
Parking Placards for Persons with Disabilities.780-427-7013
(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.