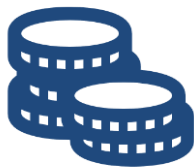


# A Guide to Mobility & Independence

A Comprehensive Listing of Essential Services and Transportation Providers  
in Edmonton and Outlying Communities

10th Edition 2020





# A Guide to Mobility and Independence

## A Comprehensive Listing of Essential Services and Transportation Providers in Edmonton and Outlying Communities (10th Edition)

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Alvarado, S., Hussey, E., & Dobbs, B. M. (2020). *A guide to mobility and independence: A comprehensive listing of essential services and transportation providers in Edmonton and outlying communities* (10th ed.). Edmonton, AB: The DR Group.

### Previous Editions

- 9<sup>th</sup> Edition: Motamedi, M., Hussey, E., & Dobbs, B. M. (2019)
- 8<sup>th</sup> Edition: Hussey, E., Pidborochynski, T., & Dobbs, B. M. (2017)
- 7<sup>th</sup> Edition: Visram, F., Pidborochynski, T., & Dobbs, B. M. (2016)
- 6<sup>th</sup> Edition: Finley, C., Pidborochynski, T., & Dobbs, B. M. (2015)
- 5<sup>th</sup> Edition: Pidborochynski, T., & Dobbs, B. M. (2014)
- 4<sup>th</sup> Edition: Bhardwaj, P., & Dobbs, B. M. (2009)
- 3<sup>rd</sup> Edition: Daly, S., Floralde, M., Dobbs, B. M., & Dobbs, A. R. (2007)
- 2<sup>nd</sup> Edition: Dautovich, N., Vandenberghe, C., Dobbs, B. M., & Dobbs, A. R. (2003)
- 1<sup>st</sup> Edition: Bork, K., Morgensen, L., Dobbs, B. M., & Dobbs, A. R. (2000)



## Message from the Authors

Mobility is important to an individual's health and independence. However, sometimes health conditions and other circumstances limit mobility. When that happens, it is necessary to find alternative ways of accessing services that are important to an individual's overall independence and well-being.

To assist in this effort, we have put together a listing of organizations and businesses that provide essential services and transportation in Edmonton and surrounding area. All of the organizations and businesses listed in this Guide were contacted personally or identified through web-based searches. As well, a majority of the organizations listed in this Guide have a *focus on older adults*, *offer in-home services*, or *offer older adults a discount* toward their services.

Although our searches were comprehensive, it is possible that we may have missed some organizations and/or businesses providing services to seniors. If so, we apologize in advance and request that those organizations and/or businesses contact us to enable the addition of their organization to this Guide. As well, for some sections of this Guide (e.g., Housekeeping, Lawn Care & Snow Removal, etc.), many organizations and/or businesses exist in Edmonton and surrounding area. In these cases, we randomly selected, called, and where appropriate, included these organizations and/or businesses in the Guide. Our aim was to provide a representative, rather than an exhaustive, listing of the organizations and/or businesses serving older adults that are available in Edmonton and surrounding area.

If you require further information or more copies of this Guide, please contact the Medically At-Risk Driver Centre (MARD) at (780) 492-6273 or email [mard@ualberta.ca](mailto:mard@ualberta.ca). You also can access an online version (PDF format) of this Guide by going to the following website: [www.mard.ualberta.ca](http://www.mard.ualberta.ca)

### Disclaimer

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# FINANCIAL PROGRAMS & BENEFITS

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## **Federal Benefits**

### **Canadian Pension Plan (CPP)**

Phone: 1-800-277-9914

Website: [www.canada.ca/en/services/benefits/publicpensions/cpp.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp.html)

The CPP is a retirement pension that is a monthly taxable benefit that is intended to replace part of an individual's income when they retire. To be eligible, applicants must be at least 60 years old, and have made at least one valid contribution to the CPP. The CPP is not automatic and must be applied for in advance of when the applicant wants the CPP pension to start. The amount of benefit available is based on the applicant's average earnings throughout their working life, the applicant's contributions to the CPP, and the age at which the applicant decides to start their CPP retirement pension. Applicants can choose to receive the CPP as early as 60 years of age or as late as 70 years of age. In addition to the CPP, applicants may be eligible for other CPP benefits including the Post-Retirement Benefit, Disability Pension, Post-Retirement Disability Pension, Survivor's Pension, Children's Benefit, and Death Benefit. These additional benefits also must be applied for. Applications can be mailed or submitted online through an individual's My Service Canada Account.

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### **Old Age Security (OAS)**

Phone: 1-800-277-9914

Website: [www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html)

OAS is a monthly pension that is available to eligible adults 65 years of age and older who meet Canadian legal status and residence requirements. For eligibility, if an individual is living in Canada, they must be a Canadian citizen or legal resident and must have resided in Canada for at least 10 years since the age of 18. If an individual is living outside of Canada, they must have been a Canadian citizen or legal resident on the day before the individual left Canada and have resided in Canada for at least 20 years since the age of 18. The amount of benefit available is based on how long the applicant has lived in Canada after the age of 18. Individuals can choose to defer their OAS pension for up to 60 months after the date the individual becomes eligible in exchange for a higher monthly amount. Choosing to defer the OAS pension may impact eligibility for provincial financial benefits. Service Canada has implemented a process to automatically enroll older adults who are eligible to receive the OAS. If an individual can be automatically enrolled, Service Canada will mail the individual a notification letter the month following their 64<sup>th</sup> birthday. If an individual has not received a letter from Service Canada, they must apply in writing for the OAS pension.

## **Old Age Security (OAS) (continued)**

In addition to the OAS pension, there are three types of OAS benefits: the Guaranteed Income Supplement, the Allowance, and the Allowance for the Survivor.

### **Guaranteed Income Supplement (GIS)**

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

The GIS provides a monthly non-taxable benefit to OAS pension recipients who are low-income and are living in Canada. To be eligible, applicants must be receiving the OAS pension and must have an annual income below the maximum annual income threshold.

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### **Allowance**

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

The Allowance is a benefit available to low-income individuals 60 to 64 years of age who are the spouse or common-law partner of a GIS recipient. To be eligible, the applicant must be 60 to 64 years of age, a Canadian citizen or legal resident, reside in Canada or have resided in Canada for at least 10 years since the age of 18, the spouse or partner receives an OAS pension and is eligible for the GIS, and applicant and spouse or common-law partner's annual combined income is less than the maximum allowable annual threshold.

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### **Allowance for the Survivor**

Website: [www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance-survivor.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security/guaranteed-income-supplement/allowance-survivor.html)

The Allowance is a benefit available to low-income individuals aged 60 to 64 years whose spouse or common-law partner has died. To be eligible, the applicant must be 60 to 64 years of age, a Canadian citizen or legal resident, reside in Canada or have resided in Canada for at least 10 years since the age of 18, the spouse or common-law partner has died and the applicant has not remarried or entered into a common-law relationship, and the applicant's annual income is less than the maximum allowable annual threshold.

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## **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/alberta-aids-to-daily-living.aspx](http://www.alberta.ca/alberta-aids-to-daily-living.aspx)

AADL is a cost-share program that assists individuals with a long-term disability and/or chronic or terminal illness in maintaining independence in their communities. AADL provides funding for basic medical equipment and supplies to meet clinically assessed needs. An assessment to determine equipment and supplies is required by an approved authorizer and equipment and supplies must be purchased from an approved vendor. A list of approved vendors is available on the website above. Clients pay 25% of the benefit cost up to \$500 per individual or family per benefit year. Low-income Albertans and individuals receiving income assistance are exempt from paying the cost-sharing portion. For more information, please call and/or visit the website above.

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### **Assured Income for the Severely Handicapped (AISH)**

Phone: (780) 415-6300 (Edmonton Office) TTY: (780) 427-9999

Website: [www.alberta.ca/aish.aspx](http://www.alberta.ca/aish.aspx)

The AISH program provides a monthly living allowance, a child benefit, personal benefits, and health benefits for adults under 65 years of age who have a permanent disability that severely limits their ability to earn a living. Applicants must also be living in Alberta, be a Canadian citizen or permanent resident, and meet financial eligibility criteria. Individuals who are receiving or are eligible to receive Old Age Security (OAS) benefits are not eligible for AISH. AISH clients may be eligible to receive up to a maximum monthly living allowance of \$1,685 depending on their partner's income. AISH clients living in a facility (i.e., a nursing home) may be eligible to receive a maximum monthly modified living allowance (Modified AISH). The Modified AISH consists of an accommodation rate plus a maximum personal allowance of \$322. The amount received will depend on the incomes of the applicant and their cohabiting partner. For more information, please call and/or visit the website above.

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### **Residential Access Modification Program (RAMP)**

Phone: 1-877-427-5760

Website: [www.alberta.ca/residential-access-modification-program.aspx](http://www.alberta.ca/residential-access-modification-program.aspx)

RAMP provides grants to help low-income Albertans with mobility challenges modify their homes so they can enter and move around more easily. To be eligible, applicants must be a Canadian citizen or a permanent resident who has lived in Alberta for 90 continuous days. Applicants also must reside at the address for which the grant is being applied for and must expect to reside at that address for a period of 10 continuous years after application approval.

### **Residential Access Modification Program (RAMP) (continued)**

In addition, applicants must meet **one** of the following mobility criteria:

- An individual of any age who requires the use of a wheelchair on a permanent basis;
- An adult 65 years of age and older who uses a four-wheeled walker on a permanent basis; or
- An individual diagnosed with a progressive neurodegenerative disease.

Applicants must also meet income eligibility thresholds (i.e., a single person with a gross household income of \$36,900 or a couple with \$46,500 or less). Eligible modifications must enable the applicant to enter or move within their own living space. The modifications usually must be permanent (requests for temporary modifications are reviewed on a case-by-case basis) and must be made to properties in Alberta. For more information, please call and/or visit the website on the previous page.

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### **Seniors Financial Assistance Program**

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

Website: [www.alberta.ca/seniors-financial-assistance.aspx](http://www.alberta.ca/seniors-financial-assistance.aspx)

The Seniors Financial Assistance Program is a collection of supports for adults 65 years of age and older provided by the Government of Alberta to supplement federal financial assistance programs. Supports include the Alberta Seniors Benefit, the Special Needs Assistance for Seniors, the Dental and Optical Assistance for Seniors, Health Coverage for Seniors, the Seniors Property Tax Deferral Program, and the Seniors Home Adaptation and Repair Program. To be eligible, individuals must be 65 years of age and older, have lived in Alberta for at least 3 months immediately before applying, and be a Canadian citizen or a permanent resident. Individuals should receive a Seniors Financial Assistance application in the mail 6 months prior to their 65<sup>th</sup> birthday. 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. Seniors Financial Assistance applications can be mailed, faxed, or submitted online. For more information, please call and/or visit the website above.

### **Alberta Seniors Benefit**

Website: [www.alberta.ca/alberta-seniors-benefit.aspx](http://www.alberta.ca/alberta-seniors-benefit.aspx)

The Alberta Seniors Benefit provides eligible older adults with a monthly benefit to supplement benefits from federal programs. In addition to the eligibility criteria for the Seniors Financial Assistance Program (see above), applicants must be receiving the Old Age Security (OAS) pension and must meet financial eligibility criteria.

**Alberta Seniors Benefit (continued)**

The amount of benefit which an applicant is eligible to receive is determined by the applicant's income (combined with a spouse/partner's income, regardless of age, if applicable), accommodation category, and marital/cohabitation status. A Supplementary Accommodation Benefit is available for eligible older adults who reside in a designated supportive living or long-term care facility. For more information on income thresholds and maximum annual benefit amounts, please visit the website on the previous page.

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**Special Needs Assistance for Seniors Program**

Website: [www.alberta.ca/seniors-special-needs-assistance.aspx](http://www.alberta.ca/seniors-special-needs-assistance.aspx)

The Special Needs Assistance for Seniors Program is a financial assistance program for eligible low-income older adults to help with the cost of specific health and personal supports and certain furniture and appliances. In addition to the eligibility criteria for the Seniors Financial Assistance Program (see the previous page), applicants must meet financial eligibility criteria. The amount of benefit which an applicant is eligible to receive is determined by the applicant's income (combined with a spouse/partner's income, regardless of age, if applicable), accommodation category, and marital/cohabitation status. The maximum assistance available in a benefit year is \$5,105. Please visit the website above for more information on specific maximums for the different health and personal supports, furniture, and appliances. Eligible supports are funded at primary or secondary income levels. Eligible health supports include items such as CPAP machines, diabetic supplies, nutritional beverages, orthotics, podiatry, and prescription costs. Eligible personal supports include bed bug treatments, celiac groceries, clothing, funeral expenses, home clean up, housekeeping and/or yard maintenance, laundry costs, lift chairs, medical trips, medical administration fees, personal response services, relocation of a washer and dryer, respite care, utility disconnection, and wigs. Please visit the website above for more information on the eligible supports and the requirements needed in order to receive funding.

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**Dental and Optical Assistance for Seniors Program**

Website: [www.alberta.ca/dental-optical-assistance-seniors.aspx](http://www.alberta.ca/dental-optical-assistance-seniors.aspx)

The Dental and Optical Assistance for Seniors Program will reimburse eligible older adults for select dental and optical services. In addition to the eligibility criteria for the Seniors Financial Assistance Program (see the previous page), applicants must be receiving the Old Age Security (OAS) pension and meet financial eligibility criteria. Please visit the website above for partial and complete coverage income thresholds for single adults and couples. Dental services are covered up to a maximum of \$5,000 every 5 years and include diagnostic, preventative, and restorative services, extractions, root canals, procedures relating to gum disease, and dentures.

### **Dental and Optical Assistance for Seniors Program (continued)**

Services that are not eligible for coverage include bridges, crowns, braces, implants, fluoride treatment, teeth bleaching, and inlays. Optical services are covered up to a maximum of \$230 every 3 years and include prescription eyeglasses including lenses and frames dispensed by a recognized optical provider. Services that are not eligible for coverage include contact lenses, eye surgery, eye exams, accessories, magnifying devices, eye medication, non-prescription sunglasses, and reading glasses not dispensed by an optical provider. For more information, please visit the website on the previous page.

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### **Health Coverage for Seniors Program**

Website: [www.alberta.ca/seniors-health-benefits.aspx](http://www.alberta.ca/seniors-health-benefits.aspx)

The Health Coverage for Seniors Program provides adults 65 years of age and older a premium-free benefit for coverage for prescriptions and other health-related services not covered under the Alberta Health Care Insurance Plan (AHCIP). Alberta Blue Cross administers the Health Coverage for Seniors Program and manages claims, and the AHCIP manages eligibility and registration. To be eligible, individuals must provide proof of being 65 years of age and older. Eligible benefits include prescription drugs (70% coverage; individuals are required to pay the 30% co-payment to a maximum of \$25 with some exceptions), diabetic supplies (for insulin-treated diabetes only), ambulance services, clinical psychological services, home nursing care, and chiropractic services. For more information, please visit the website above.

**Please note:** Effective March 1, 2020, family members younger than 65 years of age will no longer be covered under the Health Coverage for Seniors Program.

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### **Seniors Home Adaptation and Repair Program (SHARP)**

Website: [www.alberta.ca/seniors-home-adaptation-repair-program.aspx](http://www.alberta.ca/seniors-home-adaptation-repair-program.aspx)

SHARP allows eligible older adults to apply for a low-interest home equity loan from the Government of Alberta to cover repairs, adaptations, and/or renovations to their primary residence. The intent is to help older adults remain safe and independent in their homes, adapt and modify their homes to improve accessibility and mobility, and/or to improve the energy efficiency of their homes. To be eligible, applicants must have an annual income of \$75,000 or less, be 65 years of age and older, be an Alberta resident, have lived in the province for at least 3 months, and own a residential property in Alberta which must be the applicant's primary residence. Applicants must have a minimum of 25% equity in the home. SHARP provides a maximum loan of up to \$40,000. The loan can be repaid at any time but will automatically become due when the applicant sells their home, is no longer the registered owner, or the home is no longer their primary residence. For more information, please visit the website above.

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**Seniors Property Tax Deferral Program**

Website: [www.alberta.ca/seniors-property-tax-deferral-program.aspx](http://www.alberta.ca/seniors-property-tax-deferral-program.aspx)

The Seniors Property Tax Deferral Program allows eligible older adult homeowners to apply to defer all or part of their annual residential property taxes through a low-interest home equity loan from the Government of Alberta. The Government of Alberta will pay the residential property taxes directly to the municipality on behalf of the homeowner. To be eligible, applicants must be 65 years of age and older, be an Alberta resident, have lived in the province for at least 3 months, and own a residential property in Alberta which must be the applicant's primary residence. Applicants must have a minimum of 25% equity in the home. The loan can be repaid at any time but will automatically become due when the applicant sells their home, is no longer the registered owner, or the home is no longer their primary residence. For more information, please visit the website above.

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## HOUSEHOLD SERVICES



### Grocery Shopping & Delivery

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**Service Provider:****Service Information:**

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**Edmonton Grocer**

Phone: (587) 930-3303

(text messages only)

Website: [www.edmontongrocer.com](http://www.edmontongrocer.com)

Online grocery shopping and delivery

Deliveries occur Monday to Friday from 10:00am to 10:00pm. Allow for a minimum of three hours between order placement and expected delivery. Delivery fees vary based on delivery location. Minimum order value to receive free delivery varies by postal code. See website for details.

