



Resources for Seniors & Older Adults

(Alberta requires 10-digit dialing – use area code 780 unless otherwise noted)

Abuse

City of Edmonton Community Services 496-4777
Relationship with Your Adult Children (60⁺)
 Elderly Adult Resource Service (EARS; 65⁺) 477-2929
 OakNet: *Abuse of Older Adults* www.oak-net.org
 Protection for Persons In Care (*reporting*) 1-888-357-9339
 SAGE – *Seniors' Safe House (60⁺)* 702-1520
 Seniors' Abuse Help Line (*24 hrs*) 454-8888

Government Services

Alberta Justice & Attorney General
Public Trustee 427-2744
 Alberta Seniors and Community Supports
Alberta Aids to Daily Living (AADL) 427-0731
Alberta Seniors Information Line 427-7876
Office of the Public Guardian 422-1818
Residential Access Modification (RAMP) 427-5760
Saying Farewell Handbook 427-7876
 (what to do before/after someone dies)
Seniors Programs & Services Info Guide 427-7876
 Human Resources & Skills Development Canada
CPP/Old Age Security (OAS)/GIS 1-800-277-9914

Health/Home Care/Safety

Alberta Health Services (AHS)
Adult Mental Health Crisis Response Team 342-7777
Alberta Aids to Daily Living (AADL)
 (assessments for bathroom safety
 and mobility equipment) 496-1300
Community Care Access (24 hrs) 496-1300
Home Care Intake Line (24 hrs) 496-1300
Health Link Alberta (24 hrs) 408-5465 (LINK)
 Edmonton Meals on Wheels 429-2020
 The Good Samaritan Society - *TeleCare Services*
 ("help button"/emergency response system) 431-3630
 Victorian Order of Nurses (VON) - Edmonton
Foot Care Clinics (clinic & home settings) 466-0293
 Yellow Pages (Telephone Book)
For private home care services refer to:
Home Health Services; Nurses & Nurses'
Registries; &/or Shopping Service – Personal

Information

Edmonton Seniors Coordinating Council (ESCC) 423-5635
www.seniorscouncil.net
 SAGE - Seniors Association of Greater Edmonton
Directory of Seniors Services 701-9012

Housing

Alberta Senior Citizens Housing Association www.ascha.com
 SAGE - Seniors Association of Greater Edmonton
Housing Resources 701-9018
Seniors Housing Guide (55⁺) 701-9012

Senior Centres/Groups/Services

Contact individual agencies for services offered:

- ⊗ referrals for driving, in-home assistance, home repairs and yard work services
- ⊗ health, fitness and recreational programs
- ⊗ social outreach services

Central

Edmonton General Continuing Care Centre
Community Outreach Program 342-8163
 Edmonton Seniors Centre (*45⁺; downtown*) 342-8625
 Native Seniors Centre (*drop-in; outreach; 55⁺*) 476-6595
 Operation Friendship (*inner city; 55⁺*) 429-2626
 Pride Centre - *GLBT Seniors Drop-In* 488-3234
 SAGE – Seniors Assoc. of Greater Edm 423-5510
Home Services (55⁺ or disabled) 701-9011
Seniors' Social Work Services 701-9005

Northeast

North Edmonton Seniors Association 496-6969
 Seniors Outreach Network Society (*north only; outreach to low-income, isolated seniors*) 451-4589

Northwest

Calder Seniors Drop-In Society 451-1925
 Central Lions Senior Citizens Recreation Centre 496-7369

Southeast

Society of Seniors Caring about Seniors 465-0311
 South East Edmonton Seniors Association (*55⁺*) 468-1985

Southwest

Lifestyle Helping Hands Seniors Association 450-2113
 SCONA - Senior Citizen Opportunity
 Neighbourhood Association 433-5377
 Society of Seniors Caring about Seniors 465-0311
 Strathcona Place Senior Citizen Centre 433-5807

West

Westend Seniors Activity Centre (*55⁺*) 483-1209

Transportation

Edmonton Transit System (ETS) 311
Disabled Adult Transit Service (DATS) 496-4567
Senior Citizen's Annual Passes 496-1665
 Parking Permits for Persons with Disability
Call License & Registry Services (Yellow Pages)

For more information, or if you cannot find the particular service you are looking for:

Within Edmonton dial: 2-1-1 If 211 is not yet available in your area call: 780-482-INFO (4636)

www.211edmonton.com

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

Last Updated: November 2009 – please obtain a new copy if more than 6 months old

For copies of this and other resource lists go to www.211edmonton.com and click on "Resource Lists".

The Support Network • Edmonton, Alberta • Phone: 780-482-0198 • Fax: 780-488-1495