

Resources for Seniors and Older Adults

May 2022



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)
Seniors' Abuse Helpline (24/7) 780-454-8888
- Catholic Social Services
Elder Abuse Resource and Supports (EARS) (65+ yrs)
..... 780-477-2929
Relationships with Your Adult Children 780-477-2929
- Government of Alberta
Family Violence Info Line (24/7) 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 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 (65+ yrs)
..... 1-877-644-9992
- Service Canada - *Canada Pension Plan (CPP) / Old Age Security Pension (OAS)* 1-800-277-9914

Health / Home Care / Safety

- Alberta Health Services
Continuing Care Access 780-496-1300
Access 24/7, Adult Intake Services 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 1-855-336-4226
(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
For private home care services look up "Home Health Services" or "Nurses' Registries".

Housing

- Alberta Seniors Communities and Housing Association
Online Seniors Housing Directory (65+ yrs) 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
- 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 780-496-7369
- Edmonton Aboriginal Seniors Centre (55+ yrs)..... 587-525-8969
- Edmonton Seniors Centre (central; 55+ yrs) 780-425-8625
- ElderCare Edmonton - *Well Connected: Virtual Day Program*
..... 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
(inner city, 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
Disabled Adult Transit Service (DATS) (16+ yrs)
..... 780-496-4567
Seniors' Transit Passes (65+ yrs) 311
- Operation Friendship Seniors Society
Helping Hands (inner city, 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)
- University of Alberta
Medically At-Risk Driver Centre 780-492-6273
Online Resources..... 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.