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**InaBuggy**

Phone: 1-844-412-8449

Website: [www.inabuggy.com](http://www.inabuggy.com)

Online grocery shopping and delivery from select grocery stores

Deliveries occur 7 days a week and are subject to the local grocery store hours. Delivery is \$19.98 with an additional \$9.99 per additional store. See website for details.

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**InstaCart**

Phone: 1-888-508-1922

Website: [www.instacart.ca](http://www.instacart.ca)

Online grocery shopping and delivery from select grocery stores

Deliveries occur 7 days a week and are subject to the local grocery store hours. Minimum order of \$10. Delivery fees vary by size of order and delivery time chosen. See website for details.

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**JY Grocery Delivery (McKernan Foods)**

Phone: (780) 217-6360

Website: [www.jygrocerydelivery.com](http://www.jygrocerydelivery.com)

Online grocery shopping and delivery

Deliveries occur Monday to Saturday from 2:00pm to 8:00pm. Orders must be placed by 9:00pm the day prior to the requested delivery day. Minimum \$75 order and a \$10 delivery fee within city limits. See website for details.

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**M&M Food Market Click and Collect**

Phone: 1-800-461-0171

Website: [www.mmfoodmarket.com](http://www.mmfoodmarket.com)

Online grocery shopping and pick-up  
Delivery is available through InstaCart

Pick-up times are 7 days a week and are subject to local store hours. Orders can be placed a minimum of 1 hour prior to pick-up time. There is no minimum order required and pick-up is free. See website for details.

**Service Provider:****Service Information:****Meals on Wheels – Edmonton**

Phone: (780) 429-2020

Store-to-Door ProgramWebsite: [www.mealsonwheeledmonton.org/pages/store-to-door](http://www.mealsonwheeledmonton.org/pages/store-to-door)

Grocery shopping and delivery

Program for low and moderate income, homebound, and/or disabled individuals. Minimum \$40 order and maximum \$200 order with a \$7 delivery fee. See website for details.

The Grocery BagWebsite: [www.mealsonwheeledmonton.org/pages/the-grocery-bag](http://www.mealsonwheeledmonton.org/pages/the-grocery-bag)

Online grocery shopping and delivery

Program for those who are unable to grocery shop on their own. Orders can be placed until 12:00pm on Tuesday for delivery on Wednesday and Thursday evenings. Minimum \$15 order and maximum \$100 order; a \$5 service fee is added to each order. See website for details.

**Pick N Drop**

Phone: 1-855-745-3767

Website: [www.pickndrop.ca](http://www.pickndrop.ca)

Home delivery service from select stores

Deliveries occur 7 days a week from 4:00pm to 1:30am. Orders can be placed by phone, online, or through the app. Delivery fees vary by number of stops and delivery location. See website for details.

**Real Canadian Superstore****PC Express Pickup**

Phone: 1-866-999-9890

Website: [www.realcanadiansuperstore.ca](http://www.realcanadiansuperstore.ca)

Online grocery shopping and pick-up

Delivery is available through InstaCart

Pick-up times are 7 days a week from 9:00am to 9:00pm. Orders must be placed at least 2 hours prior to the start of the next available pick-up time slot. Minimum \$30 order and service fees of \$3 to \$5 depending on pick-up time slot. See website for details.

**Save-On-Foods Online Shopping**

Phone: 1-800-242-9229

Website: [www.shop.saveonfoods.com](http://www.shop.saveonfoods.com)

Online grocery shopping and pick-up or delivery

Deliveries occur 7 days a week from 7:00am to 10:00pm. Pick-up times are 7 days a week from 8:00am to 8:00pm. Order by 12:00pm for same day delivery. Minimum \$40 order. Delivery fees vary by time slot. Pick-up is free. See website for details.

**Service Provider:**

**Service Information:**

**Shop For You**

Phone: (780) 487-7745  
Grocery shopping and delivery

For same day delivery, phone Monday to Friday between 8:00am and 10:30am. Delivery fees are \$14 for orders less than \$50, \$17 for orders between \$50 to \$100, and \$20 for orders over \$100. Pick-up from each additional store is \$2.

**SPUD**

Phone: (587) 873-8822  
Website: [www.spud.ca](http://www.spud.ca)  
Local organic online grocery shopping and delivery

Deliveries occur once a week, Monday to Friday from 9:00am to 9:00pm. There is no delivery fee with the minimum order amount which varies by postal code. See website for details.

**Sunterra Market**

Phone: (780) 434-2610  
Website: [www.sunterramarket.com](http://www.sunterramarket.com)  
Online grocery shopping and delivery

For same day delivery, order by 12:00pm. Minimum order of \$50 and a delivery fee of \$8 within Edmonton city limits and \$24 for Sherwood Park and St. Albert. Pick-up is free. See website for details.

**The Organic Box**

Phone: (780) 469-1900  
Website: [www.theorganicbox.ca](http://www.theorganicbox.ca)  
Subscription seasonal and organic grocery delivery

Deliveries occur weekly or bi-weekly, Tuesday to Saturday from 9:00am to 8:00pm. There is no minimum order required. Delivery and pick-up is free. See website for details.

**Walmart Grocery Pick-up**

Phone: 1-800-328-0402  
Website: [www.walmart.ca/en/grocery](http://www.walmart.ca/en/grocery)  
Online grocery shopping and pick-up  
Delivery is available through InstaCart

Pick-up times are 7 days a week from 8:00am to 10:00pm. Orders must be placed by 1:00am of the requested pick-up day. Minimum \$50 order. Pick-up is free. See website for details.





## Housekeeping

### **Special Needs Assistance for Seniors Program**

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

Website: [www.alberta.ca/seniors-special-needs-assistance.aspx](http://www.alberta.ca/seniors-special-needs-assistance.aspx)

The Special Needs Assistance for Seniors Program provides assistance to eligible low-income older adults for certain personal supports such as housekeeping. For more information, please see page 5 of this Guide or visit the website above.

### *Businesses Providing Housekeeping Services*

Residential cleaning services for individuals living in Edmonton and surrounding area. Some seniors' centres and associations are able to provide additional referrals and links to general information and services. Please see the ***Linkages to General Information and Services*** section starting on page 25 for more information. In addition, some home care providers may provide light housekeeping services. Please see the ***Home & Respite Care*** section starting on page 46 for more information.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>A Helping Hand Services</b>	Phone: (780) 974-8176 Website: <a href="http://www.ahelpinghandservices.ca">www.ahelpinghandservices.ca</a>
<b>Cleaning Professionals</b>	Phone: (587) 410-7196 or 1-866-971-9681 Website: <a href="http://www.cleaningpros.ca">www.cleaningpros.ca</a>
<b>Compassion Network CompassionClean</b>	Phone: (780) 432-1676 Website: <a href="http://www.compassionnetwork.ca/cleaning">www.compassionnetwork.ca/cleaning</a>
<b>Cozy Home Maid Service</b>	Phone: (780) 761-2699 Website: <a href="http://www.cozyhomemaid.com">www.cozyhomemaid.com</a>
<b>Dust Queen*</b>	Phone: (780) 448-4973 Website: <a href="http://www.dustqueen.com">www.dustqueen.com</a>

\* Offers a discount to older adults.

**Service Provider:**

**Contact Information:**

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**Fussy Cleaning**

Phone: (780) 756-3877  
Website: [www.fussycleaning.ca](http://www.fussycleaning.ca)

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**Harmony Caregiving**

Phone: (780) 328-3917  
Website: [www.harmonycaregiving.com/senior-home-cleaning-services](http://www.harmonycaregiving.com/senior-home-cleaning-services)

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**Helping Hands\***

Phone: (780) 244-4088  
Website: [www.helpinghands2005.com](http://www.helpinghands2005.com)

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**MaidPro**

Phone: (780) 669-4879  
Website: [www.maidpro.ca](http://www.maidpro.ca)

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**Mopify**

Online service

Phone: 1-866-743-9341  
Website: [www.mopify.com](http://www.mopify.com)

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**Scrubbi\***

Phone: (587) 409-2930 or 1-877-551-9876  
Website: [www.scrubbi.com](http://www.scrubbi.com)

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**zenGOT**

Online/mobile app service

Phone: 1-855-493-6468  
Website: [www.zengot.com](http://www.zengot.com)

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\* Offers a discount to older adults.

## Lawn Care & Snow Removal

### Special Needs Assistance for Seniors Program

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

Website: [www.alberta.ca/seniors-special-needs-assistance.aspx](http://www.alberta.ca/seniors-special-needs-assistance.aspx)

The Special Needs Assistance for Seniors Program provides assistance to eligible low-income older adults for certain personal supports such as lawn care and snow removal. For more information, please see page 5 of this Guide or visit the website above.

### Businesses Providing Lawn Care & Snow Removal Services

Lawn care and snow removal services for individuals living in Edmonton and surrounding area. Some seniors' centres and associations are able to provide additional referrals and links to general information and services. Please see the **Linkages to General Information and Services** section starting on page 25 for more information.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Chris's Property Maintenance*</b>	Phone: (780) 217-7914 Website: <a href="http://www.chrispropertymaintenance.ca">www.chrispropertymaintenance.ca</a>
<b>Dave Does Lawns Ltd.</b>	Phone: (780) 965-5664 Website: <a href="http://www.dave-does-lawns.com">www.dave-does-lawns.com</a>
<b>Euro Yard Service</b>	Phone: (780) 218-8134 Website: <a href="http://www.euroyardservice.com">www.euroyardservice.com</a>
<b>HHS Contracting Inc.</b>	Phone: 1-866-401-7669 Website: <a href="http://www.hhsedmonton.com">www.hhsedmonton.com</a>
<b>LandSharx*</b>	Phone: (780) 451- 6600 Website: <a href="http://www.landsharx.ca">www.landsharx.ca</a>
<b>MowSnowPros</b> Online/mobile app service	Phone: (403) 478-8775 (Calgary Corporate Office) Website: <a href="http://www.mowsnowpros.com">www.mowsnowpros.com</a>

\* Offers a discount to older adults.

**Service Provider:**

**Contact Information:**

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**Premium Properties Inc.  
Landscaping**

Phone: (780) 975-3182  
Website: [www.landscapingyeg.com](http://www.landscapingyeg.com)

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**University Landscaping  
and Snow Removal Ltd\***

Phone: (780) 496-9093  
Website: [www.university-landscaping.com](http://www.university-landscaping.com)

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**White 'N Green Lawn Care  
and Snow Removal\***

Phone: (780) 452-5296  
Website: [www.whitengreen.ca](http://www.whitengreen.ca)

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**Yardly**  
Online service

Phone: 1-855-688-8277  
Website: [www.yardly.ca](http://www.yardly.ca)

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**zenGOT**  
Online/mobile app service

Phone: 1-855-493-6468  
Website: [www.zengot.com](http://www.zengot.com)

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\* Offers a discount to older adults.



## **Meal Delivery**

### **Prepared Meal Delivery**

#### **Dinner Factory**

#111, 1 Hebert Rd, St. Albert, AB T8N 2E7

Phone: (780) 470-3463

Website: [www.dinnerfactory.ca](http://www.dinnerfactory.ca)

Fresh ready-to-cook meals and frozen prepared meals available for pick-up or delivery to individuals living in Edmonton and surrounding area. A minimum of 2 days is required to process all orders. Pick-up is available Tuesday to Friday from 4:00pm to 6:00pm and requires a minimum order of 3 entrées (subject to a \$20 assembly service fee). Deliveries occur Tuesday to Friday from 9:00am to 11:00am, 2:00pm to 4:00pm, and 5:00pm to 7:00pm. Delivery fees vary by location and start at \$10.

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#### **Heart to Home Meals**

Phone: (780) 666-2336 or 1-800-704-4779

Website: [www.hearttohomemeals.ca](http://www.hearttohomemeals.ca)

Frozen meal delivery for individuals living in Calgary and surrounding area. Meals are available in three sizes: mini, standard, and hearty. Heart to Home Meals is able to accommodate modified texture (e.g., minced or pureed) and special diets (e.g., gluten free, lactose free, low potassium, diabetic, low-sodium, etc.). Orders can be placed online or by phone. Deliveries are made once a week and orders must be placed by 12:00pm the day before delivery. There is no minimum order and delivery is free. Heart to Home Meals accepts the Access to Nutrition Service from Veteran Affairs.

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#### **Meals on Wheels – Edmonton**

11111 103 Ave, Edmonton, AB T5K 2P1

Phone: (780) 429-2020

Website: [www.mealsonwheelsedmonton.org](http://www.mealsonwheelsedmonton.org)

#### **Chef's Choice Daily Meals Program**

Daily meal delivery for individuals living in Edmonton. Meals on Wheels is able to accommodate most preferences as well as modified texture (e.g., minced or pureed) and special diets (e.g., diabetic, low-sodium, etc.). Deliveries occur Monday to Friday from 10:30am to 1:00pm. Weekend and holidays meals are delivered frozen on Friday or the day before the holiday. Delivery can be scheduled for the next business day. Pick-up also is available Monday to Friday from 8:00am to 4:00pm. A 5-meal package is the minimum first time order required for new clients. There is no delivery fee. Subsidies are available for qualifying low-income individuals.

Chef's Choice Frozen Meals Program

Frozen meal delivery for individuals living in Edmonton. Deliveries occur Wednesday and Thursday from 4:30pm to 7:00pm. Pick-up also is available Monday to Friday from 8:00am to 4:00pm. Frozen meals also are available for purchase at a variety of locations in Edmonton and surrounding area (see locations listed below). There is no delivery fee.

Chef's Choice Frozen Meals Pick-Up Locations

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Information &amp; Volunteer Centre (IVC) for Strathcona County</b>	100 Ordze Ave, <b>Sherwood Park</b> , AB T8B 1M6 Phone: (780) 464-4242 Hours: Monday–Friday 8:30am–4:30pm
<b>Mill Woods Seniors Association</b>	#201, 2610 Hewes Way, Edmonton, AB T6K 4B6 Phone: (780) 496-2997 Hours: Monday–Friday 8:30am–4:30 pm
<b>North West Edmonton Seniors Society</b>	12963 120 St, Edmonton, AB T5E 5N8 Phone: (780) 451-1925 Hours: Monday–Friday 9am–4 pm
<b>Southeast Edmonton Seniors Association (SEESA)</b>	9350 82 St NW, Edmonton, AB T6C 2X8 Phone: (780) 468-1985 Hours: Monday–Thursday 8:30am–8:30pm; Friday 8:30am–4:30pm; Saturday 9am–12pm
<b>St. Albert Seniors Association</b>	7 Tache St, St. Albert, AB T8N 2S3 Phone: (780) 459-0433 Hours: Monday–Friday 8:30am–4:30pm
<b>Strathcona Place Seniors Centre</b>	10831 University Ave, Edmonton, AB T6E 4R1 Phone: (780) 433-5807 Hours: Monday–Friday 9am–4:00pm

**Meals on Wheels – Leduc (FCSS)**

Phone: (780) 980-7109

Website: [www.leduc.ca/family-and-community-support-services/older-adult-services](http://www.leduc.ca/family-and-community-support-services/older-adult-services)

Hot meal delivery to eligible individuals living in Leduc. Deliveries occur Monday to Friday from 11:30am to 1:00pm. It is requested that individuals sign up 2 days in advance. A minimum purchase of 2 meals per week is required. There is no delivery fee.

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**Meals on Wheels – Sherwood Park (Sherwood Care)**

Phone: (780) 467-2281

Chef's Choice Hot Meals Program

Hot meal delivery to eligible individuals living in Sherwood Park. Deliveries occur Monday to Friday from 11:00am to 1:00pm. Meals can be delivered either 3 or 5 times a week. There is no delivery fee.

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**Meals on Wheels – St. Albert (St. Albert Seniors Association)**

Phone: (780) 459-0433

Website: [www.stalbertseniors.ca/meals-on-wheels/](http://www.stalbertseniors.ca/meals-on-wheels/)

Daily meal delivery to individuals living in St. Albert. Deliveries occur Monday to Friday from 11:15am to 1:30pm. It is requested that individuals sign up and order meals 2 days in advance. There is no minimum number of meals required. Frozen meal delivery (through Meals on Wheels – Edmonton Chef's Choice Frozen Meals Program) occurs on Friday. Orders must be placed by 12:00pm the Wednesday before delivery. There is no delivery fee.

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**PDG Express Meal Service**

Phone: (780) 455-5620

Fresh and frozen meal delivery to continuing care facilities, retirement facilities, and to individual homes in Edmonton. Deliveries occur Monday, Tuesday, and Thursday from 2:00pm to 4:00pm. It is requested that orders be placed 2 business days in advance. A minimum of 5 meals per order is required. There is no delivery fee.

