

Resources for Seniors and Older Adults

May 2021



Service delivery may be affected by COVID-19. Please contact the agency to confirm availability of the service.

Visit www.edmonton.cmha.ca to obtain a new copy if more than 6 months old.

Abuse

Canadian Mental Health Association (CMHA)	
<i>Seniors' Abuse Helpline (24/7)</i>	780-454-8888
Catholic Social Services	
<i>Elder Abuse Resource and Supports (EARS) (65+ yrs)</i>	
.....	780-477-2929
Government of Alberta	
<i>Family Violence Info Line (24/7)</i>	310-1818
<i>Protection for Persons in Care (reporting)</i> . 1-888-357-9339	
OakNet: <i>Older Adult Knowledge Network</i>	www.oaknet.ca
Sage Seniors Association	
<i>Seniors' Safe House (60+ yrs)</i>	780-702-1520
The Shaama Centre for Seniors and Women	780-465-2992

Government Services

Government of Alberta	
<i>Alberta Aids to Daily Living (AADL)</i>	780-427-0731
<i>(funding for medical equipment and supplies)</i>	
<i>Office of the Public Guardian and Trustee</i> . 1-877-427-4525	
<i>Residential Access Modification (RAMP)</i>	780-427-5760
<i>Saying Farewell Handbook</i>	780-644-9992
<i>Seniors Financial Assistance Programs (65+ yrs)</i>	
.....	780-644-9992
Service Canada	
<i>Canada Pension Plan (CPP) / Old Age Security Pension (OAS)</i>	1-800-277-9914

Health / Home Care / Safety

Alberta Health Services	
<i>Continuing Care Access</i>	780-496-1300
<i>Access 24/7, Adult Intake Services</i>	780-424-2424
<i>Health Link (24/7)</i>	811
<i>Home Care - Adult Services</i>	780-496-1300
Edmonton Meals on Wheels	780-429-2020
ElderDog Canada	780-885-1226
<i>(help for seniors with dog care and bereavement support)</i>	
The Good Samaritan Society	
<i>TeleCare (help button)</i>	780-431-3630
Yellow Pages Telephone Book	www.yellowpages.ca
<i>For private home care services look up "Home Health Services" or "Nurses' Registries".</i>	

Housing

Alberta Seniors Communities and Housing Association	
<i>Online Seniors Housing Directory (65+ yrs)</i> www.ascha.com	
Operation Friendship Seniors Society (<i>inner city</i>)	780-429-2626
Sage Seniors Association	
<i>Housing Information Services (55+ yrs)</i>	587-773-1764

Information

Edmonton Seniors Coordinating Council (ESCC)....	780-423-5635
<i>Online Resources</i>	www.seniorscouncil.net
Sage Seniors Association	
<i>Directory of Senior Services</i>	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 (<i>central</i> ; 55+ yrs).....	780-425-8625
ElderCare Edmonton - <i>Well Connected: Virtual Day Program</i>	
.....	www.eldercareedmonton.ca/wellconnected
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	
(<i>inner city only</i> ; 55+ yrs)	780-429-2626
Sage Seniors Association (55+ yrs).....	780-423-5510
Senior Citizen Opportunity Neighbourhood Association (SCONA) (55+ yrs).....	780-433-5377
The Shaama Centre for Seniors and Women (55+ yrs).....	
.....	780-465-2992
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 (65+ yrs)	780-424-5438
Edmonton Transit Service (ETS)	311
<i>Disabled Adult Transit Service (DATS) (16+ yrs)</i>	
.....	780-496-4567
<i>Seniors' Transit Passes (65+ yrs)</i>	311
Operation Friendship Seniors Society	
<i>Helping Hands (inner city only; 55+ yrs)</i>	780-429-2626
Service Alberta	
<i>Consumer Protection</i>	780-427-4088
<i>Parking Placards for Persons with Disabilities</i> .780-427-7013	
(<i>or find "License and Registry Services" in Yellow Pages</i>)	
University of Alberta	
<i>Medically At-Risk Driver Centre</i>	780-492-6273
<i>Online Resources</i>	www.mard.ualberta.ca

211 is now available province-wide by dialing 2-1-1, texting INFO to 211, or through live chat at www.ab.211.ca.

Contact 211 for more information or if you cannot find the particular service you are looking for.

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