

Resources for Seniors and Older Adults

November 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.....	780-427-0017
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 (or find "License and Registry Services" in Yellow Pages)	
.....	780-427-7013
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.