

Resources for Seniors and Older Adults

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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 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

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

Health Link (24/7)811

Home Care - Adult Services780-496-1300

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; 55+ yrs)..... 587-525-8969

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

Mill Woods Seniors Association (*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 (*65+ yrs*)
(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..... 780-424-5438

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

University of Alberta
Medically At - Risk Driver Centre 780-492-6273

Online Resources..... www.ualberta.ca/medically-at-risk-driver-centre

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.