

Resources for Seniors and Older Adults

November 2018



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 Services 780-496-4777
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
- OakNet: Older Adult Knowledge Network www.oaknet.ca
- Sage Seniors Association
Seniors' Safe House (60+ yrs) 780-702-1520
- The Shaama Centre for Seniors and Women
(FKA: Multicultural Women and Seniors Services Association)
..... 780-465-2992

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
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 Services 780-496-1300
- Edmonton Meals on Wheels 780-429-2020
- ElderCare Edmonton - Day Support Program 780-434-4747 x0
- The Good Samaritan Society
Good Samaritan TeleCare ("help button") 780-431-3630
- Yellow Pages Telephone Book www.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
- 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
- The Shaama Centre for Seniors and Women (*55+ yrs*)
(FKA: Multicultural Women and Seniors Services Association)
..... 780-465-2992
- 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 311
- 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.