



# 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
<i>Relationship with Your Adult Children (60<sup>+</sup>)</i>	
Elderly Adult Resource Service (EARS; 65 <sup>+</sup> )	477-2929
OakNet: <i>Abuse of Older Adults</i>	<a href="http://www.oak-net.org">www.oak-net.org</a>
Protection for Persons In Care ( <i>reporting</i> )	1-888-357-9339
SAGE – <i>Seniors' Safe House (60<sup>+</sup>)</i>	702-1520
Seniors' Abuse Helpline (24/7)	454-8888

## Government Services

Alberta Justice & Attorney General	
<i>Public Trustee</i>	427-2744
Alberta Seniors and Community Supports	
<i>Alberta Aids to Daily Living (AADL)</i>	427-0731
<i>Alberta Seniors Information Line</i>	427-7876
<i>Office of the Public Guardian</i>	422-1868
<i>Residential Access Modification (RAMP)</i>	427-5760
<i>Saying Farewell Handbook</i>	427-7876
<i>(what to do before/after someone dies)</i>	
<i>Seniors Programs &amp; Services Info Guide</i>	427-7876
Human Resources & Skills Development Canada	
<i>CPP/Old Age Security (OAS)/GIS</i>	1-800-277-9914

## Health/Home Care/Safety

Alberta Health Services (AHS)	
<i>Adult Mental Health Crisis Response Team</i>	342-7777
<i>Alberta Aids to Daily Living (AADL)</i>	
<i>(assessments for bathroom safety</i>	
<i>and mobility equipment)</i>	496-1300
<i>Community Care Services (24/7)</i>	496-1300
<i>Home Care Intake Line (24/7)</i>	496-1300
<i>Health Link Alberta (24/7)</i>	408-LINK (5465)
Edmonton Meals on Wheels	429-2020
The Good Samaritan Society - <i>TeleCare Services</i>	
<i>("help button"/emergency response system)</i>	
431-3630	
Victorian Order of Nurses (VON) - Edmonton	
<i>Foot Care Clinics (at clinic or home)</i>	466-0293
Yellow Pages (Telephone Book)	
<i>For private home care services refer to:</i>	
<i>Home Health Services; Nurses &amp;</i>	
<i>Nurses' Registries</i>	

## Information

Edmonton Seniors Coordinating Council (ESCC)	423-5635
	<a href="http://www.seniorscouncil.net">www.seniorscouncil.net</a>
SAGE - Seniors Association of Greater Edmonton	
<i>Directory of Seniors Services</i>	701-9012

## Housing

Alberta Senior Citizens Housing Association	<a href="http://www.ascha.com">www.ascha.com</a>
SAGE - Seniors Association of Greater Edmonton	
<i>Housing Resources</i>	701-9018
<i>Seniors Housing Guide (55<sup>+</sup>)</i>	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	
<i>Community Outreach Program</i>	342-8163
Edmonton Seniors Centre (45 <sup>+</sup> ; downtown)	342-8625
Native Seniors Centre ( <i>drop-in; outreach; 55<sup>+</sup></i> )	476-6595
Operation Friendship ( <i>inner city; 55<sup>+</sup></i> )	429-2626
Pride Centre - <i>GLBT Seniors Drop-In</i>	488-3234
SAGE – Seniors Assoc. of Greater Edm	423-5510
<i>Home Services (55<sup>+</sup> or disabled)</i>	701-9011
<i>Seniors' Social Work Services</i>	701-9005

## Northeast

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

## Northwest

Calder Seniors Drop-In Society	451-1925
Central Lions Senior Recreation Centre	496-7369 (311)

## Southeast

Society of Seniors Caring about Seniors	465-0311
South East Edmonton Seniors Association (55 <sup>+</sup> )	468-1985

## Southwest

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

## West

Westend Seniors Activity Centre (55 <sup>+</sup> )	483-1209
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## Transportation

Edmonton Transit System (ETS)	311
<i>Disabled Adult Transit Service (DATS)</i>	496-4567
<i>Senior Citizen's Annual Passes</i>	496-1665
Parking placards for persons with disability	
<i>Call License &amp; Registry Services (Yellow Pages)</i>	

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](http://www.211edmonton.com)

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

Last Updated: May 2010 – please obtain a new copy if more than 6 months old

For copies of this and other resource lists go to [www.211edmonton.com](http://www.211edmonton.com) and click on "Resource Lists".

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