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### **Simply Supper**

12824 167 Ave NW, Edmonton, AB T6V 1J6

Phone: (780) 249-3113 (North Edmonton)

#1, 2305 Rabbit Hill Rd, Edmonton, AB T6R 3L6

Phone: (780) 433-6958 (South Edmonton)

Website: [www.simplysupper.ca](http://www.simplysupper.ca)

Frozen ready-to-cook meals or fully cooked meals available for pick-up or delivery to individuals living in Edmonton and surrounding area. Orders can be placed over the phone or on the website. Delivery within Edmonton is free with a minimum 6-meal order. Delivery fees to surrounding areas start at \$10.

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### **Meal Kit Delivery**

Subscription services that deliver recipes and ingredients to cook meals at home.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Chef's Plate</b> Phone: 1-855-420-2327 Website: <a href="http://www.chefsplate.com">www.chefsplate.com</a>	Weekly meal plans can include 2 to 4 recipes with 2 or 4 servings per recipe. Deliveries occur Monday to Friday. Delivery is \$6 for the 2 recipe/2 serving meal plan and free for all other meal plans.
<b>GoodFood</b> Phone: 1-855-515-5191 Website: <a href="http://www.makegoodfood.ca">www.makegoodfood.ca</a>	Weekly meal plans can include 2 to 4 recipes with 2 or 4 servings per recipe. Deliveries occur 7 days a week. Delivery is free.
<b>HelloFresh</b> Phone: 1-855-272-7002 Website: <a href="http://www.hellofresh.ca">www.hellofresh.ca</a>	Weekly meal plans can include 3 or 4 recipes with 2 or 4 servings per recipe. Deliveries occur Sunday to Thursday. Delivery is free.



## Restaurant Meal Delivery

Online and mobile app services providing restaurant meal delivery to individuals in Edmonton and surrounding area. A computer or a smart phone is required to use these services. Delivery is available 24 hours a day, 7 days a week. However, days and times of delivery are subject to the restaurant's hours of operation. Delivery fees vary by app and by restaurant.

<b>Service Provider:</b>	<b>Contact Information:</b>
DoorDash	Website: <a href="http://www.doordash.com">www.doordash.com</a>
Foodora	Website: <a href="http://www.foodora.ca">www.foodora.ca</a>
Skip the Dishes	Website: <a href="http://www.skipthedishes.com">www.skipthedishes.com</a>
Uber Eats	Website: <a href="http://www.ubereats.com">www.ubereats.com</a>



## Moving Services

Residential moving services including packing and unpacking, storage, and delivery.

<b>Service Provider:</b>	<b>Contact Information:</b>
Action Moving*	Phone: (780) 474-2861 Website: <a href="http://www.actionmoving.ca">www.actionmoving.ca</a>
Canadian Moving Services*	Phone: (780) 232-0275 Website: <a href="http://www.canadianmovingservices.com">www.canadianmovingservices.com</a>
Eager Beaver Moving*	Phone: (780) 434-1100 Website: <a href="http://www.eagerbeavermoving.com">www.eagerbeavermoving.com</a>
Flex Movers*	Phone: (780) 718-1640 Website: <a href="http://www.flexmovers.com">www.flexmovers.com</a>

\* Offers a discount to older adults.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Helping Hands Family Movers*</b>	Phone: (780) 218-5550 Website: <a href="http://www.helpinghandsfamilymovers.com">www.helpinghandsfamilymovers.com</a>
<b>Metropolitan Movers*</b>	Phone: (780) 652-1132 Website: <a href="http://www.metropolitannedmonton.ca">www.metropolitannedmonton.ca</a>
<b>Mobility Moving*</b>	Phone: (780) 718-2071 Website: <a href="http://www.mobilitymoving.ca">www.mobilitymoving.ca</a>
<b>Pro Service Moving*</b>	Phone: (587) 784-1824 Website: <a href="http://www.proservicemoving.ca">www.proservicemoving.ca</a>
<b>Right Move*</b>	Phone: (780) 901-0405 Website: <a href="http://www.rightmovecanada.com">www.rightmovecanada.com</a>
<b>Two Small Men With Big Hearts*</b>	Phone: (780) 434-4344 Website: <a href="http://www.twosmallmen.com">www.twosmallmen.com</a>
<b>Two Men &amp; a Truck*</b>	Phone: (780) 809-3060 Website: <a href="http://www.twomenandatruck.ca">www.twomenandatruck.ca</a>

\* Offers a discount to older adults.

**Businesses Providing Specialized Moving Services**

Specialized moving services including home organization, packing, sorting and decluttering, downsizing, relocation assistance and coordination, and estate management. Please call to inquire about specific services and associated charges.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Elder Move</b>	Phone: (780) 668-9767 Website: <a href="http://www.eldermove.ca">www.eldermove.ca</a>
<b>Ginny Moore Professional Organizer</b>	Phone: (780) 906-6284 Website: <a href="http://www.ginnymooreprofessionalorganizer.ca">www.ginnymooreprofessionalorganizer.ca</a>
<b>Move Coordinators</b>	Phone: (780) 668-8811 Website: <a href="http://www.movecoordinators.ca">www.movecoordinators.ca</a>
<b>Sunrise Estate Services</b>	Phone: (780) 722-0101 Website: <a href="http://www.sunriseestateservices.ca">www.sunriseestateservices.ca</a>
<b>Your Organized Friend</b>	Phone: (780) 996-3583 Website: <a href="http://www.yourorganizedfriend.ca">www.yourorganizedfriend.ca</a>



## **Pet Services**

### **Mobile Pet Grooming**

Mobile pet grooming services in Edmonton and surrounding area. Please call to inquire about specific services, associated charges, and service areas.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Dee's Pampered Paws</b>	Phone: (780) 242-7191 Hours: Monday–Saturday 9:00am–6:00pm
<b>Dog Grooming on Wheels</b>	Phone: (780) 444-0053 Website: <a href="http://www.doggroomingonwheels.com">www.doggroomingonwheels.com</a> Hours: Monday–Sunday, Hours are flexible
<b>Groomer on the Spot</b>	Phone: (780) 935-3675 Website: <a href="http://www.groomeronthespot.ca">www.groomeronthespot.ca</a> Hours: Monday–Friday 9:00am–3:00pm

### **Mobile Veterinarian Services**

Mobile veterinarian services in Edmonton and surrounding area offering a full range of non-emergency vet services (e.g., physical exams, vaccinations, medicine, some surgical procedures, preventative and end-of-life care including euthanasia). Please call to inquire about specific services, associated charges, and service areas.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Housecalls for Housecats Veterinary Services</b>	Phone: (780) 938 2278 Website: <a href="http://www.housecalls4housecats.com">www.housecalls4housecats.com</a> Hours: Monday–Friday 12:00pm–7:00pm; Saturday–Sunday 10:00am–5:00pm
<b>Shifa Farm and House Call Veterinary Services</b>	Phone: (780) 232-5616 Website: <a href="http://www.shifavet.com">www.shifavet.com</a> Hours: 24 hours a day, 7 days a week

**Service Provider:****Contact Information:****Wellness Home Vet**

Phone: (780) 994-4838  
 Website: [www.wellnesshomevet.com](http://www.wellnesshomevet.com)  
 Hours: Monday–Friday 9:00am–5:00pm;  
 Evenings and weekends available upon request

**Wildrose Mobile  
Veterinary Services**

Phone: (780) 716-5838  
 Website: [www.wildrosemobilevet.com](http://www.wildrosemobilevet.com)  
 Hours: Monday–Saturday, Hours are variable

**VetstoGo**

Phone: 1-888-995-8387  
 Website: [www.vetstogo.com](http://www.vetstogo.com)  
 Hours: Monday–Friday 8:00am–8:00pm;  
 Saturday–Sunday 9:00am–5:00pm

A listing of veterinarians in Edmonton and surrounding area can be found at [www.easav.ca](http://www.easav.ca).

**Pet Care**

Pet care services including assistance with feeding, exercising, and minor grooming. Please call to inquire about specific services and associated charges. In addition, some home care providers may provide assistance with pet care. Please see the **Home & Respite Care** section starting on page 46 for more information.

**Service Provider:****Contact Information:****ElderDog Canada – Dog  
Care Support for Seniors**

Email: [elderdogedmontonldr@gmail.com](mailto:elderdogedmontonldr@gmail.com)  
 Website: [www.elderdog.ca](http://www.elderdog.ca)

**VIP Pet Services**

Phone: (780) 431-4904  
 Website: [www.vippetservice.ca](http://www.vippetservice.ca)

**Wendy's Errands for Elders**

Phone: (780) 916-8916  
 Website: [www.wendyserrands.com](http://www.wendyserrands.com)

# HOUSING INFORMATION



Organizations offering information on housing, programs, and support services.

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**Service Provider:****Service Information:**

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**Alberta Health Services – Community Care Access**

Phone: (780) 496-1300

Website: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

Telephone screening and referral for individuals who need to access Continuing Care services including Home Care, Supportive Living, and Facility Living programs. For a searchable listing of AHS Continuing Care facilities, visit: [www.ahs.ca/continuingcare](http://www.ahs.ca/continuingcare)

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**Alberta Ministry of Seniors and Housing – Housing Services**

PO Box 3100, Edmonton, AB T5J 4W3

Phone: (780) 422-0122 or 310-0000  
then (780) 422-0122 (toll free)

Website: [www.alberta.ca/ministry-seniors-housing.aspx](http://www.alberta.ca/ministry-seniors-housing.aspx)

Supports a variety of housing programs for older adults in Alberta including community housing, rent assistance, self-contained apartments, and lodges. For a searchable listing of seniors housing in Alberta, visit: [www.seniors-housing.alberta.ca/housing/find\\_housing.html](http://www.seniors-housing.alberta.ca/housing/find_housing.html)

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**Alberta Seniors Communities & Housing Association (ASCHA)**

9711 47 Ave, Edmonton, AB T6E 5M7

Phone: (780) 439-6473

Website: [www.ascha.com](http://www.ascha.com)

Advocacy, education, and resources for owners and operators of seniors housing in Alberta. For an online directory of seniors housing, visit: [www.housingdirectory.ascha.com](http://www.housingdirectory.ascha.com)

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**SAGE – Housing Program**

15 Sir Winston Churchill Square,  
Edmonton, AB T5J 2E5

Phone: (780) 423-5510 Ext. 323

Website: [www.mysage.ca/help/housing](http://www.mysage.ca/help/housing)

Hours: Monday–Friday 8:00am–4:00pm

Provides information, resources, consultations, referrals, and support for older adults and their families regarding available housing. For a comprehensive listing of seniors housing in Edmonton and surrounding area, see the Directory of Senior Services: [www.mysage.ca/publications/directory](http://www.mysage.ca/publications/directory)

# LINKAGES TO GENERAL INFORMATION & SERVICES



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## **211 – Information Phone Line**

Phone: 211

Website: [www.ab.211.ca](http://www.ab.211.ca)

Individuals living in Edmonton and surrounding area can dial 211 to access referral services and information on basic needs, seniors' services, financial supports, counselling/support groups, mental health support, health care, disability supports, government program assistance, and more. Information is available 24 hours a day, 7 days a week.

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## **311 – City of Edmonton Seniors Programs & Services**

Phone: 311

Website: [www.edmonton.ca/programs\\_services/for-seniors.aspx](http://www.edmonton.ca/programs_services/for-seniors.aspx)

Individuals living in Edmonton can dial 311 to access information, programs and services specifically for older adults who are residents in the City of Edmonton. These programs and services include housing, transportation, recreation, support services, help around the home, and public engagement. The City of Edmonton also has undertaken targeted initiatives such as Age Friendly Edmonton. Information is available Monday to Friday from 7:00am to 7:00pm.

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## **811 – Health Link**

Phone: 811

Website: [www.albertahealthservices.ca/assets/healthinfo/link/index.html](http://www.albertahealthservices.ca/assets/healthinfo/link/index.html)

All Albertans can dial 811 to receive health advice and information including finding health care practitioners and programs, as well as specialized dementia advice through Health Link. The dementia advice service helps support individuals with dementia and their caregivers. When needed, callers also can be referred to a specialized dementia nurse for additional support. Information is available 24 hours a day, 7 days a week.

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## **Alberta Health Advocates**

Phone: (780) 422-1812 or 310-0000 then (780) 422-1812 (toll free)

Website: [www.albertahealthadvocates.ca](http://www.albertahealthadvocates.ca)

The Office of the Alberta Health Advocates offers support to all Albertans by assisting individuals with concerns relating to health care and providing support in navigating the health care system, directing individuals to appropriate health services, programs, and resources to meet the needs expressed by the individual.

### **Alberta Ministry of Seniors and Housing**

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

Website: [www.alberta.ca/seniors-and-housing.aspx](http://www.alberta.ca/seniors-and-housing.aspx)

The Ministry of Seniors and Housing provides programs and services to assist older adults that promote their safety and wellbeing. Provincial assistance programs for older adults include the Alberta Seniors Benefit, Special Needs Assistance for Seniors, Dental and Optical Assistance for Seniors, Seniors Property Tax Deferral, and the Seniors Home Adaptation and Repair Program. For more information, see the **Provincial Benefits** section starting on page 3 of this Guide or visit the website above. An Information Guide on all available programs and services can be found at:

<https://open.alberta.ca/publications/seniors-programs-and-services-information-guide>

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### **Alberta Supports**

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

Website: [www.alberta.ca/alberta-supports.aspx](http://www.alberta.ca/alberta-supports.aspx)

Alberta Supports provides information on resources, supports, and programs available for older adults, as well as information on disabilities, income, housing, health, elder abuse, and other areas. Information is available Monday to Friday from 7:30am to 8:00pm. In-person help also is available at several Alberta Supports Contact Centres throughout Edmonton and surrounding area. Please call and/or visit the website above for locations.

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### **Connecting Edmonton Seniors**

Website: [www.connectingedmontonseniors.ca](http://www.connectingedmontonseniors.ca)

Connecting Edmonton Seniors is an initiative by the Pan-Edmonton Group Addressing Social Isolation in Seniors (PEGASIS). Connecting Edmonton Seniors provides information, tools, support, and resources for older adults who are at risk of being socially isolated.

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### **Edmonton Public Library (EPL)**

Phone: (780) 496-7000

Website: [www.epl.ca](http://www.epl.ca)

Membership to the EPL is free and includes access to books, online resources, programs and events, and services such as computer use, printing, and internet. For more information or to inquire about branch locations and hours, please call and/or visit the website above.

#### EPL2YOU

Website: [www.epl.ca/epl2you/](http://www.epl.ca/epl2you/)

In addition to offering specialized materials services and adaptive technologies, EPL offers the EPL2YOU program where volunteers are matched with individuals to deliver reading materials to their homes. To register, contact your local branch. Please call and/or visit the website above for information on EPL branches.

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**Edmonton Seniors Coordinating Council (ESCC)**

#255, Bonnie Doon Shopping Centre, 8330 82 Ave, Edmonton, AB T6C 4E3

Phone: (780) 423-5635

Website: [www.seniorscouncil.net](http://www.seniorscouncil.net)

The ESCC is an umbrella organization that links senior-serving organizations in Edmonton. The ESCC provides online resources for older adults including a weekly newsletter which includes news, events, and volunteer/work opportunities for older adults.

Recreation and Wellness Directory for Older Adults

Website: [www.seniorscouncil.net/recreation-directory](http://www.seniorscouncil.net/recreation-directory)

A comprehensive directory of arts, fitness, technology, health, social, and recreational activities for adults 55 years of age and older in Edmonton and surrounding area. The Directory is available online and in print. Please contact the ESCC to obtain a print copy of the Directory.

**Family and Community Support Services (FCSS)**

FCSS is a unique partnership between the Government of Alberta and municipalities that provides preventive social programs and services that enhance the wellbeing of individuals and communities. For more information on available programs, please contact your local FCSS office. For a complete list of FCSS offices, visit: [www.fcssaa.org/regions](http://www.fcssaa.org/regions)

Local FCSS Office Phone Numbers

<b>Edmonton</b> .....	(780) 496-4932
<b>Fort Saskatchewan</b> .....	(780) 992-6267
<b>Spruce Grove</b> .....	(780) 962-7618
<b>St. Albert</b> .....	(780) 459-1756
<b>Stony Plain</b> .....	(780) 963-8583
<b>Strathcona County</b> .....	(780) 464-4044

**Multicultural Seniors Outreach Program**

Phone: (780) 701-9018

Website: [www.mchb.org/programs/seniors-outreach/](http://www.mchb.org/programs/seniors-outreach/) or [www.mysage.ca/help/new-to-canada](http://www.mysage.ca/help/new-to-canada)

The Multicultural Seniors Outreach Program is a partnership between the Multicultural Health Brokers Cooperative and the Seniors Association of Greater Edmonton (SAGE). The program provides collaborative care and community development initiatives to help address the isolation of at-risk immigrant and refugee older adults. The program offers individual and family supports to enhance an older adult’s capacity to access resources and broaden their social networks. For more information, please call and/or visit the website above.

### **Seniors Association of Greater Edmonton (SAGE) – Directory of Senior Services**

15 Sir Winston Churchill Square, Edmonton, AB T5J 2E5

Phone: (780) 423-5510

Website: [www.mysage.ca/publications/directory](http://www.mysage.ca/publications/directory)

A comprehensive directory of senior services including citizenship and immigration, crisis and emergency, education, elder abuse, estate planning, finance, health and well-being, help at home, housing, legal information, leisure and recreation, personal safety, seniors' centres, groups, and clubs, seniors' information services, transportation, and volunteer resources. The Directory is available online and in print. Directories are available for pick-up free of charge at Edmonton and surrounding area seniors' centres including SAGE.

