

Resources for Seniors and Older Adults

May 2023



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 (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
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 211 211

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
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
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
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.