

# Resources for Seniors and Older Adults

November 2022



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

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) (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](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

## 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 (24/7)* ..... 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](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 (65+ yrs)* [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 ..... 780-496-7369
- Edmonton Aboriginal Seniors Centre ..... 587-525-8969
- Edmonton Seniors Centre (*central; 55+ yrs*) ..... 780-425-8625
- ElderCare Edmonton - *Well Connected: Virtual Day Program*  
..... [www.eldercareedmonton.ca/wellconnected](http://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](http://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](http://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.*