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### **Seniors Home Supports Program**

Website: [www.seniorshomesupports.com](http://www.seniorshomesupports.com)

In addition to the listings found in this Guide, the Seniors Home Supports Program (which includes the 6 seniors' centres and associations listed below) will provide additional local referrals for older adults for services such as housekeeping, lawn care, snow removal, and minor home repair services.

#### **Mill Woods Seniors Association**

(780) 496-2997

[www.mwsac.ca](http://www.mwsac.ca)

#### **North Edmonton Seniors Association**

(780) 944-7470

[www.nesa1.ca](http://www.nesa1.ca)

#### **North West Edmonton Seniors Society**

(780) 482-1958

[www.nwess.ca](http://www.nwess.ca)

#### **South East Edmonton Seniors Association**

(780) 468-1985

[www.seesa.ca](http://www.seesa.ca)

#### **SouthWest Edmonton Seniors Association**

(780) 860-2931

[www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)

#### **Westend Seniors Activity Centre**

(780) 483-1209

[www.weseniors.ca](http://www.weseniors.ca)

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### **Seniors United Now (SUN)**

Phone: (780) 449-1816 or 1-855-786-8669

Website: [www.seniorsunitednow.com](http://www.seniorsunitednow.com)

SUN is a non-profit organization that represents older adults with chapters in Edmonton, Sherwood Park, and St. Albert. SUN links older adults with programs, benefits, and services and acts as an advocate and resource on issues affecting older adults' quality of life. SUN is actively involved in discussions, networking, and united action with other groups regarding the needs, concerns, and challenges that affect all older Albertans.

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**Society of Seniors Caring About Seniors – Home Supports Program**

#100, 6770 129 Ave, Edmonton, AB T5C 1V7

Phone: (780) 465-0311

Website: [www.sscas.com](http://www.sscas.com)

The Society of Seniors Caring About Seniors is a non-profit organization that refers adults 55 years of age and older in Edmonton and surrounding area to businesses that provide housekeeping, home repair, lawn care, light electrical and plumbing, outdoor painting, shopping, and snow removal services. There is no cost for the referral service and an annual membership is not required for the Home Supports Program.

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## MEDICAL & PERSONAL SERVICES



### Aids to Daily Living

#### **Alberta Aids to Daily Living (AADL)**

10<sup>th</sup> Floor, 10040 104 St, Edmonton, AB T5J 0Z2

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

Website: [www.alberta.ca/alberta-aids-to-daily-living.aspx](http://www.alberta.ca/alberta-aids-to-daily-living.aspx)

AADL is a cost-share program that provides funding for basic medical equipment and supplies to meet clinically assessed needs for individuals with a long-term disability and/or chronic or terminal illness. For more information, please see page 3 of this Guide or visit the website above.

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#### **Canadian Red Cross – Health Equipment Loan Program (HELP)**

#2B01, 11111 Jasper Ave, Edmonton, AB T5K 0L4

Phone: (780) 342-8588

Website: [www.redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program](http://www.redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program)

HELP is a donation-based program that lends medical equipment to individuals with an illness or injury, with mobility issues, or those in palliative care. A referral from a health care professional is required. For more information, please call and/or visit the website above.

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#### **Easter Seals Alberta – Accessibility Supports**

#404, 10525 170 St, Edmonton, AB T5P 4W2

Phone: (780) 429-0137

Website: [www.easterseals.ab.ca/accessibility-supports](http://www.easterseals.ab.ca/accessibility-supports)

Accessibility Supports is a program based on physical and financial need that provides funding for specialized mobility and adaptive equipment to persons with disabilities and those with medical conditions. Full equipment grants, cost share, and interest-free loan methods are available. For more information, please call and/or visit the website above.

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#### **Special Needs Assistance for Seniors Program**

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

Website: [www.alberta.ca/seniors-special-needs-assistance.aspx](http://www.alberta.ca/seniors-special-needs-assistance.aspx)

The Special Needs Assistance for Seniors Program provides assistance to eligible low-income older adults with certain health supports such as aids to daily living (e.g., CPAP machines). For more information, please see page 5 of this Guide and/or visit the website above.

*Businesses Selling and Renting Aids to Daily Living*

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Alberta Medical Supplies</b>	6570 28 Ave NW, Edmonton, AB T6L 6N3 Phone: (780) 761-1216 Website: <a href="http://www.albertamedicalsupplies.com">www.albertamedicalsupplies.com</a>
<b>Aspen Healthcare</b>	11315 Kingsway Ave, Edmonton, AB T5G 0X3 Phone: (780) 452-4386 or 1-888-764-7043  11089 82 Ave, Edmonton, AB T6G 0T2 Phone: (780) 439-6367 or 1-800-272-8851  11 St. Anne St, <b>St. Albert</b> , AB T8N 1E8 Phone: (780) 458-5349 or 1-800-272-9617  Website: <a href="http://www.aspenhealthcare.ca">www.aspenhealthcare.ca</a>
<b>Care Edmonton Inc.</b>	#108, 5239 55 Ave, Edmonton, AB T6B 3V1 Phone: (780) 229-3233 Website: <a href="http://www.careinc.ca">www.careinc.ca</a>
<b>Congdon's Aids to Daily Living Ltd.</b>	10550 Mayfield Rd, Edmonton, AB T5P 4X4 Phone: (780) 483-1762 or 1-800-252-9368 Website: <a href="http://www.congdons.ca">www.congdons.ca</a>
<b>Eco Medical</b>	18303 107 Ave, Edmonton, AB T5S 1K4 Phone: (780) 483-6232 or 1 800 232 9450 Website: <a href="http://www.ecomedical.com">www.ecomedical.com</a>
<b>First Choice Orthotics</b>	17508 Stony Plain Rd, Edmonton, AB T5S 1A1 Phone: (780) 807-2773
<b>Healthcare and Rehab Specialties</b>	10611 Kingsway, Edmonton, AB T5G 3C8 Phone: (780) 424-6094 or 1-800-232-9408 Website: <a href="http://www.healthcareandrehab.com">www.healthcareandrehab.com</a>

**Service Provider:**

**Contact Information:**

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**Healthcare Solutions**

#1084, 9499 137 Ave, Edmonton, AB T5E 5R8  
Phone: (780) 406-3500

5920 Gateway Blvd, Edmonton, AB T6H 2H6  
Phone: (780) 434-3131

Website: [www.healthcaresolutions.ca](http://www.healthcaresolutions.ca)

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**Home Health Store**

7843 106 Ave, Edmonton, AB T6A 1H6  
Phone: (780) 469-8499 or 1-877-417-9106

Website: [www.homehealthstore.ca](http://www.homehealthstore.ca)

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**MEDMobility**

12604 118 Ave, Edmonton, AB T5L 2K8  
Phone: (780) 451-5445 or 1-800-537-0579

5711 Calgary Trail, Edmonton, AB T6H 2K1  
Phone: (780) 437-3300 or 1-800-537-0579

Website: [www.medmobility.ca](http://www.medmobility.ca)

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**Motion**

4619 91 Ave, Edmonton, AB T6B 2M7  
Phone: (780) 468-4002

Website: [www.motioncares.ca](http://www.motioncares.ca)

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**Trinity Home Medical**

4230 99 St, Edmonton, AB T6E 5B3  
Phone: (780) 462-0009

Website: [www.trinityhomemedical.net](http://www.trinityhomemedical.net)

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## **Audiologists & Hearing Aid Practitioners**

Businesses providing hearing evaluations and hearing aid products to individuals living in Edmonton and surrounding area.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Alberta Hearing Service</b>	#103, 10611 Kingsway Ave, Edmonton, AB T5G 3C8 Phone: (780) 423-0886 or 1-877-423-0886
	#111, 3017 66 St, Edmonton, AB T6K 4B2 Phone: (780) 469-8372 or 1-877-423-0886
	Website: <a href="http://www.albertahearing.com">www.albertahearing.com</a>
<b>Audiology Clinic of Northern Alberta</b>	7807 109 St, Edmonton, AB T6G 1C6 Phone: (780) 433-4441 or 1-800-854-9848 Website: <a href="http://www.acnahearing.com">www.acnahearing.com</a>
<b>Better Hearing Centre Inc.</b>	#105A, 10025 106 St, Edmonton, AB T5J 1G4 Phone: (780) 423-2116 or 1-877-423-2116 Website: <a href="http://www.betterhearingcentre.com">www.betterhearingcentre.com</a>
<b>Connect Hearing</b>	#101B, 15379 Castle Downs Rd, Edmonton AB T5X 3Y7 Phone (780) 540-0505
	10256 100 St, Edmonton, AB T5J 5C2 Phone: (780) 422-6641
	#442, 6650 177 St, Edmonton, AB T5T 4J5 Phone: (780) 413-1784
	#107, 11910 111 Ave, Edmonton, T5G 0E5 Phone: (780) 454-4327
	11066 51 Ave, Edmonton, AB T6H 0L4 Phone: (780) 413-7590 or 1-888-501-2661 Website: <a href="http://www.connecthearing.ca">www.connecthearing.ca</a>

**Service Provider:**

**Contact Information:**

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**Discover Hearing Ltd.**

3521 Tudor Glen Market, **St. Albert**, AB T8N 3V4  
Phone: (780) 418-4327  
Website: [www.discoverhearing.ca](http://www.discoverhearing.ca)

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**Hear in Edmonton**

16864 111 Ave, Edmonton, AB T5M 4C9  
Phone: (587) 410-7391

12526 132 Ave, Edmonton, AB T5L 3P9  
Phone: (587) 200-3278

Website: [www.hearinedmonton.ca](http://www.hearinedmonton.ca)

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**Hearing Life**

10608 124 St, Edmonton, AB T5N 1S3  
Phone: 1-888-439-3075

8028 118 Ave NW, Edmonton, AB T5B 0R8  
Phone: (780) 756-2941 or 1-888-448-5475

7910 104 St, Edmonton, AB T6E 4C8  
Phone: (780) 989-5893 or 1-888-439-3159

436 Westmount Centre, Edmonton, AB T5M 3L7  
Phone: 1-888-435-2651

2815 116 St, Edmonton, AB T6J 4R6  
Phone: (780) 432-6625

2 Athabasca Ave, **Sherwood Park**, AB T8A 4E3  
Phone: (780) 417-0029 or 1-888-443-8718

215 McLeod Ave, **Spruce Grove**, AB T7Z 0G2  
Phone: 1-888-445-0785

38 St. Thomas St, **St. Albert**, AB T8N 7J6  
Phone: 1-888-445-0847

Website: [www.hearinglife.ca](http://www.hearinglife.ca)

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**Service Provider:****Contact Information:****Living Sounds**

12310 105 Ave, Edmonton, AB T5N 0Y4  
Phone: (780) 488-8100 or 1-800-232-7289

#152, 83 Ave and 82 St, Edmonton, AB T6C 4E3  
Phone: (780) 440-1010 or 1-877-447-4010

#111, 10937 23 Ave, Edmonton, AB T6J 7B9  
Phone: (780) 447-1010 or 1-866-775-4010

2927 137 Ave, Edmonton, AB T5A 5G8  
Phone: (587) 401-6920

#200, 596 Riverbend Square, Edmonton, AB T6R 2E3  
Phone: (780) 486-1533 or 1-888-486-1533

M3, 9509 156 St, Edmonton, AB T5P 4J5  
Phone: (780) 489-0044 or 1-888-589-0044

#102, 937 Fir St, **Sherwood Park**, AB T8A 4N6  
Phone: (780) 640-1000 or 1-877-818-9427

#213, 501 Bethel Dr, **Sherwood Park**, AB T8H 0N2  
Phone: (780) 640-1100 or 1-877-560-9146

#126, 15 Erin Ridge Rd, **St. Albert**, AB T8N 0R3  
Phone: (780) 651-7300 or 1-888-630-9650

Website: [www.livingsounds.ca](http://www.livingsounds.ca)

**Park Hearing Centre Inc.**

#100,48 Brentwood Blvd, **Sherwood Park**, AB T8A 2H5  
Phone: (780) 416-0030

Website: [www.parkhearingcentre.com](http://www.parkhearingcentre.com)

**The Bay Hearing Aid Centre**

#650, Kingsway Mall, Edmonton, AB T5G 3A6  
Phone: (780) 477-2907

#150, 5015 111 St NW, Edmonton AB T6H 4M7  
Phone: (780) 437-1925

#330, 375 St. Albert Trail, **St. Albert**, AB T8N 3K8  
Phone: (780) 460-0125



## **Dental**

### **Alberta Health Care Insurance Plan (AHCIP)**

Phone: (780) 427-1432 or 310-0000 then (780) 427-1432 (toll free)

Website: [www.alberta.ca/ahcip.aspx](http://www.alberta.ca/ahcip.aspx)

The AHCIP provides eligible Alberta residents of all ages with coverage for some dental services. The AHCIP does not cover routine dental care such as cleanings and fillings. Some specific dental, oral, and maxillofacial surgical services are covered by the AHCIP. For more information, please visit [www.alberta.ca/ahcip-what-is-covered.aspx](http://www.alberta.ca/ahcip-what-is-covered.aspx).

### **Dental and Optical Assistance for Seniors Program**

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

Website: [www.alberta.ca/dental-optical-assistance-seniors.aspx](http://www.alberta.ca/dental-optical-assistance-seniors.aspx)

The Dental and Optical Assistance for Seniors Program provides assistance to eligible low-to moderate-income older adults for some dental services. For more information, please see page 5 of this Guide or visit the website above.

### **Businesses Providing Mobile or Specialized In-Clinic Dental Services**

Businesses providing in-home dental hygiene services or specialized in-clinic dental services in Edmonton and surrounding area. Please call to inquire about specific services, associated charges, and service areas.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Glenrose Dental Clinic</b> Specialized clinic for older adults and those with complex medical needs or disabilities	Room 22 GlenEast, Glenrose Rehabilitation Hospital, 10230 111 Ave, Edmonton, AB T5G 0B7 Phone: (780) 735-8810 Hours: Monday–Friday 9:00am–4:00pm
<b>Right to You Mobile Dental Hygiene</b>	Phone: (780) 756-5555 Website: <a href="http://www.right2you.ca">www.right2you.ca</a> Hours: Monday, Wednesday 8:00am–9:00pm; Tuesday 8:00am–8:00pm; Thursday 5:00pm–9:00pm; Friday 1:00pm–6:00pm; Saturday 12:00pm–3:00pm
<b>Unique Dental Hygiene</b>	Phone: (780) 717-3158 Website: <a href="http://www.hygiene.udhs.ca">www.hygiene.udhs.ca</a> Hours: Monday–Friday 8:00am–4:30pm

**Service Provider:****Contact Information:****University of Alberta  
Hospital Dental Clinic**

Specialized clinic for people with medical conditions and/or disabilities and hospital in-patients

Room 2C1, Walter MacKenzie Centre  
8440 112 St NW, Edmonton, AB T6G 2B7  
Phone: (780) 407-6854  
Hours: Monday–Friday 8:00am–4:00pm;  
Saturday– Sunday 12:45pm–4:00pm  
After Hours Walk-In Clinic (Daily): 6:45pm–10:00pm

**Vital Dental Hygiene Clinic**

Phone: (587) 598-4825  
Website: [www.vitaldentalhygiene.ca](http://www.vitaldentalhygiene.ca)  
Hours: Monday, Tuesday, Friday 9:00am–5:00pm;  
Wednesday, Thursday 10:00am–7:00pm;  
Saturday– Sunday 9:00am–3:00pm

**Denturists****Dental and Optical Assistance for Seniors Program**

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

Website: [www.alberta.ca/dental-optical-assistance-seniors.aspx](http://www.alberta.ca/dental-optical-assistance-seniors.aspx)

The Dental and Optical Assistance for Seniors Program provides assistance to eligible low-to moderate-income older adults for certain dental services (e.g., dentures). For more information, please see page 5 of this Guide or visit the website above.

**Businesses Providing Mobile Denture Services**

Mobile denture services for individuals living in Edmonton and surrounding area. Please call to inquire about specific services, associated charges, and service areas.

