

Pocket Guide for Seniors



November 2025

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About this Pocket Guide. This resource was put together by a group of researchers and practitioners in Edmonton who work with older adults. Our aim in creating this resource was to help older adults in Edmonton have a point of access for information and services which may be relevant to them as they age independently in the community. This is not intended to be an exhaustive listing of information and service providers, and it is purely for informational purposes. Each section features suggestions for readers or caregivers to perform their own searches for information to fit their situation. The listings included in this guide were selected with a few key criteria in mind:

- Whether an information or service listing specifically catered to older adults
- Whether the service would accommodate people experiencing physical limitations (i.e. mobility issues)
- Whether the service was publicly funded, subsidized, or otherwise would be suited for people with limited income

We hope that you will find this resource helpful.

DISCLAIMER: The information about services and providers contained in this guide was compiled using Google searches and presents a sample of the results. The authors **did not** vet the practices of these sample providers and **do not** endorse these organizations. The authors declare that they have no conflicting interests to disclose. It is your responsibility to verify and investigate providers and services. The information in this guide is accurate at the time of publication. The availability of the services and programs listed here may change; it is advisable to call ahead and make sure that a service is still offered.

This compendium is best used using the online version so that the online links can be accessed. Use the QR code or link below.



[Link](#)

Your feedback is important to us, it helps us understand what is working well and how we can make future editions even more helpful. Please use the QR code below to access the feedback form and share your thoughts.



[Link](#)

Note to Agencies and Programs: If you are from an agency or program and would like to be listed, removed or have your information updated in this Guide, please contact us.

Contact for comments/suggestions:

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Numbers to Know

211 Alberta

Phone: 211

Website: www.ab.211.ca

Obtain general information on services available in the province, including seniors' services, financial supports, support groups, mental health and health care, disability supports, government program assistance, as well as referral services. Available via phone, text or online chat.

211 Seniors Information Line

Phone: 211 and press '2'

Website:

www.edmonton.ca/programs_services/for_seniors/support-services

Obtain information on services and programs in the community which are relevant to seniors, including financial resources, housing options and recreation opportunities.

City of Edmonton City Services

Phone: 311

Website: www.edmonton.ca/programs_services/for-seniors

Obtain information on programs and services available in Edmonton, including recreation centers, municipal golf courses and the ETS trip planner.

Health Link

Phone: 811

Website:

www.albertahealthservices.ca/info/Page12630.aspx

Obtain health advice from a variety of health care professionals, mental health supports, find health care practitioners or connect with the Dementia Advice line. In some cases, assessments will be performed over the phone and referrals can be obtained.

Office of Alberta Health Advocates

Phone: (780) 422-1812 *(or call toll free in Alberta by dialing 310-000 before the phone number).*

Email: info@albertahealthadvocates.ca

Website: www.alberta.ca/office-of-alberta-health-advocates

Empowering Albertans to effectively advocate for their own health and health care, the Advocates provide referrals to appropriate programs and services which will address individuals' concerns and complaints or conduct reviews relating to mental health patient rights and the Alberta Health Charter.

Alberta Supports

Phone: 1-877-644-9992 (or 780-644-9992 in Edmonton)

Website: www.alberta.ca/alberta-supports

Provides access to family and social supports programs and services. Including services for seniors. Visit the website to apply online for supports or find service locations.

Family and Community Support Services (FCSS)

Website: www.fcssaa.org/about-fcss-programs/find-your-fcss-program/

FCSS is a partnership between the provincial government and municipalities which allows for the creation of preventative initiatives which will enhance the well-being of individuals, families and communities. Visit the website to find contact details for the FCSS office in your area.

Edmonton Public Library (EPL) Home Delivery

Phone: (780) 496-7000 (Main Branch)

Website: www.epl.ca/homedelivery/#home-service

EPL members who are unable to reach an EPL branch for over three months can access this service to have EPL collections brought to their home. Register with your local branch for this service.

Membership to the EPL is free. Visit www.epl.ca to obtain a library card and become a member and view branch locations and hours of operation. Members also have access to digital content, including online classes via the EPL website.

Financial Aid & Benefits



FEDERAL BENEFITS

Contact Service Canada for all inquiries about federal benefits.

For more information on eligibility, how much you could receive and how to apply for each benefit, call Service Canada at 1-800-277-9914 or visit the websites listed below for each benefit.

Canadian Pension Plan (CPP) Retirement Pension

A monthly, taxable benefit which replaces part of an individual's income when they retire.

Website:

www.canada.ca/en/services/benefits/publicpensions/cpp.html

Old Age Security (OAS) Pension

A monthly payment available to eligible adults aged 65 years and older. Enrollment

Website: www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html may be automatic under certain conditions.

Guaranteed Income Supplement (GIS) A monthly non-taxable benefit available to individuals aged 65 years and older who are receiving OAS pension and have low- income.

Website: www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement.html

Guaranteed Income Supplement (GIS) – Allowance A benefit available to individuals aged 60 to 64 years who are the spouse or common-law partner of a GIS recipient. The couple’s combined income must be less than the maximum annual threshold for the Allowance.

