

# Resources for Seniors and Older Adults

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Visit [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca) 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  
*Relationships with Your Adult Children* ..... 780-477-2929
- 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](http://www.oaknet.ca)
- Sage Seniors Association  
*Seniors' Safe House (60+ yrs)* ..... 780-702-1520
- The Shaama Centre for Seniors and Women ..... 780-465-2992  
(FKA: *Multicultural Women and Seniors Services Association*)

## 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  
*Community Care Access (24/7)* ..... 780-496-1300  
*Access 24/7, Adult Intake Services*  
(FKA: *Adult Community Urgent Services / Adult Crisis Response  
Team / Community Urgent Services and Stabilization Team /  
CUSST*) ..... 780-424-2424  
*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
- ElderDog Canada ..... 780-885-1226  
(*help for seniors with dog care and bereavement support*)
- The Good Samaritan Society - *TeleCare (help button)* 780-431-3630
- Yellow Pages Telephone Book ..... [www.yellowpages.ca](http://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](http://www.ascha.com)
- Operation Friendship Seniors Society (*inner city*) ..... 780-429-2626
- Sage Seniors Association  
*Housing Information Services (55+ yrs)* ..... 587-773-1764

## Information

- Edmonton Seniors Coordinating Council (ESCC).... 780-423-5635  
*Online Resources*..... [www.seniorscouncil.net](http://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 (55+ yrs)..... 780-496-7369
- Edmonton Aboriginal Seniors Centre (55+ yrs) ..... 587-525-8969
- Edmonton Seniors Centre (*central*; 55+ yrs)..... 780-425-8625
- 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 ..... 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).... 780-465-0311
- South East Edmonton Seniors Association (55+ yrs).. 780-468-1985
- SouthWest Edmonton Seniors' Association (55+ yrs) 587-987-3200
- Strathcona Place Society (55+ yrs)..... 780-433-5807
- Westend Seniors Activity Centre (55+ yrs) ..... 780-483-1209
- ## Transportation
- Drive Happiness Seniors Association ..... 780-424-5438
- Edmonton Transit Service (ETS) ..... 311  
*Disabled Adult Transit Service (DATS)* ..... 780-496-4567  
*Seniors' Transit Passes* ..... 311
- 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 (65+ yrs)... 780-465-0311  
(*Cannot accommodate those with wheelchairs*)
- University of Alberta  
*Medically At-Risk Driver Centre* ..... 780-492-6273  
*Online Resources*..... [www.mard.ualberta.ca](http://www.mard.ualberta.ca)

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.*