**Service Provider:****Contact Information:****AquaSeal In-Home  
Dentures**

Phone: (780) 457-5841  
Website: [www.aquasealdentures.ca](http://www.aquasealdentures.ca)  
Hours: Monday–Friday 9:00am–5:00pm

**Burnham Denture Clinic**

Phone: (780) 469-5768  
Website: [www.burnhamdentureclinic.com](http://www.burnhamdentureclinic.com)  
Hours: Monday–Thursday 9:00am–4:00pm;  
Friday 9:00am–12:00pm

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Canora Denture Clinic</b>	Phone: (780) 758-7575 Website: <a href="http://www.edmontondentures.net">www.edmontondentures.net</a> Hours: Monday–Friday 9:00am–4:30pm; After hours available upon request
<b>Dan’s Denture Clinic Ltd</b>	Phone: (780) 244-3200 or 1-855-554-4810 Website: <a href="http://www.dansdentureclinic.com">www.dansdentureclinic.com</a> Hours: Monday–Thursday 9:00am–6:00pm; Friday, Saturday 9:00am–5:00pm
<b>East Edmonton Denture Clinic</b>	Phone: (587) 408-3313 Website: <a href="http://www.denturistedmonton.ca">www.denturistedmonton.ca</a> Hours: Monday–Friday 9:30am–5:30pm; Saturday 9:30am–12:30pm
<b>Ellerslie Road Denture Clinic</b>	Phone: (780) 439-5966 Website: <a href="http://www.ellersliedentures.com">www.ellersliedentures.com</a> Hours: Monday–Wednesday 8:00am–5:00pm; Thursday, Friday 9:30am–4:30pm
<b>Grace Denture Clinic</b>	Phone: (780) 490-5509 Website: <a href="http://www.gracedenture.com">www.gracedenture.com</a> Hours: Variable, please call to inquire
<b>Grandin Denture Clinic</b> Free shuttle service to the clinic for clients living in Edmonton and St. Albert	Phone: (780) 569-1010 Website: <a href="http://www.grandindentureclinic.com">www.grandindentureclinic.com</a> Hours: Monday–Thursday 8:00am–5:00pm; Friday 8:00am–4:00pm; Saturday 10:00am–1:00pm; Sundays and evenings by appointment
<b>Grandview Denture Clinic</b>	Phone: (780) 413-6126 Website: <a href="http://www.smilesforyou.ca">www.smilesforyou.ca</a> Hours: Monday–Thursday 8:00am–4:00pm; Friday 8:00am–1:00pm

**Service Provider:****Contact Information:**

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**Jasper Place  
Denture Clinic**Phone: (780) 481-5900  
Website: [www.jpdentures.com](http://www.jpdentures.com)  
Hours: Monday–Thursday 9:00am–5:00pm;  
Friday 9:00am–2:00pm

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**Londonderry  
Denture Clinic**Phone: (780) 476-2529  
Website: [www.londonderrydentureclinic.com](http://www.londonderrydentureclinic.com)  
Hours: Monday–Friday 8:30am–4:30pm

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**Oxford Mobile  
Denture Clinic**Phone: (780) 554-8754  
Website: [www.oxfordmobiledentureclinic.com](http://www.oxfordmobiledentureclinic.com)  
Hours: Monday–Friday 9:00am–5:00pm

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**ProCare  
Denture Clinic**Phone: (780) 705-7085  
Website: [www.procaudentureclinic.com](http://www.procaudentureclinic.com)  
Hours: Monday–Thursday 8:30am–4:30pm;  
Friday 8:30am–2:00pm

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**Quality Care  
Denture Clinic**Phone: (780) 803-5640  
Website: [www.qualitycaudentureclinic.ca](http://www.qualitycaudentureclinic.ca)  
Hours: Monday–Friday 9:00am–5:00pm

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## **Dietitians**

### **Alberta Health Services – Nutrition Counselling**

Website: [www.albertahealthservices.ca/findhealth/service.aspx?id=1072052](http://www.albertahealthservices.ca/findhealth/service.aspx?id=1072052)

One-on-one and group nutrition counselling sessions with registered dietitians at several locations in Edmonton and surrounding area. A referral from a health care provider is required to access these services.

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### **City of Edmonton Nutrition Services**

Phone: (780) 690-2278

Website: [https://www.edmonton.ca/activities\\_parks\\_recreation/nutrition-services.aspx](https://www.edmonton.ca/activities_parks_recreation/nutrition-services.aspx)

The City of Edmonton has partnered with Revive Wellness Inc. to offer nutrition services with registered dietitians at several of the City's recreation centres including Clareview, Commonwealth, Kinsmen, Terwillegar, and the Meadows.

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### **Dietitians of Canada**

Website: [www.dietitians.ca](http://www.dietitians.ca)

Dietitians of Canada is the national professional association for dietitians. The website contains a directory of registered dietitians across Canada that can be searched by location (e.g., postal code, city, or province), by keyword (e.g., gluten-free, diabetes), or by dietitian's name.

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### **Primary Care Networks (PCNs) – Nutrition Counselling**

Some PCNs offer nutrition counselling, workshops, and classes. These services are available upon referral from a family physician who is a member of the local PCN. Consult with your family physician to determine if they are a member of a local PCN and if you qualify for a referral.

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## **Foot Care**

### **Alberta Health Care Insurance Plan (AHCIP)**

Phone: (780) 427-1432 or 310-0000 then (780) 427-1432 (toll free)

Website: [www.alberta.ca/ahcip.aspx](http://www.alberta.ca/ahcip.aspx)

The AHCIP provides partial coverage for eligible Alberta residents of all ages for some podiatry services under the basic podiatry program to a maximum of \$250 per benefit year (July 1 to June 30). Please note that podiatrists can charge additional fees for services.

### **Special Needs Assistance for Seniors Program**

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

Website: [www.alberta.ca/seniors-special-needs-assistance.aspx](http://www.alberta.ca/seniors-special-needs-assistance.aspx)

The Special Needs Assistance for Seniors Program provides assistance to eligible low-income older adults for certain health supports such as regular foot maintenance. For more information, please see page 5 of this Guide or visit the website above.

### **Businesses Providing In-Home Foot Care Services**

In addition to the businesses listed below and on the following page, some home care providers also may provide in-home foot care services. Please see the **Home & Respite Care** section starting on page 46 for more information.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Alberta Foot Care</b>	Phone: (780) 800-5507 Website: <a href="http://www.albertafootcare.ca">www.albertafootcare.ca</a>
<b>Comfort Footcare</b>	Phone: (780) 952-8551 Website: <a href="http://www.comfortfootcare.ca">www.comfortfootcare.ca</a>
<b>Devon Foot Care</b>	Phone: (780) 987-2273 or 1-888-660-3338 Website: <a href="http://www.devonfootcare.com">www.devonfootcare.com</a>
<b>Edmonton Foot Care</b>	Phone: (780) 488-5878 or (780) 292-2533 Website: <a href="http://www.edmontonfootcare.ca">www.edmontonfootcare.ca</a>

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Edmonton Senior Solutions</b>	Phone: (780) 993-2273 Website: <a href="http://www.edmontonseniorsolutions.com">www.edmontonseniorsolutions.com</a>
<b>Foot Care and More Mobile Services</b>	Phone: (780) 906-5301 Website: <a href="http://www.footmedic.care">www.footmedic.care</a>
<b>Loving Touch for Seniors</b>	Phone: (780) 266-7201 Website: <a href="http://www.lovingtouchforseniors.com">www.lovingtouchforseniors.com</a>
<b>Rhoma's Foot Care</b>	Phone: (780) 902-9503





## **Health Clinics**

### **Seniors Association of Greater Edmonton (SAGE) – Health Services**

15 Sir Winston Churchill Square, Edmonton, AB T5J 2E5

Phone: (780) 809-9402

Website: [www.mysage.ca/at-sage/health-services](http://www.mysage.ca/at-sage/health-services)

SAGE offers a health services program which includes annual check-ups, health assessments, health education, prescriptions and refills, and urgent care. Additional available services include dental hygiene, denture services, foot care, and optometry services. Services are provided by nurse practitioners Monday to Friday from 8:30am to 4:30pm. Services are available on a walk-in basis or by appointment. For more information, please call and/or visit the website above.

### **Seniors' Health Clinics**

Seniors' health clinics in Edmonton and surrounding area offering assessment, diagnosis, and treatment for adults 65 years of age and older.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Glenrose Rehabilitation Hospital – Geriatric Outpatient Medicine</b>	10203 111 Ave NW, Edmonton, AB T5G 0B7 Phone: (780) 401-2665 (Central Access Booking) Hours: Monday–Friday 8:00am–4:00pm
<b>Grey Nuns Community Hospital – Geriatric Outpatient Medicine</b>	1100 Youville Dr West NW, Edmonton, AB T6L 5X8 Phone: (780) 401-2665 (Central Access Booking) Hours: Monday–Friday 8:00am–4:00pm
<b>Kaye Edmonton Clinic – Seniors' Clinic</b>	8440 112 St, Edmonton, AB T6G 2B7 Phone: (780) 407-6947 Hours: Monday–Friday 8:00am–4:15pm
<b>Misericordia Hospital – Geriatric Outpatient Medicine</b>	16940 87 Ave, Edmonton, AB T5R 4H5 Phone: (780) 401-2665 (Central Access Booking) Hours: Monday–Friday 8:00am–4:00pm

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Northeast Community Health Centre – Geriatric Outpatient Medicine</b>	14007 50 St, Edmonton, AB T5A 5E4 Phone: (780) 401-2665 (Central Access Booking) Hours: Monday–Friday 8:00am–4:00pm
<b>Strathcona Community Hospital – Geriatric Outpatient Medicine</b>	9000 Emerald Drive, <b>Sherwood Park</b> , AB T8H 0J3 Phone: (780) 401-2665 (Central Access Booking) Hours: Monday–Friday 8:00am–4:00pm
<b>The Good Samaritan Society – Seniors' Clinic</b>	8861 75 St NW, Edmonton, AB T6C 4G8 Phone: (780) 440-8274 Hours: Monday–Friday 9:00am–4:00pm

### Primary Care Networks (PCNs)

PCNs are groups of physicians and other health care professionals such as dietitians, nurses, nurse practitioners, mental health professionals, pharmacists, and social workers who work together to provide comprehensive patient care. Some PCNs have dedicated seniors' health clinics that provide assessment, diagnosis, and treatment for adults 65 years of age and older.

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Alberta Heartland PCN</b> (Seniors Health Clinic)	#206, 9821 108 St, <b>Fort Saskatchewan</b> , AB T8L 2J2 Phone: (780) 997-0046
<b>Edmonton North PCN</b> (Care of the Elderly Clinic)	#1038, 9499 137 Ave, Edmonton, AB T5E 5R8 Phone: (780) 473-7131
<b>Edmonton Oliver PCN</b> (Seniors' Community Hub)	#130, 11910 111 Ave, Edmonton, AB T5G 0E5 Phone: (780) 453-3757

**Service Provider:****Contact Information:****Edmonton West PCN**

#124, Meadowlark Health and Shopping Centre,  
156 St and 87 Ave, Edmonton, AB T5R 5W9  
Phone: (780) 443-7477

**Leduc/Beaumont/  
Devon PCN** (Leduc Eldercare  
Consultation Team)

#301, 4710 50 St, **Leduc**, AB T9E 6W2  
Phone: (780) 986-6624

**Sherwood Park/  
Strathcona County PCN**

#101, 150 Broadway Crescent,  
**Sherwood Park**, AB T8H 0V3  
Phone: (780) 410-8000

**St. Albert/Sturgeon PCN**  
(Geriatric Evaluation and  
Management Clinic)

#196, 375 St Albert Trail, **St Albert**, AB T8N 3K8  
Phone: (780) 419-2214

**Westview PCN**

#101, 505 Queen St, **Spruce Grove**, AB T7X 2V2  
Phone: (780) 960-9533



## **Home & Respite Care**

### **Alberta Health Services – Home Care**

Phone: (780) 496-1300 (Community Care Access) or 811 (Health Link)

Website: [www.albertahealthservices.ca/homecare](http://www.albertahealthservices.ca/homecare)

Alberta Health Services' Home Care Program supports Albertans of all ages through health promotion, treatment, rehabilitation, and support. Home Care clients are assigned a case manager who will identify the individual's needs and link them with the most appropriate available home and community support services. The phone numbers listed above provide help for people who need to access Community and Home Care services including: integrated home living, day programs, CHOICE (Comprehensive Home Option of Integrated Care for the Elderly), CAIL (Community Aids for Independent Living), integrated supportive living, integrated facility living, and palliative care.

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### **Health Coverage for Seniors Program**

Phone: (780) 498-8000 (Alberta Blue Cross)

Website: [www.alberta.ca/seniors-health-benefits.aspx](http://www.alberta.ca/seniors-health-benefits.aspx)

The Health Coverage for Seniors provides adults 65 years of age and older a premium-free benefit to provide coverage health-related services not covered under the Alberta Health Care Insurance Plan (AHCIP). Coverage for nursing care is up to \$200 per family per benefit year for nursing care provided in the individual's home by written order of a physician. Home nursing care must be provided by a registered nurse or licensed practical nurse who is not a relative of the patient. For more information, please see page 6 of this Guide or visit the website above.

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### **Businesses Providing Home & Respite Care**

The businesses on the following pages provide home care services including companionship, home support (e.g., light housekeeping, meal preparation, etc.), nursing care, palliative care, personal care, respite for caregivers. Some service providers may offer additional or specialized services such as dementia or end-of-life care, overnight or live-in care, foot care, occupational therapy and/or physiotherapy, pre- or post-operative care, pet care assistance, transition or relocation services, and transportation. These businesses are privately operated and offer home care on a fee-for-service basis. Please call the service provider to inquire about specific services and associated charges. To access publicly funded home care services, please contact Alberta Health Services (see listing above).

**Service Provider:****Contact Information:**

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**Bayshore Home Health**

14923 107 Ave NW, Edmonton, AB T5N 3Y6  
Phone: (780) 801-3880 or 1-855-326-9604  
Website: [www.bayshore.ca](http://www.bayshore.ca)  
Companionship, home support, nursing care, palliative care, personal care, respite care, transportation

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**Bridge to Care**

#100, 5013 48 St, Stony Plain, AB T7Z 1L8  
2101 Millbourne Rd NW, Edmonton, T6K 0Y3  
Phone: (780) 591-100 or 1-800-717 5536  
Website: [www.bridgetocare.org](http://www.bridgetocare.org)  
Companionship, home support, nursing care, personal care, respite care, transportation

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**Care at Home**

#260, 4936 87 St, Edmonton, AB T6E 5H4  
Phone: (780) 435-4663  
Website: [www.careathometruster.org](http://www.careathometruster.org)  
Companionship, home support, personal care, transportation

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**Care at Home  
by Exquisicare**

Phone: (780) 707-6509  
Website: [www.careathomebyexquisicare.com](http://www.careathomebyexquisicare.com)  
Companionship, home support, nursing care, palliative care, personal care, respite care

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**CareGivers  
Home Health Care Inc.**

#203, 13167 146S St, Edmonton, AB T5L 4S8  
Phone: (780) 406-0678  
Website: [www.caregiversgroup.ca](http://www.caregiversgroup.ca)  
Companionship, home support, nursing care, palliative care, personal care

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**CBI Home Health**

#400, 10050 112 St, Edmonton, AB T5K 2J1  
Phone: (780) 488-7282  
Website: [www.cbi.ca](http://www.cbi.ca)  
Home support, nursing care, personal care

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**Service Provider:**

**Contact Information:**

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**Classic LifeCare**

#416, 10171 Saskatchewan Dr, Edmonton, AB T6E 4R5  
Phone: (780) 428-2750 or 1-888-263-5168  
Website: [www.classiclifecare.com](http://www.classiclifecare.com)  
Companionship, home support, nursing care, palliative care, personal care

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**Comfort Keepers**

#101, 4208 97 St, Edmonton, AB T6E 5Z9  
Phone: (780) 851-4650  
Website: [www.comfortkeepers.ca/edmonton/](http://www.comfortkeepers.ca/edmonton/)  
Companionship, home support, nursing care, palliative care, personal care, respite care, transportation

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**Companions and More**

Phone: (780) 660-1170  
Website: [www.companionsandmore.ca](http://www.companionsandmore.ca)  
Companionship, transportation

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**Compassion Network  
CompassionCare**

5404 97 St NW, Edmonton, AB T6E 5C1  
Phone: (780) 432-1676  
Website: [www.compassionnetwork.ca](http://www.compassionnetwork.ca)  
Companionship, home support, nursing care, personal care, respite care, transportation

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**Edmonton Senior Solutions**

Phone: (780) 993-2273  
Website: [www.edmontonseniorsolutions.com](http://www.edmontonseniorsolutions.com)  
Companionship, home support, nursing care, personal care, respite care, transportation

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**Excel Society**

Phone: (780) 441-7980  
Website: [www.excelociety.org](http://www.excelociety.org)  
Companionship, home support, nursing care, personal care, respite care

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<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Family and Community Support Services (FCSS) Fort Saskatchewan</b>	Phone: (780) 992-6623 Website: <a href="http://www.fortsask.ca/en/living-here/seniors.aspx">www.fortsask.ca/en/living-here/seniors.aspx</a> Home support
<b>Family and Community Support Services (FCSS) Spruce Grove</b>	Phone: (780) 962-7618 Website: <a href="http://www.sprucegrove.org/community/resources-support/home-support/">www.sprucegrove.org/community/resources-support/home-support/</a> Home support
<b>Family and Community Support Services (FCSS) Strathcona County</b>	Phone: (780) 464-4044 Website: <a href="http://www.strathcona.ca/community-families/seniors/home-support-services/">www.strathcona.ca/community-families/seniors/home-support-services/</a> Personal care, home support
<b>For the Love of Seniors</b>	Phone: (780) 979-0242 Website: <a href="http://www.fortheloveofseniors.ca">www.fortheloveofseniors.ca</a> Companionship, home support, nursing care, palliative care, personal care, respite care, transportation
<b>Golden Heart Home Care Services Ltd.</b>	Phone: (780) 476-5027 Website: <a href="http://www.goldenheartedm.ca">www.goldenheartedm.ca</a> Personal care, home support, respite care
<b>Harmony Caregiving Inc.</b>	9856 89 Ave NW, Edmonton AB T6E 2S4 Phone: (780) 328-3917 Website: <a href="http://www.harmonycaregiving.com">www.harmonycaregiving.com</a> Companionship, home support, palliative care, personal care, respite care, transportation
<b>HavenCrest HomeCare</b>	51574 RR 224, <b>Sherwood Park</b> , AB T8C 1H5 Phone: (780) 953-0342 Companionship, home support, nursing care, personal care