Website: www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance.html

Allowance for the Survivor A benefit available to individuals aged 60 to 64 years whose spouse or common-law partner has died. To be eligible, the applicant must not have

[ns/cpp/old-age-security/guaranteed-income-supplement/allowance-survivor.html](#)

remarried or become a common-law partner to another person since their spouse's death. There is also a maximum annual income threshold which applies.

PROVINCIAL BENEFITS



Alberta Aids to Daily Living (AADL)

Phone: (780) 427-0731 OR 310-0000 then (780) 427-0731 (toll free)

Website: www.alberta.ca/aadl-clients

AADL is a cost-share program that helps Albertans with a long-term disability and/or chronic or terminal illness to maintain independence in their communities. AADL provides funding for basic medical equipment and supplies to meet clinically assessed needs. For more information on eligibility, how to get medical equipment and supplies, cost sharing and details on the application process, call the number above or visit the website.

Seniors Financial Assistance Programs

Contact the **Alberta Supports Contact Centre** at 1-877-644-9992 or visit the website at www.alberta.ca/seniors-financial-assistance for all inquiries about these programs.

The Seniors Financial Assistance Programs are a collection of supports available to Albertan adults

aged 65 years and older. These provincial supports are intended to supplement federal financial assistance programs.

Persons living in Alberta who meet residency requirements will receive an information package in the mail before their 65th birthday. If you have not already received an information package, would like to obtain an application, or to obtain more information, call the number listed above for the Alberta Supports Contact Centre. You can also visit the website listed above for more information, to apply online or to download and print an application form.

The Seniors Financial Assistance application only needs to be completed once. After completing and submitting a Seniors Financial Assistance application form, applicants are automatically assessed for the **Alberta Seniors Benefit, the Special Needs Assistance for Seniors, the Dental and Optical Assistance for Seniors, and Health Coverage for Seniors programs.**

The Seniors Property Tax Deferral Program and the Seniors Home Adaptation and Repair Program must be applied for separately.

Alberta Seniors Benefit

A benefit intended to supplement federal financial assistance programs.

Website:

www.alberta.ca/alberta-seniors-benefit

To qualify applicants must:

- meet the eligibility criteria for the Seniors Financial Assistance Program
- be receiving the Old Age Security Pension and,
- meet financial eligibility criteria.

A Supplementary Accommodation Benefit is available for eligible older adults who reside in a designated supportive living or long-term care facility.

Special Needs Assistance for Seniors Program

Website:

www.alberta.ca/seniors-special-needs-assistance

Available to eligible low-income older adults to assist with the cost of certain furniture/appliances and specific health and personal supports (i.e. CPAP machine, diabetic supplies, housekeeping, laundry costs, respite care).

To qualify applicants must:

- meet eligibility criteria for the Seniors Financial

Assistance program and,

- meet financial eligibility criteria.

Dental and Optical Assistance for Seniors Program

Intended to assist eligible seniors with covering the cost of basic dental and optical services.

Website:

www.alberta.ca/dental-optical-assistance-seniors

To applicants must:

- meet the eligibility criteria for the Seniors Financial Assistance Program,
- receive Old Age Security pension and,
- meet financial eligibility criteria.

More details on income thresholds, and coverage for each category can be found on the website.

Coverage for Seniors

Provides premium-free coverage for prescription medication and health-related services which are not covered under the AHCIP (Alberta Health Care Insurance Plan).

Website:

www.alberta.ca/coverage-for-seniors-program

The program is administered by Alberta Blue Cross, who also manages claims. Eligibility and registration is managed by AHCIP.

Seniors' Discount on Personal Registry Services

Website: www.alberta.ca/seniors-discount

As of April 1, 2024, Albertans aged 65 years and older can receive a discount (25%) on personal registry services, such as driver's license renewals, passenger vehicle registrations, driver's abstracts, marriage license and birth certificates. A full list of eligible services can be found on the website. Loan details and eligibility criteria are available on the website.

Seniors Property Tax Deferral Program

Phone: 1-877-644-9992 (Alberta Supports Contact Centre)

Website: www.alberta.ca/seniors-property-tax-deferral-program

A program providing a low-interest home equity loan with the Government of Alberta which allows qualifying senior homeowners to voluntarily defer all or part of their residential property taxes (the education tax portion included). If eligible, the program will pay the residential property taxes

directly to your municipality on your behalf). Loan details and eligibility criteria are available on the website.

Seniors Home Adaptation and Repair Program (SHARP)

Phone: 1-877-644-9992 (Alberta Supports Contact Centre)

Website: www.alberta.ca/seniors-home-adaptation-repair-program

A program providing a low-interest home equity loan with the Government of Alberta which can be used to cover repairs, adaptations and renovations to the applicant's primary residence. The goal of the program is to help seniors remain independent and safe in their homes, and improve accessibility, mobility and energy efficiency in their homes.

