

Helping seniors find trustworthy information



211 Alberta

Free, confidential service that provides information and referral to a wide range of community, social and government services. Dial 211 or visit www.ab.211.ca

Alberta Seniors Advocate

Help to resolve your issues by linking you to government and community resources.

Toll Free: 1-844-644-0682

Edmonton: 780-644-0682



Sage Seniors Association Directory of Seniors Services

Comprehensive directory of community, social and government services.

To get a copy of the directory:

- Access online by searching for “Sage directory”
- Pick up a printed copy at any Edmonton area seniors centre
- Call 780-423-5510



Search for information on your computer

How to search: In the top right corner of your computer screen look for the word Google, Bing or Firefox followed by a blank white bar. Move the flashing cursor to this bar and start typing. When you have typed in the words, press *enter*.

Caregiver Support Services

Search: Caregivers Alberta

Search: Alzheimer society

Conflict in the Home

Search: Elder Abuse

Dementia

Search: Alzheimer society

Grief and Loss

Search: Edmonton grief and loss

Health Concerns

Search: my health Alberta

Help at Home

Search: seniors home supports

Search: MARD mobility guide

Housing

Search: seniors housing directory

Search: Alberta continuing care

Income Supports

Search: Alberta seniors benefit

Search: Canada benefits finder

Legal

Search: Oaknet (Canadian law for older adults)

Search: Alberta public guardian and trustee

Search: Fraud Government of Canada

Mental Health

Search: Seniors mental health Edmonton

Search: Drop in counselling Edmonton

Recreation

Search: recreation directory for older adults

Transportation

Search: MARD mobility guide

Search: Edmonton Transit accessibility