**Service Provider:**

**Contact Information:**

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**Helping Hands  
Personal Assistants**

8211 56 St, Edmonton, T6B 1H5  
Phone: (780) 244-4088  
Website: [www.helpinghands2005.com](http://www.helpinghands2005.com)  
Companionship, home support, home organization and  
hoarding support, personal care, transportation

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**Home Care Assistance**

16953 127 St, Edmonton, AB T6V 1B1  
Phone: (780) 490-7337  
Website: [www.homecareassistance.com/edmonton](http://www.homecareassistance.com/edmonton)  
Companionship, home support, palliative care, personal  
care, respite care, transportation

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**Home Care Network Inc.**

Phone: (780) 483-6550  
Website: [www.homecarenetworkinc.com](http://www.homecarenetworkinc.com)  
Companionship, home support, personal care, respite  
care

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**Home Instead  
Senior Care**

#201, 11 Fairway Dr, Edmonton, AB T6X 2W4  
Phone: (780) 439-9990  
  
#8, 1004 Parsons Rd, Edmonton, AB T6X 0J4  
Phone: (780) 465-5373  
  
Website: [www.homeinstead.ca](http://www.homeinstead.ca)  
Companionship, home support, palliative care, personal  
care, respite care, transportation

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**Jewish Family Services  
Home Support Services**

#100, 8702 Meadowlark Rd, Edmonton, AB T5R 5W5  
Phone: (780) 454-1194  
Website: [www.jfse.org](http://www.jfse.org)  
Companionship, home support, personal care,  
transportation

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**Service Provider:****Contact Information:****Nurse Anytime  
Home Care**

#200, 10479 184 St, Edmonton, AB T5S 2L1  
 Phone: (780) 435-9959  
 Website: [www.nurseanytime.com](http://www.nurseanytime.com)  
 Companionship, home support, nursing care, palliative care, personal care, respite care

**Nurse Next Door**

#120, 12420 104 Ave, Edmonton, AB T5N 3Z9  
 Phone: (780) 737-1115 or 1-877-588-8609

#101A, 10303 65 Ave NW, Edmonton, AB T6H 1V1  
 Phone: (780) 737-4323 or 1-877-588-8609

#15, 2016 Sherwood Drive,  
**Sherwood Park**, AB T8A 3X3  
 Phone: (780) 737-1112

Website: [www.nursenextdoor.com](http://www.nursenextdoor.com)  
 Companionship, home support, nursing care, palliative care, personal care, respite care, transportation

**Opening Doors  
Support Services**

Phone: (780) 239-2399  
 Companionship, home support, respite care, transportation

**ParaMed Home  
Health Care Services**

#402, 9426 51 Ave, Edmonton, AB T6E 5A6  
 Phone: (780) 988-7711 or 1-800-465-5054  
 Website: [www.paramed.com/edmonton/](http://www.paramed.com/edmonton/)  
 Companionship, home support, nursing care, palliative care, personal care, respite care

**Qualicare Family  
Home Care  
(Edmonton South)**

Phone: (780) 328-6655  
 Website: [www.qualicare.com/edmonton-south](http://www.qualicare.com/edmonton-south)  
 Companionship, home support, nursing care, palliative care, personal care, respite care

**Service Provider:**

**Contact Information:**

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**Royal Home  
Health Inc.**

Phone: (780) 787-8778  
Website: [www.royalhomehealthinc.com](http://www.royalhomehealthinc.com)  
Companionship, home support, nursing care, palliative  
care, personal care

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**Senior Homecare  
by Angels**

#103, 17707 105 Ave, Edmonton, AB T5S 1T1  
Phone: (780) 487-4256  
Website: [www.seniorhomecarebyangels.com](http://www.seniorhomecarebyangels.com)  
Companionship, home support, personal care, respite  
care, transportation

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**Serving Hands  
Senior Care**

Phone: (780) 963-1516  
Website: [www.servinghandsseniorcare.com](http://www.servinghandsseniorcare.com)  
Companionship, home support, personal care,  
transportation

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**Veritas Seniors  
Concierge Inc.**

Phone: (780) 975-7927  
Website: [www.veritasseniors.ca](http://www.veritasseniors.ca)  
Companionship, home support, palliative care, personal  
care, respite care, transportation

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**We Care Home  
Health Services**

#500, 9945 50 St, Edmonton, AB T6A 0L4  
Phone: (780) 468-4663  
Website: [www.wecare.ca](http://www.wecare.ca)  
Personal care, respite care

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**Wendy's Errands  
for Elders Ltd.**

14523 19 St, Edmonton, AB T5Y 1S6  
Phone: (780) 916-8916  
Website: [www.wendyserrands.com](http://www.wendyserrands.com)  
Home support

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**Service Provider:**

**Contact Information:**

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**Wild Rose  
Caregivers Ltd.**

10328 121 St NW, Edmonton, AB T5N 1K8  
Phone: (780) 756-2700  
Website: [www.wildrosecaregivers.com](http://www.wildrosecaregivers.com)  
Companionship, home support, palliative care, personal  
care, respite care

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**Your Good  
Company Ltd.**

Phone: (780) 299-9049  
Website: [www.yourgoodcompany.ca](http://www.yourgoodcompany.ca)  
Companionship, home support, transportation

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## **Medical Alarm Systems**

A personal response/emergency alarm system that connects individuals with emergency services 24 hours a day, 7 days a week.

### **Special Needs Assistance for Seniors Program**

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

Website: [www.alberta.ca/seniors-special-needs-assistance.aspx](http://www.alberta.ca/seniors-special-needs-assistance.aspx)

The Special Needs Assistance for Seniors Program provides assistance to eligible low-income older adults for certain health supports such as medical alarm systems, including installation and monitoring fees. For more information, please see page 5 of this Guide or visit the website above.

### **Businesses Providing Medical Alarm Systems**

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>CareAlert Canada</b>	Phone: 1-888-475-8595 Website: <a href="http://www.carealertproducts.com">www.carealertproducts.com</a>
<b>DirectAlert</b>	Phone: 1-877-391-1767 Website: <a href="http://www.directalert.ca">www.directalert.ca</a>
<b>Galaxy Medical Alert</b>	Phone: 1-855-905-7414 Website: <a href="http://www.galaxymedicalalert.com">www.galaxymedicalalert.com</a>
<b>Good Samaritan TeleCare</b>	Phone: (780) 431-3630 or 1-800-676-8397 Website: <a href="http://www.goodsamaritantelegare.com">www.goodsamaritantelegare.com</a>
<b>Liberty InTouch</b>	Phone: 1-866-926-7233 Website: <a href="http://www.libertysecurity.ca/for-seniors/">www.libertysecurity.ca/for-seniors/</a>
<b>Life Assure</b>	Phone: 1-800-354-5706 Website: <a href="http://www.lifeassure.com">www.lifeassure.com</a>

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>LifeCall Medical Alarm</b>	Phone: 1-800-661-5433 Website: <a href="http://www.lifecall.ca">www.lifecall.ca</a>
<b>LiveLife Personal Mobile Alarms</b>	Phone: 1-877-801-7172 Website: <a href="http://www.livelifealarms.ca">www.livelifealarms.ca</a>
<b>Philips Lifeline</b>	Phone: 1-866-784-1992 Website: <a href="http://www.lifeline.ca">www.lifeline.ca</a>
<b>Priority Care Call</b>	Phone: (780) 784-1110 or 1-877-322-0334 Website: <a href="http://www.prioritycarecall.com">www.prioritycarecall.com</a>
<b>SecurMEDIC™</b>	Phone: 1-888-990-9963 Website: <a href="http://www.securmedic.com">www.securmedic.com</a>
<b>TELSCO Care Connect: Medical Alert Devices</b>	Phone: (780) 424-6971 Website: <a href="http://www.telsco.com">www.telsco.com</a>
<b>Telus LivingWell Companion™</b>	Phone: 1-888-505-8008 Website: <a href="http://www.telus.com/en/health/personal/livingwell-companion">www.telus.com/en/health/personal/livingwell-companion</a>



## **Medical Laboratory Home Collection**

### **DynaLIFE Diagnostic Laboratory Services**

Phone: (780) 451-3702 or 1-800-661-9876

Website: [www.dynalifedx.com](http://www.dynalifedx.com)

For an individual to be considered eligible for home collection, they must meet at least one of the following criteria:

- Patient has high oxygen needs that cannot be met by portable oxygen;
- Patient has a mental health problem or psychiatric condition that prevents them from leaving their home;
- Patient is medically housebound and/or bed bound;
- Patient requires significant home care services (e.g., post-operative care);
- Patient requires a home visit from his/her physician; or
- Patient is a resident in a nursing home, extended care, or auxiliary hospital facility.

Home collections must be requested by the individual's physician and requisition forms must be faxed directly to DynaLife. Patients who do not meet the criteria for home collection may go to any community collection site. Individuals who are able to use DATS or other means of transportation are encouraged to use the patient collection sites as they all are wheelchair accessible.

### **DynaLIFE Patient Collection Sites in Edmonton and Surrounding Area**

#### **Edmonton Central**

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<b>Boyle McCauley Health Centre</b> 10628 96 St .....	(780) 422-7333
<b>Downtown Edmonton #250</b> , 10405 Jasper Ave .....	(780) 413-0983
<b>Hys Centre #112</b> , 11010 101 St.....	(780) 424-0140
<b>Oliver Park</b> 11936 104 Ave.....	(587) 782-7127

#### **Edmonton Northeast**

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<b>Abbotsfield Mall #223</b> , 3210 118 Ave .....	(780) 471-4014
<b>Belmont Town Centre</b> 2919 137 Ave.....	(780) 478-0801
<b>Northgate Centre #2084</b> , 9499 137 Ave.....	(780) 478-3577

### **Edmonton Northwest**

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<b>Callingwood Market Square #216, 6655 178 St.....</b>	<b>(780) 487-5116</b>
<b>Meadowlark Health Centre #240, 156 St &amp; 87 Ave.....</b>	<b>(780) 489-1218</b>
<b>Pallisades 12843 140 Ave .....</b>	<b>(780) 456-0998</b>
<b>Westgrove Professional Building #101, 10230 142 St.....</b>	<b>(780) 454-4480</b>

### **Edmonton Southeast**

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<b>Capilano Centre #100, 9945 50 St .....</b>	<b>(780) 468-1849</b>
<b>Millbourne Shopping Centre #140, 7629 38 Ave .....</b>	<b>(780) 462-8349</b>
<b>Tawa Centre 3011 66 St .....</b>	<b>(780) 461-1399</b>

### **Edmonton Southwest**

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<b>College Plaza #303, 8215 112 St .....</b>	<b>(780) 433-7562</b>
<b>Gateway Blvd 8035 104 St.....</b>	<b>(780) 702-0551</b>
<b>Heritage Square 10917 23 Ave .....</b>	<b>(780) 437-1696</b>
<b>Riverbend Square 636 Riverbend Square.....</b>	<b>(780) 988-6721</b>
<b>Trail South 10389 51 Ave .....</b>	<b>(780) 434-0420</b>

### **Surrounding Area**

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<b>Beaumont Village 5009 52 Ave.....</b>	<b>(780) 929-9895</b>
<b>Fort Saskatchewan #109, 9372 Southfort Dr .....</b>	<b>(780) 701-9618</b>
<b>Sherwood Park #132, 80 Chippewa Rd .....</b>	<b>(780) 464-1733</b>
<b>Sherwood Park #133, 501 Bethel Dr .....</b>	<b>(780) 640-1049</b>
<b>Spruce Grove #108A, 505 Queen St.....</b>	<b>(780) 960-3670</b>
<b>St. Albert #160, 190 Boudreau Rd .....</b>	<b>(780) 458-8866</b>



## **Mobile Hairdressing**

Mobile hairdressing services for individuals living in Edmonton and surrounding area. Please call to inquire about specific services, associated charges, and service areas.

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**Service Provider:****Contact Information:**

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**At Home Hair Trends**

Phone: (780) 289-4429

Website: [www.athomehairtrends.com](http://www.athomehairtrends.com)

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**Edmonton Senior Solutions**

Phone: (780) 993-2273

Website: [www.edmontonseniorsolutions.com](http://www.edmontonseniorsolutions.com)

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**Judith's Mobile Hair Care**

Phone: (780) 868-2000

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**Lisa's Mobile Hair Service**

Phone: (780) 987-4628

Website: [www.facebook.com/lisasmobilehairservice](http://www.facebook.com/lisasmobilehairservice)

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## **Mobile X-Ray**

**Canada Mobile X-Ray Inc.**

Phone: (587) 320-2192 or 1-800-813-3650

Website: [www.canadamobilexray.ca](http://www.canadamobilexray.ca)

Mobile diagnostic imaging services for individuals living in Edmonton in long-term care facilities, supportive living facilities, or in their own homes. Results can be faxed to the requisitioning practitioner within the same day.

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**St. Michael's Mobile X-Ray**

Phone: (780) 472-4504

Website: [www.smhg.ca/community-ventures/mobile-x-ray/](http://www.smhg.ca/community-ventures/mobile-x-ray/)

Mobile diagnostic imaging services for individuals living in Edmonton and surrounding area in long-term care facilities, supportive living facilities, or in their own homes. Reports are uploaded and faxed directly to the requisitioning doctor.

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## **Occupational Therapy & Physiotherapy**

### **Alberta College of Occupational Therapists (ACOT)**

#312, 8925 51 Ave, Edmonton, AB T6E 5J3

Phone: (780) 436-8381 or 1-800-561-5429

Website: [www.acot.ca](http://www.acot.ca)

The ACOT is the provincial regulatory body for occupational therapists. The website contains a directory of registered occupational therapists in the region.

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### **Physiotherapy Alberta College & Association**

#300, 10357 109 St, Edmonton, AB T5J 1N3

Phone: (780) 438-0338 or 1-800-291-2782

Website: [www.physiotherapyalberta.ca](http://www.physiotherapyalberta.ca)

Physiotherapy Alberta is the provincial regulatory body for physiotherapists. The website contains a directory of registered physiotherapists in the region.

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### **Society of Alberta Occupational Therapists (SAOT)**

Phone: (780) 803-0350

Website: [www.saot.ca](http://www.saot.ca)

The SAOT is a voluntary, non-regulatory body that works alongside ACOT to serve occupational therapists in Alberta. The website contains a directory of occupational therapists operating private practices.

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### **Businesses Providing In-Home Occupational Therapy & Physiotherapy**

In-home occupational therapy and/or physiotherapy services including massage, acupuncture, rehabilitation, exercise services, and more. Please call to inquire about specific services, associated charges, and service areas.

#### **Service Provider:**

#### **Contact Information:**

**Adam Physio &  
Sports Clinic**

Phone: (780) 906-6262

Website: [www.adamphysio.com](http://www.adamphysio.com)

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**Edmonton Mobile Massage**

Phone: (780) 994-0155

Website: [www.edmontonmobilemassage.com](http://www.edmontonmobilemassage.com)

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**Service Provider:**

**Contact Information:**

**InHome Physical  
Therapy & Massage**

Phone: 1-844-256-7684  
Website: [www.inhomephysicaltherapy.ca](http://www.inhomephysicaltherapy.ca)

**InStep Physical Therapy**

Phone: (780) 454-5432  
Website: [www.instepphysio.ca](http://www.instepphysio.ca)

**Mobile Massage YEG**

Phone: (780) 340-4841  
Website: [www.mobilemassageyeg.com](http://www.mobilemassageyeg.com)

**Therapia**

Phone: (587) 800-4425  
Website: [www.therapia.com](http://www.therapia.com)

**Therapy2U**

Phone: (780) 851-8897  
Website: [www.therapy2u.ca](http://www.therapy2u.ca)

## Optometry

### **Alberta Health Care Insurance Plan (AHCIP)**

Phone: (780) 427-1432 or 310-0000 then (780) 427-1432 (toll free)

Website: [www.alberta.ca/ahcip.aspx](http://www.alberta.ca/ahcip.aspx)

The AHCIP provides eligible adults 65 years of age and older coverage for one complete eye exam, one partial exam, and one diagnostic procedure per benefit year (July 1 to June 30). For more information, please call and/or visit the website above.