Residential Access Modification Program (RAMP)

Phone: (780) 427-5760

Website: www.alberta.ca/residential-access-modification-program

A grant program providing low-income Albertans with mobility challenges financial assistance to modify their home to remain living safely in their home. Modifications for persons awaiting hospital discharge or in palliative care are approved and funded first. All other applications are then considered on a first-

come first-served basis as per the natural cycle within the program.

Seniors' Groups & Centres

Edmonton Seniors Coordinating Council (ESCC)

Phone: (780) 423-5635

Website: <https://seniorscouncil.net>

The ESCC is an umbrella organization linking senior-serving organizations and promoting senior-focused initiatives within Edmonton. It provides online resources for older adults including an online newsletter which includes news, events, and volunteer/work opportunities for older adults.

Connecting Edmonton Seniors

Website: www.connectingedmontonseniors.ca

Created by the Pan-Edmonton Group Addressing Social Isolation of Seniors (PEGASIS), a collaborative of senior-serving agencies in Edmonton, this website provides information and resources to assist senior individuals who are at-risk of or experiencing social isolation.

Seniors Association of Greater Edmonton (SAGE)

Phone: (780) 423-5510

Website: www.mysage.ca/about-us/programs-and-services

Email: info@mysage.ca

A non-profit organization with the goal of enhancing the quality of life of older persons and their families. SAGE provides services that promote socialization, enhance the well-being of older persons and assist older persons in actively participating within the community.

Seniors United Now (SUN)

Phone: (780) 449-1816

Website: www.seniorsunitednow.com

A non-profit organization linking older adults with programs, benefits, and services and acting as an advocate and resource on issues affecting older adults' quality of life. SUN has chapters in Edmonton, Sherwood Park, and St. Albert.

Multicultural Seniors Outreach Program

Phone: (780) 423-1973

Website: www.mchb.org/multicultural-seniors-outreach/

Email: mchb@mchb.org

A partnership program between the Multicultural Health Brokers (MCHB) and SAGE, this outreach effort connects with individuals who are experiencing

isolation due to language and cultural barriers and provides them with assistance in connecting to the systems they need to thrive in the community.

Senior Centres



For a listing of senior centres in the Edmonton area visit:

www.edmonton.ca/programs_services/for_seniors/senior-centres

Alberta 211 also provides a listing of senior centres and social activities in your community. Enter your community name in the search box for results in your area.

Day Programs

Phone: (780) 496-1300

Adult Day Programs are available for adults 18 years of age and older who may be experiencing physical and/or memory challenges or live with a chronic illness. Day Programs work to optimize adults' level of physical, spiritual, social and emotional function, and enhance their ability to remain living in the community.

To access a program, you must first obtain a referral to Home Care (by a physician or other health care provider). A Home Care Case Manager will follow up to see if Adult Day Programs are a good fit for your

needs. For more information, call the phone number above or visit the websites below.

Alberta Health Services – Community Care Access

www.albertahealthservices.ca/cc/Page15504.aspx

Capital Care CHOICE Programs

www.capitalcare.net/page159.aspx

Household Services

This section includes listings for organizations providing services ranging from house cleaning to moving services.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

house cleaning for seniors + [your community]

home repairs for seniors + [your community]

yard maintenance [your community] + senior discount

moving services for seniors + [your community]

Seniors Home Supports Program

Phone: Varies by district; see website for details.

Website: www.seniorscouncil.net/seniors-home-supports

The Seniors Home Supports Program is a referral service connecting seniors with screened service providers that offer household services, including housekeeping, snow removal, moving help, personal care and others. Visit the website for more information on the scope of services and how to obtain referrals.

Society of Seniors Caring About Seniors (SSCAS)- Household Service Program

Phone: (780) 465-0311

Website: <http://sscas.webnode.page/programs>

SSCAS Household Service program is offered to qualifying seniors to provide assistance with **household chores and minor home repairs**. To qualify seniors must be registered as members with SSCAS.

Housekeeping & Home Organization



Providers that offer customizable residential cleaning services tailored to older adults, or offer a discount to

older adults, as well as providers assisting with home organization (decluttering/downsizing, organization).

Service Provider	Contact Information
Dust Queen	Phone: (780) 448-4973 Website: www.dustqueen.com
Your Organized Friends	Phone: (780) 996-3583 Website: www.yourorganizedfriends.ca
Nice to be Clean	Phone: (780) 940-3866 Website: www.edmonton-cleaning.com/house-cleaning-for-seniors
Bless this Mess	Phone: (780)-902-6377 Website: www.blessthisMESS.ca
Home Keepers	Phone: (780) 784-7531 Website: www.homekeeperscleaning.ca
Strathcona County Home Support Services	Phone: (780) 464-4044 Website: www.strathcona.ca/community-families/affordable-services/home-support-services/

Lawn Care & Snow Removal



Listings include providers offering lawn care and snow removal services. Generally offered as a year-round package; inquire with individual providers about service delivery.