### **Dental and Optical Assistance for Seniors Program**

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

Website: [www.alberta.ca/dental-optical-assistance-seniors.aspx](http://www.alberta.ca/dental-optical-assistance-seniors.aspx)

The Dental and Optical Assistance for Seniors Program provides assistance to eligible low- and moderate-income older adults for some optical services. For more information, please see page 5 of this Guide or visit the website above.

### **Businesses Providing Mobile Optical Services**

#### **Everywhere Eyecare**

Phone: (780) 278-9381

Website: [www.everywhereeyecare.ca](http://www.everywhereeyecare.ca)

Mobile optical services for individuals living in Edmonton and surrounding area. Services include private consultations for lenses and frames, measurement services, as well as fittings, adjustments, and repairs.

#### **Glasses to Go Mobile Vision Care**

Phone: (780) 916-6646

Website: [www.glasses2go.ca](http://www.glasses2go.ca)

Mobile optical services for individuals living in Edmonton and surrounding area. Services include complete eye exams, private consultations for lenses and frames, as well as fittings, adjustments, and repairs.



## Pharmacy

Most pharmacies deliver medications directly to your home free of charge. Other services offered may include online automatic prescription refills and reminders, medication organization, and prescription management. Please contact your local pharmacy for details. For a complete listing of local pharmacies, please visit [www.yellowpages.ca](http://www.yellowpages.ca)

## SUPPORT GROUPS & HEALTH SERVICES ORGANIZATIONS



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**Service Provider:****Service Information:**

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**ALS Society of Alberta**

5418 97 St NW, Edmonton, AB T6E 5C1  
Phone: (780) 487-0754 or 1-888-309-1111  
Website: [www.alsab.ca](http://www.alsab.ca)

Provides information, resources, support, and equipment loans for individuals affected by amyotrophic lateral sclerosis (ALS).

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**Alzheimer Society – Alberta and Northwest Territories**

#306, 10430 61 Ave NW,  
Edmonton, AB T6H 2J3  
Phone: (780) 488-2266 or 1-866-950-5465  
Website: [www.alzheimer.ca/ab](http://www.alzheimer.ca/ab)

Provides information, resources, support, and counselling to individuals affected by Alzheimer's disease and other dementias. For an online gathering place to have discussions and access resources, visit: [www.asantcafe.com](http://www.asantcafe.com)

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**Arthritis Society – Alberta**

#430, 11044 82 Ave,  
Edmonton, AB T6G 0T2  
Phone: (780) 424-1740  
Website: [www.arthritis.ca/ab](http://www.arthritis.ca/ab)

Provides information, resources, and support to individuals affected by arthritis primarily through the organization's website.

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**Canadian Cancer Society – Edmonton and District**

#201, 9452 51 Ave,  
Edmonton, AB T6E 5A6  
Phone: (780) 455-7181 or 1-800-661-2262  
Website: [www.cancer.ca](http://www.cancer.ca)

Provides information, resources, support, programs, and services to individuals affected by all types of cancers.

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**Canadian Hard of Hearing Association – Edmonton**

12122 68 St NW,  
Edmonton, AB T5B 1R1  
Phone: (780) 428-6622 or 1-800-263-8068  
Website: [www.chha-ed.com](http://www.chha-ed.com)

Provides information, resources, support, programs, and services to individuals who are hard of hearing.

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**Service Provider:**

**Service Information:**

**Canadian Mental Health Association (CMHA) – Edmonton Region**

#300, 10010 105 St NW,  
Edmonton, AB T5J 1C4  
Phone: (780) 414-6300  
24-Hour Distress Line: (780) 482-4357  
Website: [www.edmonton.cmha.ca](http://www.edmonton.cmha.ca)

Provides information, resources, support, programs, and services to individuals affected by mental illness.

**Canadian Mental Health Association Seniors' Abuse Help Line**

Phone: (780) 454-8888  
Website: [www.edmonton.cmha.ca/programs-services/seniors-abuse-help-line](http://www.edmonton.cmha.ca/programs-services/seniors-abuse-help-line)

24 hour help line offering support, referrals, and crisis intervention for older adults experiencing abuse.

**Canadian National Institute for the Blind (CNIB)**

#600, 11150 Jasper Ave,  
Edmonton, AB T5K 0C7  
Phone: (780) 488-4871 or 1-800-563-2642  
Website: [www.cnib.ca](http://www.cnib.ca)

Provides information, resources, support, programs, and services to individuals affected by vision loss.

**Caregivers Alberta**

12122 68 St NW,  
Edmonton, AB T5B 1R1  
Phone: (780) 453-5088 or 1-877-453-5088  
Website: [www.caregiversalberta.ca](http://www.caregiversalberta.ca)

Provides information, resources, support, advocacy, programs, and services to caregivers.

**Catholic Social Services – Elder Abuse Resource and Supports Ministry**

Phone: (780) 477-2929  
Website: [www.cssalberta.ca/our-services/elder-senior-citizen-abuse-support](http://www.cssalberta.ca/our-services/elder-senior-citizen-abuse-support)

24 hour help line providing support, assessment, and referrals to adults experiencing or at-risk of abuse or neglect.

**Deaf & Hear Alberta**

Phone: 1-866-471-2805  
Website: [www.deafandhearalberta.ca](http://www.deafandhearalberta.ca)

Provides advocacy, education, equipment, interpreting, programs, and services for the deaf, deafened, and hard of hearing.

**Service Provider:**

**Service Information:**

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**Diabetes Canada – Edmonton and District**

#104, 102220 Stony Plain Rd,  
Edmonton, AB T5N 3Y4  
Phone: (780) 423-1232 or 1-800-226-8464  
Website: [www.diabetes.ca](http://www.diabetes.ca)

Provides information, resources, support, programs, and services to individuals affected by diabetes.

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**Eldercare Edmonton**

#C201, 17203 99 Ave NW,  
Edmonton, AB T5T 6S5  
Phone: (780) 434-4747  
Website: [www.eldercareedmonton.ca](http://www.eldercareedmonton.ca)

Provides day programs for adults with physical and/or emotional limitations (i.e., dementia) and support services for families and caregivers.

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**Heart and Stroke Foundation – Edmonton**

#144, 5241 Calgary Trail NW,  
Edmonton, AB T6H 5G8  
Phone: (780) 451-4545 or 1-888-473-4636  
Website: [www.heartandstroke.ca](http://www.heartandstroke.ca)

Provides information, resources, support, programs, and services to individuals affected by heart disease and stroke.

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**Osteoporosis Canada**

Phone: 1-800-463-6842 Ext. 2460  
Website: [www.osteoporosis.ca](http://www.osteoporosis.ca)

Provides information, resources, and support to individuals who have or are at-risk for osteoporosis.

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**Multiple Sclerosis Society of Canada – Edmonton and Capital Region**

#150, 9405 50 St, Edmonton, AB T6B 2T4  
Phone: (780) 463-1190 or 1-800-268-7582  
Website: [www.mssociety.ca](http://www.mssociety.ca)

Provides information, resources, support, programs, and services to individuals affected by multiple sclerosis.

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**Networks Activity Centre**

#214 Bonnie Doon Shopping Centre,  
Edmonton, AB T6C 4E3  
Phone: (780) 474-3363  
Website: [www.nacentre.ca](http://www.nacentre.ca)

Provides resources, programming, and support to brain injury and stroke survivors and caregivers.

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**Service Provider:**

**Service Information:**

**Parkinson Association of Alberta**

11209 86 St NW, Edmonton, AB T5B 3H7  
 Phone: (780) 425-6400 or 1-800-561-1911  
 Help Line: 1-877-243-9992  
 Website: [www.parkinsonassociation.ca](http://www.parkinsonassociation.ca)

Provides information, resources, support, programs, and services to individuals affected by Parkinson's disease.

**Pride Centre of Edmonton**

10608 105 Ave, Edmonton, AB T5H 0L2  
 Phone: (780) 488-3234  
 Website: [www.pridecentreofedmonton.ca](http://www.pridecentreofedmonton.ca)

Community resource centre and safe place for persons of all genders and sexual identities. Offers social and support groups.

**SAGE Seniors' Safe House**

15 Sir Winston Churchill Square,  
 Edmonton, AB T5J 2E5  
 Phone: (780) 702-1520  
 Website: [www.mysage.ca/help/seniors-safe-house](http://www.mysage.ca/help/seniors-safe-house)

Provides temporary housing to older adults leaving abusive situations. Offers safety, shelter, meals, supports, and services for 60 days.

**The Lung Association – Alberta and Northwest Territories**

#208, 17420 Stony Plain Rd NW,  
 Edmonton, AB T5S 1K6  
 Phone: (780) 488-6819 or 1-888-566-5864  
 Website: [www.ab.lung.ca](http://www.ab.lung.ca)

Provides information, resources, and support in the areas of lung disease and lung health.

# SENIORS' CENTRES & ASSOCIATIONS



## Seniors' Centres & Associations in Edmonton

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Central Lions Seniors Association</b>	11113 113 St, Edmonton, AB T5G 2V1 Phone: (780) 496-7369 Website: <a href="http://www.centrallions.org">www.centrallions.org</a> Hours: Monday–Friday 8:30am–4:30pm
<b>Edmonton Indigenous Seniors Centre</b>	Cottage E, 10107 134 Ave NW, Edmonton, AB T5E 1J2 Phone: (587) 525-8969 Website: <a href="http://www.easc.ca">www.easc.ca</a> Hours: Monday–Friday 8:30am–4:30pm
<b>Edmonton Seniors Centre (Edmonton General)</b>	#3Y, 11111 Jasper Ave NW, Edmonton, AB T5K 0L4 Phone: (780) 425-8625 Website: <a href="http://www.edmontonseniorscentre.ca">www.edmontonseniorscentre.ca</a> Hours: Monday–Friday 9:00am–4:00pm
<b>Ital Canadian Seniors Association</b>	9111 110 Ave NW, Edmonton, AB T5H 4J9 Phone: (780) 424-1255 Website: <a href="http://www.italcanadianseniors.ca">www.italcanadianseniors.ca</a> Hours: Monday–Saturday 11:00 am–4:00pm
<b>Jewish Senior Citizens' Centre</b>	10052 117 St NW, Edmonton, AB T5J 2Z2 Phone: (780) 488-4241 Website: <a href="http://www.jdicseniors.ca">www.jdicseniors.ca</a> Hours: Sunday–Thursday 9:00am–4:00pm
<b>Mill Woods Seniors Association</b>	#201, 2610 Hewes Way, Edmonton, AB T6L 0A9 Phone: (780) 496-2997 Website: <a href="http://www.mwsac.ca">www.mwsac.ca</a> Hours: Monday–Friday 8:30am–4:30pm; late September to late June: Tuesday, Thursday 8:30am–8:00pm; Saturday 9:30am–12:30pm



**Service Provider:****Contact Information:****North Edmonton Seniors Association (NESA)**

7524 139 Ave, Edmonton, AB T5C 3H7  
 Phone: (780) 496-6969  
 Website: [www.nesa1.ca](http://www.nesa1.ca)  
 Hours: Monday–Friday 8:30am–4:30pm

**North West Edmonton Seniors Society**

12963 120 St, Edmonton, AB T5E 5N8  
 Phone: (780) 451-1925  
 Website: [www.nwess.ca](http://www.nwess.ca)  
 Hours: Monday–Friday 8:30am–4:30pm

**Operation Friendship Seniors Society (OFSS)**

9526 106 Ave, Edmonton, AB T5H 0N2  
 Phone: (780) 429-2626  
 Website: [www.ofss.org](http://www.ofss.org)  
 Hours: Monday–Friday 8:00am–6:30pm;  
 Saturday– Sunday & Holidays 10:30am–6:30pm

**Seniors Association of Greater Edmonton (SAGE)**

15 Sir Winston Churchill Square,  
 Edmonton, AB T5J 2E5  
 Phone: (780) 423-5510  
 Website: [www.mysage.ca](http://www.mysage.ca)  
 Hours: Monday–Friday 8:30am–4:00pm

**Seniors' Centre Without Walls (Edmonton Southside PCN)**  
 Telephone-based health & social programming

Phone: (780) 395-2626  
 Website: [www.edmontonsouthsidepcn.ca/scww](http://www.edmontonsouthsidepcn.ca/scww)  
 Hours: Variable throughout the week

**Senior Citizens Opportunity Neighbourhood Association (SCONA)**

10440 84 Ave, Edmonton, AB T6E 2H2  
 Phone: (780) 433-5377 or (780) 758-5377  
 Website: [www.sconaseniors.com](http://www.sconaseniors.com)  
 Hours: Monday–Friday 9:00am–4:30pm

**Service Provider:**

**Contact Information:**

**Shaama Centre**  
(formerly the Multicultural  
Women and Seniors Services  
Association)

329 Woodvale Rd W, Edmonton, AB T6L 3Z7  
Phone: (780) 465-2992  
Website: [www.shaama.ca](http://www.shaama.ca)  
Hours: Monday–Friday 9:00am–4:30pm

**South Clareview Seniors  
Hub (South Clareview  
Community League)**

3250 132A Ave, Edmonton, AB T5Z 3T1  
Website: [www.southclareview.ca/seniors.php](http://www.southclareview.ca/seniors.php)  
Hours: Variable throughout the week

**South East Edmonton  
Seniors Association  
(SEESA)**

9350 82 St, Edmonton, AB T6C 2X8  
Phone: (780) 468-1985  
Website: [www.seesa.ca](http://www.seesa.ca)  
Hours: Monday–Thursday 8:30am–8:30pm;  
Friday 8:30am–4:30 pm; Saturday 9:00am–12:00pm;  
Closed Saturdays between Victoria Day & Labour Day

**Southwest Edmonton  
Seniors Association  
(SWESA)**

10710 19 Ave NW, Edmonton, AB T6J 6W9  
Phone: (587) 987-3200  
Website: [www.swedmontonseniors.ca](http://www.swedmontonseniors.ca)  
Hours: Variable throughout the week

**Southwest Seniors  
Outreach Society**

10832 62 Ave, Edmonton, AB T6H 1N1  
Phone: (780) 435-9515  
Website: [www.swseniors.com](http://www.swseniors.com)  
Hours: Variable throughout the week

**Strathcona Place  
55+ Centre**

10831 University Ave, Edmonton, AB T6E 4R1  
Phone: (780) 433-5807  
Website: [www.strathconaplace.com](http://www.strathconaplace.com)  
Hours: Monday–Friday 8:30am–4:00pm

**Westend Seniors  
Activity Centre**

9629 176 St, Edmonton, AB T5T 6B3  
Phone: (780) 483-1209  
Website: [www.weseniors.ca](http://www.weseniors.ca)  
Hours: Monday, Wednesday–Friday 9:00am–4:00pm;  
Tuesday 9:00am–8:00pm

Seniors' Centres & Associations in the Surrounding Area

<b>Service Provider:</b>	<b>Contact Information:</b>
<b>Leduc and District Senior Centre</b>	4907 46 St, <b>Leduc</b> , AB T9E 5V9 Phone: (780) 986-6160 Website: <a href="http://www.telfordhouse.net">www.telfordhouse.net</a> Hours: Variable throughout the week
<b>Pioneer House Club 50</b>	10102 100 Ave, <b>Fort Saskatchewan</b> , AB T8L 1Y6 Phone: (780) 998-3898 Hours: Monday–Friday 9:00am–3:00pm
<b>Senior Citizens' Society of Stony Plain</b>	5018 51 Ave, <b>Stony Plain</b> , AB T7Z 1C2 Phone: (780) 963-4707 Website: <a href="http://www.stonyplainseniors.com">www.stonyplainseniors.com</a> Hours: Monday–Friday 9:30am–4:00pm
<b>Sherwood Park 55 Plus Club</b>	50A Spruce Ave, <b>Sherwood Park</b> , AB T8A 2G1 Phone: (780) 467-8389 Website: <a href="http://www.55plusclub.ca">www.55plusclub.ca</a> Hours: Variable throughout the week
<b>Spruce Grove Golden Age Club</b>	301 Jespersen Ave, <b>Spruce Grove</b> , AB T7X 2J1 Phone: (780) 962-5020 Website: <a href="http://www.sprucegrovepioneercentre.ca">www.sprucegrovepioneercentre.ca</a> Hours: Variable throughout the week
<b>St. Albert Seniors Association</b>	7 Tache St, <b>St. Albert</b> , AB T8N 2S3 Phone: (780) 459-0433 Website: <a href="http://www.stalbertseniors.ca">www.stalbertseniors.ca</a> Hours: Monday–Friday 8:30am–4:30pm

## TRANSPORTATION SERVICES



**Please note:** that all fares and rates listed in this section were accurate at the time of publication. Please contact the service provider to confirm prior to using the service.

### **Special Needs Assistance for Seniors Program**

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

Website: [www.alberta.ca/seniors-special-needs-assistance.aspx](http://www.alberta.ca/seniors-special-needs-assistance.aspx)

The Special Needs Assistance for Seniors Program provides assistance to eligible low-income older adults for medical trips greater than 80km (round trip) to see a medical specialist or for medical testing/treatment. Medical trips are funded based on a per diem amount taking into consideration distance travelled, transportation costs, meals, and parking. A report from the medical specialist or medical facility specifying the dates of appointment and confirmation of attendance is required. For more information, please see page 5 of this Guide or visit the website above.