Service Provider	Contact Information
Chris's Property Maintenance	Phone: (780) 217-7914
LandSharx	Phone: (780) 451- 6600 Website: www.landsharx.ca
University Landscaping and Snow Removal Ltd	Phone: (780) 496-9093 Website: www.university-landscaping.com
Lawnbusters/ Snowbusters (Volunteer Strathcona)	Phone: (780) 464-4248 Website: https://volunteerstrathcona.ca/lawnbusters/ https://volunteerstrathcona.ca/snowbusters/ *Strathcona County residents only
EDM Snow Services	Phone: (587) 410-7282 Website: www.edmsnow.ca

Moving Services



Listings include standard moving services (i.e. packing/unpacking, storage and delivery) offered at a discount to older adults, as well as providers offering assistance (sorting/decluttering, downsizing) and coordination with relocation.

Service Provider	Contact Information
Elder Move	Phone: (780) 668-9767 Website: www.eldermove.ca
Move Coordinators	Phone: (780) 668-8811 Website: www.movecoordinators.ca
Action Moving	Phone: (780) 474-2861 Website: www.actionmoving.ca
Helping Hands Family Movers	Phone: (780) 218-5550 Website: www.helpinghandsfamilymovers.com
Canadian Moving Services	Phone: (780) 232-0275 Website: www.canadianmovingservices.com
Eager Beaver Moving	Phone: (780) 434-1100 Website: www.eagerbeavermoving.com

Grocery Delivery & Prepared Meals



WECAN Food Basket Society

Phone: (780) 413-4525

Website: www.wecanfood.com

WECAN efforts are focused on assisting individuals with fixed incomes to have access to healthy food options, like fresh produce and frozen meats. Members pay a small annual fee and can place orders for food as per their household needs. Orders must be picked up at a selected depot location.

Grocery delivery is available from most major supermarkets. Listed below are select providers offering grocery delivery. Delivery fees and minimum order amounts may apply to grocery orders.

Service Provider	Contact Information
Voila Online Grocery Delivery	www.voila.ca
PC Express Online Grocery Delivery	www.realcanadiansuperstore.ca/online-grocery-shopping
Save-on-Foods Online Grocery	www.saveonfoods.com
SPUD Grocery Delivery	www.spud.ca

Prepared Meal Delivery

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

prepared meals for seniors + [community]

ready to eat meal delivery + [community]

restaurant meal delivery + [community]

Edmonton Meals on Wheels

Phone: (780) 429-2020

Website: <https://emow.ca>

A local non-profit offering affordable meal options (frozen or fresh meals) delivered to your doorstep. Frozen meals are also available for pickup from the downtown location or Community Freezer locations in surrounding areas. Sign up for fresh meal delivery on the website or order frozen meals directly from the website for delivery. Minimums may apply. See website FAQ for details.

Heart to Home Meals

Phone: 1-888-777-2219

Website: www.hearttohomemeals.ca

Heart to Home Meals offers prepared frozen meal delivery that caters to older adults' lifestyles, tastes and nutrition. Meals have a diet coding system to assist with selecting meals that meet individual dietary needs, along with portion size options and texture options. Meals can be ordered online or by phone to be delivered straight to your door.

Additional independent prepared meal providers offering delivery in Edmonton and surrounding areas (in most cases) are listed below.

Service Provider	Contact Information
Dinner Factory	Phone: (780) 470-3463 Website: www.dinnerfactory.ca
Simply Supper	Phone: (780) 249-3113 (North) (780) 433-6958 (South) Website: www.simplysupper.ca
Westend Seniors Activity Centre Meal Program	Phone: (780) 483-1209 Website: www.weseniors.ca/meal-program/

Restaurant meal delivery is available in Edmonton and surrounding areas through the following online

and mobile app services. Delivery fees and/or minimums may apply to food orders and will vary by service provider.

Service Provider	Contact Information
DoorDash	Website: www.doordash.com
Foodora	Website: www.foodora.com
Skip the Dishes	Website: www.skipthedishes.com
Uber Eats	Website: www.ubereats.com

Errand/Concierge Services

Service providers which may offer assistance with tasks ranging from housework, grocery shopping, arranging transportation and/or medical appointments and providing companionship.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

- errand services for seniors + [your community]*
- errand services for seniors near me*
- senior concierge + [your community]*

Service Provider	Contact Information
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TimeSquared	Phone: (587) 453-4366 Website: www.timesquared.ca/
Tuktu	Phone: (780) 988-0369 Website: www.tuktu.ca
Peace of Mind Concierge	Phone: (780) 720-3035 Website: www.peaceofmindalberta.com
Sparkle and Sheen	Phone: (825) 512-1277 Website: www.sparkleandsheen.ca/services/elderly-care-companionship/

Health and Wellness

Seniors' Clinics & PCNs



Clinics offering age-specific care and programming, as well as specialized care for older adults.

Geriatric Central Access

Phone: (780) 401-2665

Website:

www.albertahealthservices.ca/findhealth/Service.aspx?id=1019656&serviceAtFacilityID=1053880

A central access referral service for clinicians to refer older adults to a geriatric clinic for a comprehensive geriatric assessment for issues including mobility, falls risk, incontinence and cognitive decline.

Patients are scheduled into any of the following clinics:

- Glenrose Rehabilitation Hospital Geriatric Assessment Clinic
 - University Hospital Seniors Health Clinic
 - Grey Nuns Community Hospital Geriatric Outpatient Clinic
 - Misericordia Community Hospital Seniors Clinic
 - Strathcona Community Hospital
 - Good Samaritan Seniors Clinic
-

Seniors Clinic - Kaye Edmonton Clinic

Phone: (780) 407-6947

Website:

www.albertahealthservices.ca/findhealth/Service.aspx?id=1080362&serviceAtFacilityID=1125478

Provides assessments for older adults with complex medical needs, including: dementia, delirium, polypharmacy, functional decline and more.

Geriatric Psychiatry Clinic - Glenrose Rehabilitation Hospital

Phone: (780) 735-6099

Website:

www.albertahealthservices.ca/findhealth/Service.aspx?id=5756&serviceAtFacilityID=1005635

Outpatient clinic providing assessment, treatment plans and ongoing support for older adults with mental health concerns who are not in the hospital.

Primary Care Networks (PCNs)

Clinics offering a team-based health care model. PCNs are a collaborative effort between healthcare professionals including physicians, dietitians, nurses, nurse practitioners, mental health professionals, pharmacists, and social workers to provide comprehensive patient care. Certain PCNs in Edmonton and surrounding areas offer seniors health services, as listed below.

Service Provider	Contact Information
Edmonton Community Health Hub North	Phone: (780) 473-7131 Website: www.enpcn.com
Edmonton O-Day'Min PCN <i>(Seniors' Community Hub)</i>	Phone: (780) 453-3757 Website: www.eopcn.ca/
Edmonton West PCN	Phone: (780) 443-7477 Website: www.ewpcn.com
Edmonton Southside PCN <i>(Seniors' Centre Without Walls)</i>	Phone: (780)395-2626 Website: www.edmontonsouthsidepcn.ca
Sherwood Park/ Strathcona County PCN	Phone: (780) 410-8000

<i>*Also serves the Fort Saskatchewan region</i>	Website: www.sherwoodparkpcn.com
St. Albert & Sturgeon PCN <i>(Seniors Health)</i>	Phone: (780) 419-2214 Website: www.saspcn.com
Westview PCN <i>(Older Adult Community Health Navigator)</i>	Phone: (780) 960-9533 Website: www.westviewpcn.ca
Leduc Beaumont Devon PCN <i>(Leduc Eldercare Consultation Team)</i>	Phone: (780) 986-6624 Website: www.lbdpcn.com

Mobile Health Services



Provide lab work or imaging services to people with mobility or travel limitations that hinder them from attending in-person appointments. Allow continuity of care and minimize the barrier in accessing healthcare services.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

mobile blood collections + [your community]

mobile x-ray + [your community]

medical house calls + [your community]
medical diagnostic services + [your community]

Alberta Precision Laboratories (APL) Mobile Collections

Phone: (780) 453-9440

Website:

www.albertaprecisionlabs.ca/pc/Page13785.aspx

Mobile collection service (MCS) is available for patients facing significant medical challenges making them unable to access community blood collection sites. This service may only be requested by authorized providers, like a physician.

Service Provider	Contact Information
Canada Mobile X-Ray Inc.	Phone: (587) 320-2192 Website: www.canadamobilexray.ca
St. Michael's Mobile X-Ray	Phone: (780) 472-4504 Website: www.smhg.ca/community-ventures/mobile-x-ray/
Medicine Place Mobile Diagnostic X-ray	Phone: (587) 287-9729 Website: https://medicineplace.ca
Mobile Integrated Health Care	Website: https://www.albertahealthservices.ca/ems/Page16487.aspx

Direct Health Solutions	Phone: (403) 973-3188 E-mail: info@directhealthcanada.ca Website: www.directhealthcanada.ca *mobile service (nurse practitioner)
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Occupational Therapy (OT) & Physiotherapy (PT)

Provide in-home OT/PT services to support daily activity, rehabilitation, and quality of life. Improves functional independence and overall wellbeing.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

mobile physiotherapy + [your community]
in home physiotherapy + [your community]
mobile occupational therapy + [your community]

Service Provider	Contact Information
50+ Physio and Performance	Phone: (587) 416-2668 Website: www.50plusphysio.com/physiotherapy-at-home-edmonton/

Adam Physio & Sports Clinic	Phone: (780) 906-6262 Website: www.adamphysio.com
InHome Physical Therapy & Massage	Phone: 1-844-256-7684 Website: www.inhomephysicaltherapy.ca
Therapy2U	Phone: (780) 851-8897 Website: www.therapy2u.ca
Transform Physio and Wellness	Phone: (780) 975-5635 Website: www.transformphysio.ca
Stork Mobile Physiotherapy	Phone: (587) 606-2291 Website: www.storkphysio.com
Glenriding Physiotherapy	Phone: (780) 250-4950 Website: http://glenridingphysio.com

Finding Balance – Fall Prevention

Website: www.findingbalancealberta.ca

An education program and public awareness campaign developed and led by the Injury Prevention Centre at the University of Alberta. The program’s goal is to educate and empower older Albertans to stay independent and prevent falls.



Dietitians

Offer diet-related counseling and recommendation on a person-centered diet plan. Enhanced overall wellness and chronic illnesses management.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

nutritionist or dietitian + [your community] + senior discount

nutritional counselling+ [condition, i.e. diabetes] + [your community]

fitness programs for older adults + [your community]

[free or low cost] fitness classes+ seniors + [your community]

Service Provider	Contact Information
Alberta Health Services – Nutrition Services	Website: www.albertahealthservices.ca/nutrition/page16475.aspx Find links to nutrition information, workshops and classes, and how to access a dietitian in your health region.

Covenant Health – Nutrition Counselling	Website: www.covenanthealth.ca/services/nutrition-counselling Referral-based access to nutritional counselling at Covenant Health outpatient clinics.
City of Edmonton Nutrition Services	Website: www.edmonton.ca/activities_parks_recreation/nutrition-services
Dietitians of Canada	Phone: 1 (877) 721-0876 Website: www.dietitians.ca Access to a directory of private-pay dietitians, with the ability to search by city.

Fitness

Recreation and fitness classes or programs geared towards older adults offered in-person or virtually. In addition, many senior centers, and some PCNs, offer fitness classes as part of their programming.

Service Provider	Contact Information
WE Seniors 8-Week Fitness Program	Website: www.weseniors.ca/8-week-fitness-program-for-seniors
City of Edmonton	Recreation for Seniors:

	<p>Website: www.edmonton.ca/programs_services/for_seniors/recreation</p> <p>Older Adult Classes:</p> <p>Website: movelearnplay.edmonton.ca/COE/public/category/browse/GFADULT#gsc.tab=0</p>
<p>Strathcona County – Programs for Seniors</p>	<p>Phone: (780) 464-8262</p> <p>Website: www.strathcona.ca/community-families/seniors/seniors-recreation-and-culture-programs/ www.strathcona.ca/recreation-events/activities/recreation-programs/adult-older-adult-programs/</p>
<p>YMCA of Northern Alberta</p>	<p>Website: www.ymcanab.ca/programs/health-wellness</p> <p>Offer fitness and nutritional education programming at locations across Edmonton. Subsidies may be available.</p>
<p>Breathe Fitness</p>	<p>Phone: (780) 953-5083</p> <p>Website: www.breathe-fitness.ca/older-adult-fitness/</p>

Vision Care

Service providers that offer mobile optician services, facilitating the process of shopping for eyewear from the comfort of your home.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

mobile vision care + [your community]

in home vision care + [your community]

mobile optician + [your community]

mobile optometry + [your community]

Service Provider	Contact Information
Glasses to Go Mobile Vision Care	Phone: (780) 916-6646 Website: www.glasses2go.ca
Eye Stylist	Phone: (780) 993-5990 Website: www.eyestylist.ca *mobile service
Nukumi Eyewear	Phone: (780) 868-5577 Website: www.nukumieyewear.ca *mobile service

Mobility & Daily Living Aids ***(walkers, wheelchairs, etc.)***



Program/business provides services or products that help seniors with day-to-day functioning. Products including but not limited to walkers, grabbers, specialized scooters/wheelchairs. Improves independence, ability to ambulate, and overall wellness.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

aids to daily living + [your community]

mobility aid retailers + [your community]

scooters/wheelchair distributors + [your community]

assistive device retailers + [your community]

Service Provider	Contact Information
Congdon's Aids to Daily Living Ltd	Phone: (780) 483-1762 Website: www.congdons.ca
Healthcare Solutions	Phone: (780) 406-3500 Website: www.healthcaresolutions.ca

Home Health Store	Phone: (780) 469-8499 Website: www.homehealthstore.ca
MEDMobility	Phone: (780) 451-5445 (North) (780) 437-3300 (South) Website: www.medmobility.ca
Motion	Phone: (780) 468-4002 Website: www.motioncares.ca

Audiologists & Hearing Aids



Service providers offer audiology services including hearing testing and customized hearing devices for people with hearing loss or difficulties.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

mobile audiologist + [your community]
mobile hearing (aid) testing + [your community]
hearing aid practitioners + [your community]

Service Provider	Contact Information
Ears to You	Phone: (780) 616-1929

	<p>Website: www.earstoyou.ca/edmonton-hearing-tests/</p> <p>*mobile service</p>
Audiology Clinic of Northern Alberta	<p>Phone: (780) 433-4441</p> <p>Website: www.acnahearing.com</p>
Connect Hearing	<p>Phone (780) 540-0505 (North)</p> <p>Website: www.connecthearing.ca</p> <p>Multiple locations including Edmonton, Stony Plain, and Fort Saskatchewan.</p>
Hearing Life	<p>Phone: 1-888-514-9515</p> <p>Website: www.hearinglife.ca</p> <p>Has multiple locations including Edmonton, St. Albert, Spruce Grove, Leduc, Sherwood Park, and Fort Saskatchewan.</p>
Amplifon	<p>Phone: 1-844-385-2985</p> <p>Website: www.amplifon.com/ca/</p> <p>Has multiple locations including Edmonton, St. Albert, Spruce Grove, Stony Plain, and Sherwood Park.</p>
Medicine Place – Mobile Hearing Care Services	<p>Phone: (587) 287-9729</p> <p>Website: https://medicineplace.ca</p>



Dental Care

Provide seniors with oral health including dental care, denture services, and dental hygiene service, to achieve better oral health and improve overall wellness.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

- Mobile oral care + [your community]*
- Mobile dentist + [your community]*
- Mobile dental services + [your community]*
- Mobile dental hygiene + [your community]*
- Mobile denture services + [your community]*

Service Provider	Contact Information
Glenrose Dental Clinic (Oral Health Services)	Phone: (780) 735-8810 Website: www.albertahealthservices.ca/findhealth/Service.aspx?id=5753&serviceAtFacilityID=1005550
University of Alberta Hospital Dental Clinic	Phone: (780) 407-6854 Website:

	www.albertahealthservices.ca/findhealth/Service.aspx?id=5857&serviceAtFacilityID=1014374
AquaSeal In-Home Dentures	Phone: (780) 457-5841 Website: www.aquasealdentures.ca
Dan's Denture Clinic Ltd	Phone (780) 244-3200 Website: www.dansdentureclinic.com
Grace Denture Clinic	Phone: (780) 490-5509 Website: www.gracedenture.com
Grandview Denture Clinic	Phone: (780) 413-6126 Website: www.grandviewdentureclinic.com/
Jasmine Dental Hygiene	Phone: (780) 244-3368 Website: www.jasminedentalhygiene.ca/mobile-dental-hygiene-services *mobile service

Prosthetics & Orthotics

(knee/ankle braces, etc)

Providing prosthetics and foot orthotics to reduce pain, support mobility & function, and improve specific needs in ambulation or daily living.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

Orthotics/prosthetics clinic + [your community]

Orthotics/prosthetics providers + [your community]

Service Provider	Contact Information
AHS Orthotics Services - Glenrose Hospital	Phone: (780) 735-7940 Website: www.albertahealthservices.ca/findhealth/service.aspx?Id=5793&facilityId=7822
Foot Forward Orthotics and Pedorthics	Phone: (780) 293-5114 Website: www.footforward.ca
Orthotic Abilities	Phone: (780) 426-4414 Website: www.orthoticabilities.ca/
Karl Hager Limb and Brace	Phone: (780) 752-5771 Website: www.khager.com
Northern Alberta Prosthetic and Orthotic	Phone: (780) 452-9513 Website: www.napos.ca

Sleep Apnea & CPAP Therapy

Services listed here offer support to address restless sleep from sleep apnea or other sleep complaints to help achieve better sleep quality and overall mood throughout the day.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

Sleep clinic + [your community]

Sleep apnea treatment + [your community]

CPAP providers + [your community]

Service Provider	Contact Information
Sleep FX	Phone: (780) 459-9239 (St. Albert) Website: www.sleepfx.ca
Sleep Therapeutics	Phone: (780) 487-5355 (West) Website: http://sleeptherapeutics.ca/ Has additional locations in north Edmonton, south Edmonton and Sherwood Park.
Careica Health	Phone: 1-888-297-7889 Website: www.careicahealth.com/
Dream Sleep Respiratory	Phone: (587) 882-2868 Website: www.dreamsleep.ca

Aria MD Sleep Centre	Phone: (780) 809-0882 (South) Website: www.ariasleep.com Has additional locations in central Edmonton and St. Albert.
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Foot Care

Service providers that offer high-quality foot care including diabetics foot care to enhance independence/mobility, comfort, and quality of life.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

mobile foot care + [your community]
in home foot care + [your community]
foot care for seniors + [your community]

Service Provider	Contact Information
Alberta Foot Care	Phone: (780) 800-5507 Website: www.albertafootcare.ca
Edmonton Foot Care	Phone: (780) 488-5878 Website: www.edmontonfootcare.ca
Healthy Foot Mobile Foot Care	Phone: (780) 394-4466

	Website: www.healthyfeetmobile.ca
SoleGlow Medical	Phone: (780) 655-5084 Website: www.soleglowmedical.com
Elite Foot Care	Phone: (833) 325-3338 Website: www.elitefootcare.ca

Home & Respite Care

Offer in-home services and assistance for the elderly while providing short-term relief for their primary caregiver. There are publicly funded options, as well as self-financed options available.

Below are examples of search terms which can be entered into an internet search engine to find similar services. (Note: replace [community] with the name of your community):

home care providers + [your community]
subsidized home care + [your community]
ahs home care + [your community]
private home care + [your community]

Home and Community Care (“Home Care”)

Phone: (780) 496-1300

Website:

www.albertahealthservices.ca/cc/Page15488.aspx

Publicly funded personal and healthcare services for clients living in private residences (and retirement residences or lodges). Assistance is provided with activities of daily living that people are unable to do themselves or are unable to obtain help with from another source.

In some cases, individuals may have the option of receiving government funding to access home care services (i.e. through private pay home care agencies) through the following funding streams:

- **AHS Client Directed Home Care Invoicing Program**
 - Client Directed Home Care service Zone Map

- **Self-Managed Care program** (click on the “Self-Managed Care brochure link on the website listed above).

Individuals must undergo an assessment by an AHS case manager to obtain access to either publicly funded and provided home care, or government funding for home care through a different provider. To be eligible for an assessment, individuals must have a valid health care card (i.e. AHCIP).

Private Pay Home Care Agencies

Service Provider	Contact Information
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Nurse Anytime Home Care	Phone: (780) 435-9959 Website: www.nurseanytime.com
Serving Hands Senior Care	Phone: (780) 963-1516 Website: www.servinghandsseniorcare.com
Harmony Caregiving Inc.	Phone: (780) 328-3917 Website: www.harmonycaregiving.com
StaySure Home Care	Phone: (780) 993-2273 Website: www.staysurehomecare.com
Comfort Keepers	Phone: (780) 465-4665 Website: www.comfortkeepers.ca/edmonton

Medical Alarm Systems

Products including but not limited to emergency help buttons, hands-free automatic fall detect, and mobile GPS alert. Provided peace of mind to not only the users but also those who care for them.

Service Provider	Contact Information
Galaxy Medical Alert	Phone: 1-855-905-7414 Website: www.galaxymedicalalert.com
Liberty InTouch	Phone: 1-866-926-7233

	Website: www.libertysecurity.ca/for-seniors/
Life Assure	Phone: 1-800-354-5706 Website: www.lifeassure.com
LiveLife Personal Mobile Alarms	Phone: 1-877-801-7172 Website: www.livelifealarms.ca
Philips Lifeline	Phone: 1-866-784-1992 Website: www.lifeline.ca

Transportation

Seniors' fares are available on Edmonton Transit Service (ETS) public transportation options for individuals aged 65 years and older. Reduced rates are available on the purchase of tickets and monthly and annual passes. For information on participating retail sales outlets and Arc for seniors visit www.edmonton.ca/ets/senior-fares

In addition to public transit (i.e. ETS) and vehicle for hire services (i.e. taxi cabs, Uber), additional transportation services include accessible public transit and private transportation providers offering individualized service.

Below are examples of search terms which can be entered into an internet search engine to find

similar services. (Note: replace [community] with the name of your community):

transportation for seniors + [your community]

not for profit transportation providers + [your community]

wheelchair friendly transportation + [your community]

subsidized transportation for seniors + [your community]

Accessible Public Transit Services



Government-operated transportation services accommodating persons with mobility restrictions or other disabilities which may make it challenging to use conventional public transportation. These services typically require an intake process and offer fare-based services.

Region	Service Provider and Contact Information
Edmonton	Dedicated Accessible Transit Service (DATS) Phone: (780) 496-4567, Option 3 Website: www.edmonton.ca/ets/dedicated-accessible-transit-service
St. Albert	St. Albert Transit Handibus Phone: (780) 418-6060

	<p>Website: www.stalbert.ca/city/transit/handibus</p>
<p>Stony Plain/Spruce Grove/Parkland County</p>	<p>Accessible Transportation Service (ATS) Phone: (780) 963-5444 Website: www.sprucegrove.org/services/accessible-transportation-service-ats</p>
<p>Fort Saskatchewan</p>	<p>Fort Lions Transportation Society (FLTS) Phone: (780) 940-5247 Website: www.fortsasklions.com/fort-lions-transportation-society.html</p>
<p>Strathcona County</p>	<p>Strathcona County Mobility Bus Phone: (780) 449-9680 Website: www.strathcona.ca/transportation-roads/transportation/strathcona-county-accessible-transit</p>
<p>Leduc</p>	<p>Leduc Assisted Transportation Service (LATS) Phone: (780) 980-8444 Website: www.leduc.ca/residents/leduc-transit/assisted-services</p>



Private Transportation Providers

Not-for-profit and for-profit private transportation providers offering transportation options for persons who may be unable to use other transportation services, such as public transit or vehicles for hire. Providers may require an application or registration process prior to using their services.

Service Provider	Contact Information
Drive Happiness	Phone: (780) 424-5438 Website: www.drivehappiness.ca *not-for-profit
Bridge to Care	Phone: (780) 591-1000 or 1-800-717-5536 Website: www.bridgetocare.org
Driving Miss Daisy	Phone: 1-877-613-2479 (Head Office) Website: www.drivingmissdaisy.ca Offer services in multiple locations including Edmonton, St. Albert, Fort Saskatchewan, Spruce Grove, Stony Plain and Devon.
Royal Wagon	Phone: (587) 459-2555 Website: www.royalwagon.ca
St. Albert Seniors	Phone: (780) 459-0433

Association Handibus	Website: www.stalbertseniors.ca/services/transportation/ *not-for-profit
Care for a Ride	Phone: (780) 417-2222 Website: www.careforaride.com