## **Alternate Transportation Services**

**Alternate transportation services** provide additional assistance for individuals who face mobility challenges or other special needs that prevent them from using public transportation. Some providers listed in this section may require an intake and registration process prior to using their services. Some providers offer transportation as part of their home care package and may require minimum levels of service (e.g., minimum 2 hour booking). Please call the service provider for more information.

### **Bridge to Care**

#2, 322 McLeod Ave, Spruce Grove, AB T7X 0J7

Phone: (780) 591-1000 or 1-800-717-5536

Website: [www.bridgetocare.org](http://www.bridgetocare.org)

Door-to-door transportation services for older adults, persons with disabilities, and those with special needs living in Stony Plain, Spruce Grove, and Parkland County. Wheelchair accessible vehicles are available. It is requested that trips be booked at least 3 days in advance; however, 1 week in advance is preferred.

**Operating Hours:** Monday–Friday 9:00am–5:00pm; Saturday 9:00am–1:00pm

**Rate:** \$0.52 per km in addition to \$25 per hour

### **Canadian Cancer Society – Wheels of Hope Volunteer Driver Program**

Phone: 1-800-263-6750

Website: [www.cancer.ca](http://www.cancer.ca)

Volunteer door-to-door transportation services for registered individuals living in Edmonton who have no other means of transportation to cancer treatments. Individuals must be able to walk on their own and must be able enter and exit a vehicle with minimal assistance. Vehicles are not wheelchair accessible; however, walkers can be accommodated. Trips must be booked a minimum of 3 business days in advance.

**Operating Hours:** Monday–Friday 8:30am–4:00pm

**Rate:** \$100 per year

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### **Care at Home**

2759 109 St, Edmonton, AB T6J 6B7

Phone: (780) 435-4663

Website: [www.careathometruster.org](http://www.careathometruster.org)

Door-through-door accompanied transportation and home care services for registered clients living in Edmonton and surrounding areas. Transportation is offered as part of home care services provided to registered clients. Vehicles are not wheelchair accessible; however, walkers and collapsible wheelchairs can be accommodated. It is requested that trips be booked a minimum of 24 hours in advance.

**Office Hours:** Monday–Friday 8:00am–4:00pm

**Operating Hours:** 24 hours a day, 7 days a week

**Rate:** \$35.00 per hour

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### **Care For a Ride**

#10, 2016 Sherwood Dr, Sherwood Park, AB T8A 3X3

Phone: (780) 417-2222

Website: [www.careforaride.com](http://www.careforaride.com)

Door-through-door accompanied transportation services for individuals living in Edmonton and surrounding area. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked at least 24 hours in advance.

**Operating Hours:** Monday–Friday 7:30am–5:00pm

**Rate:** Within Sherwood Park: \$10.00–\$15.00 for a one-way trip. Within Edmonton: Flat rate based on distance travelled. Additional stops are an extra cost. Companionship and accompanying services are \$60.00 per hour (pro-rated).

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**Comfort Keepers**

#101, 4208 97 St NW, Edmonton, AB T6E 5Z9

Phone: (780) 851-4650

Website: [www.comfortkeepers.ca/edmonton](http://www.comfortkeepers.ca/edmonton)

Door-through-door accompanied transportation and home care services for registered clients living in Edmonton and surrounding area. Transportation is offered as part of the home care services provided to registered clients. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked at least 72 hours in advance; however, as much advance notice as possible is preferred.

**Operating Hours:** Variable, please call to inquire

**Rate:** Variable, please call to inquire

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**Companions and More Ltd.**

20515 92 Ave, Edmonton, AB T5T 0X1

Phone: (780) 660-1170

Website: [www.companionsandmore.ca](http://www.companionsandmore.ca)

Door-through-door transportation and companionship services for individuals living in Edmonton. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked at least 24 hours in advance.

**Operating Hours:** Variable, please call to inquire

**Rate:** \$30.00 per hour for companionship services and an additional \$0.54 per km

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**Corinne's Companions**

Phone: (780) 914-6285

Email: [corinnescompanions@gmail.com](mailto:corinnescompanions@gmail.com)

Door-through-door accompanied transportation services for individuals living in Edmonton and St. Albert. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked at least 24 hours in advance.

**Operating Hours:** Variable, please call to inquire

**Rate:** \$40.00 per hour

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**Drive Happiness**

10740 19 Ave NW, Edmonton, AB T6J 6W9

Phone: (780) 424-5438

Website: [www.drivehappiness.ca](http://www.drivehappiness.ca)

Volunteer door-through-door assisted transportation services for registered clients with reduced mobility that experience barriers in using public transportation, and who meet an income criteria. Clients must be able to enter and exit a vehicle with limited assistance. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked at least 3 business days in advance.

**Office Hours:** Monday–Friday 9:00am–4:00pm**Operating Hours:** 7 days a week, 24 hours a day subject to volunteer availability

**Rate:** \$10.00 pre-purchased ticket per 1.5 hour round trip and/or 40km. Designated attendants may ride for free. An annual membership is required; membership cost is variable depending on client's income.

**Driving Miss Daisy**

Phone: 1-877-613-2479

Website: [www.drivingmissdaisy.ca](http://www.drivingmissdaisy.ca)

Door-through-door accompanied transportation services for individuals living in Edmonton and surrounding area. Wheelchair accessible vehicles are available in some locations; please call to inquire. It is requested that trips be booked at least 48 hours in advance.

**Operating Hours:** See locations and corresponding hours below**Rate:** Variable depending on destination and services needed; please call to inquire

<b>North Edmonton</b> (780) 777-9196 Hours: Monday–Friday 8:00am–5:00pm	<b>Downtown &amp; West Edmonton</b> (780) 777-8813 Hours: Monday–Friday 8:00am–5:00pm	<b>South Edmonton &amp; Beaumont</b> (780) 462-4580 Hours: Monday–Friday 9:00am–5:00pm	<b>Fort Saskatchewan</b> (780) 977-0035 Hours: Please call to inquire
<b>Sherwood Park</b> (780) 777-0828 Hours: Monday–Friday 7:00am–4:30pm	<b>Spruce Grove</b> (780) 777-9888 Hours: Monday–Friday 5:00am–6:00pm	<b>St. Albert &amp; Sturgeon County</b> (780) 777-2023 Hours: Monday–Friday 7:00am–6:00pm	

### **Edmonton Senior Solutions**

Phone: (780) 993-2273

Website: [www.edmontonseniorsolutions.com](http://www.edmontonseniorsolutions.com)

Door-through-door accompanied transportation and home care services for individuals living in Edmonton. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked 3 days in advance.

**Operating Hours:** Monday–Friday 9:00am–5:00pm

**Rates:** Please call to inquire

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### **Helping Hands Personal Assistants**

8211 56 St, Edmonton, AB T6B 1H5

Phone: (780) 244-4088

Website: [www.helpinghands2005.com](http://www.helpinghands2005.com)

Door-through-door accompanied transportation and personal assistant services for individuals living in Edmonton. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked at least 24 hours in advance; however, as much notice as possible is preferred.

**Operating Hours:** Monday–Friday 9:00am–5:00pm

**Rate:** Please call to inquire

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### **Home Care Assistance**

16953 127 St, Edmonton, AB T6V 1B1

Phone: (780) 490-7337

Website: [www.homecareassistance.com/edmonton](http://www.homecareassistance.com/edmonton)

Door-through-door accompanied transportation and home care services for registered clients living in Edmonton. Transportation is offered as part of home care services provided to registered clients. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked 24 to 48 hours in advance.

**Operating Hours:** 24 hours a day, 7 days a week

**Rate:** Variable depending on services needed; please call to inquire

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### **Home Instead Senior Care**

#201, 11 Fairway Dr, Edmonton, AB T6X 2W4

Phone: (780) 439-9990

#8, 1004 Parsons Rd, Edmonton, AB T6X 0J4

Phone: (780) 465-5373

Website: [www.homeinstead.ca](http://www.homeinstead.ca)



**Home Instead Senior Care** (continued)

Door-through-door accompanied transportation and home care services for registered clients living in Edmonton and surrounding area. Transportation is offered as part of home care services provided to registered clients. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked 24 to 48 hours in advance.

**Operating Hours:** 24 hours a day, 7 days a week

**Rate:** Please call to inquire

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**Neighbourlink – Parkland**

#105, 505 Queens St, Spruce Grove, AB T7X 2V2

Phone: (780) 960-9669

Website: [www.neighbourlinkparkland.ca](http://www.neighbourlinkparkland.ca)

Volunteer curb-to-curb transportation services for individuals living in Parkland County. Vehicles are not wheelchair accessible. It is requested that trips be booked as far in advance as possible.

**Operating Hours:** Monday–Friday 9:00am–4:00pm

**Rate:** Free

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**Nurse Anytime Home Care**

#200, 10479 184 St, Edmonton, AB T5S 2L1

Phone: (780) 435-9959

Website: [www.nurseanytime.com](http://www.nurseanytime.com)

Door-through-door accompanied transportation and home care services for registered clients living in Edmonton and surrounding area. Transportation is offered as part of home care services provided to registered clients. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked as far in advance as possible.

**Operating Hours:** 24 hours a day, 7 days a week

**Rate:** Please call to inquire

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**Opening Doors Support Services**

Phone: (780) 239-2399

Door-to-door transportation and home care services for individuals living in Edmonton. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked 48 hours in advance.

**Operating Hours:** Monday–Friday 9:00am–5:00pm

**Rate:** Please call to inquire

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### **Operation Friendship Seniors Society (OFSS) – Helping Hands Program**

9526 106 Ave, Edmonton, AB T5H 0N2

Phone: (780) 429-2626

Website: [www.ofss.org/programs/helping-hands/](http://www.ofss.org/programs/helping-hands/)

Door-to-door transportation services for individuals 55 years of age and older within the boundaries of the OFSS (North: 118 Ave, West: 101 St, South: River, East: 82 St) who are unable to use regular transit. Wheelchair accessible vehicles are available. It is requested that trips be booked at least 1 week in advance.

**Operating Hours:** Monday–Friday 9:00am–12:00pm and 1:00pm–4:00pm

**Rate:** Free

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### **Royal Wagon**

9705 42 Ave, Edmonton, AB T6E 5P8

Phone: (587) 459-2555

Website: [www.royalwagon.ca](http://www.royalwagon.ca)

Door-to-door transportation services for individuals with limited mobility living in Edmonton and surrounding area. Wheelchair accessible vehicles are available. Trips can be booked by phone, online, or on the mobile app. It is requested that trips be booked 24 hours in advance.

**Operating Hours:** 24 hours a day, 7 days a week

**Rate:** Similar to taxi fares; please call to inquire

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### **SAGE Bus Program**

15 Sir Winston Churchill Square, Edmonton, AB T5J 2E5

Phone: (780) 809-9401

Website: [www.mysage.ca](http://www.mysage.ca)

Wheelchair-accessible transportation services for individuals living in select seniors' residences in Edmonton to SAGE Seniors Association to access health, social, and recreational programming. Residences currently participating in the program include: Ansgar Villa, Ashbourne Assisted Living, Boardwalk Centre, Cathedral Close, Kiwanis Place, Matheson Seniors Residence, Montgomery Place, Queen Alexandra Place, St. Joachim Manor, and Virginia Park.

**Operating Hours:** Thursdays

**Rate:** Free

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**Society of Seniors Caring About Seniors**

#100, 6770 129 Ave Edmonton, AB T5C 1V7

Phone: (780) 465-0311

Website: [www.sscas.com/transportation-program/](http://www.sscas.com/transportation-program/)

Volunteer door-to-door transportation services for eligible low-income individuals 65 years of age and older living in Edmonton and surrounding area. Individuals must register prior to using the service and must purchase an annual membership. Vehicles are not wheelchair accessible; however, collapsible walkers can be accommodated. It is requested that trips be booked at least 48 hours in advance.

**Office Hours:** Monday–Friday 10:00am–4:00pm

**Operating Hours:** Monday–Sunday subject to volunteer availability

**Rate:** \$8.00 pre-purchased ticket per 1.5 hour round trip; \$15.00 annual membership

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**St. Albert Link Transportation Inc.**

Phone: (780) 459-5051

Website: [www.stalbertlinkinc.com](http://www.stalbertlinkinc.com)

Door-through-door transportation services for individuals living in St. Albert and surrounding area. Vehicles are wheelchair accessible. It is requested that trips be booked a minimum of 24 hours in advance.

**Operating Hours:** 24 hours a day, 7 days a week

**Rate:** Please call to inquire

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**St. Albert Seniors Association**

7 Tache St, St. Albert, AB T8N 2S3

Handibus

Phone: (780) 459-0433 Ext. 0

Website: [www.stalbertseniors.ca/the-50-club-bus/](http://www.stalbertseniors.ca/the-50-club-bus/)

Door-to-door transportation services for individuals 50 years of age and older living in St. Albert. The bus is wheelchair accessible. It is requested that trips be booked at least 24 hours in advance. Monthly bus tours to various locations and shopping trips also are available.

**Operating Hours:** Monday–Friday 8:30am–4:00pm

**Rate:** \$4.00 per one-way trip

Volunteer Transportation Program

Phone: (780) 459-0433 Ext. 4

Website: [www.stalbertseniors.com/transportation/](http://www.stalbertseniors.com/transportation/)

Volunteer door-to-door transportation services to medical appointments within St. Albert and into Edmonton for pre-registered individuals 65 years of age and older who are receiving Alberta Seniors Benefits.

**St. Albert Seniors Association (continued)**

Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked at least 1 week in advance.

**Operating Hours:** Monday–Friday 8:30am–4:30pm

**Rate:** Free

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**Time For You Errands Services**

Phone: (780) 919-5340

Door-through-door accompanied transportation services for individuals living in Edmonton. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked a minimum of 24 hours in advance.

**Operating Hours:** Monday–Friday; hours are variable, please call to inquire

**Rate:** Variable, please call to inquire

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**Wheels in Motion**

Phone: (780) 433-2044

Door-through-door accompanied transportation services for individuals living in Edmonton. Vehicles are not wheelchair accessible; however, collapsible walkers can be accommodated. It is requested that trips be booked at least 48 hours in advance.

**Operating Hours:** 7 days a week; hours are variable, please call to inquire

**Rate:** Variable depending on destination; please call to inquire

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**Wheels on the Go**

Phone: (780) 554-8818

Door-through-door accompanied transportation services for individuals living in St. Albert. Vehicles are not wheelchair accessible; however, collapsible wheelchairs can be accommodated. It is requested that trips be booked at least 24 hours in advance, please call to inquire about availability.

**Operating Hours:** Monday–Friday 7:00am–5:00pm

**Rate:** Variable depending on destination and services needed; please call to inquire

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***Online Listing of Alternate Transportation Providers in Alberta***

For a full listing of alternate transportation service providers in Edmonton and surrounding area, as well as throughout Alberta, please visit [www.mard.ualberta.ca](http://www.mard.ualberta.ca)



## Intercity/Intercommunity Bus Services

### **Cold Shot Bus Service**

11204 119 St, Edmonton, AB T5G 2X3

Phone: (587) 557-7719

Website: [www.coldshot.ca](http://www.coldshot.ca)

Cold Shot provides transportation to and from Calgary, Cold Lake, Edmonton, Fort McMurray, Grande Prairie, Jasper, Lloydminster, and Peace River. Cold Shot does not have wheelchair accessible buses and buses are not equipped with washrooms.

**Fares:** Variable depending on departure and destination locations.

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### **eBus**

10014 104 St, Edmonton, AB T6E 5J7 (Downtown Ticket Office)

5359 Calgary Trail, Edmonton, AB T6H 2J5 (South Ticket Office)

Phone: 1-877-769-3287

Website: [www.myebus.ca](http://www.myebus.ca)

eBus provides transportation to and from Calgary, Edmonton, Fort McMurray, and Red Deer. eBus is not able to accommodate wheelchairs.

**Fares:** Variable depending on departure and destination locations. Designated mandatory attendants may travel for free.

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### **Northern Express**

Phone: (780) 983-8225

Website: [www.northernexpress.ca](http://www.northernexpress.ca)

Northern Express provides transportation between Cold Lake, Edmonton, Grande Prairie, High Level, High Prairie, Peace River, and Slave Lake. Northern Express does not have wheelchair accessible buses.

**Fares:** Variable depending on departure and destination locations.

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### **Red Arrow**

10014 104 St, Edmonton, AB T5J 0Z1

Phone: (780) 425-0820 or 1-800-232-1958

Website: [www.redarrow.ca](http://www.redarrow.ca)

Red Arrow provides transportation to and from Calgary, Camrose, Cold Lake, Edmonton, Fort McMurray, Grande Prairie, Lethbridge, and Red Deer. Wheelchair accessible buses are available. Individuals requiring wheelchair accessible transportation must make reservations at least 24 hours in advance.

**Fares:** Variable depending on departure and destination locations. All persons requiring accessible services travel at a reduced rate. Passengers 60 years of age and older are offered discount prices. Designated mandatory attendants may travel for free.



## **Public Bus Services**

**Please note:** All fares are accurate as of February 1, 2020. Please contact the service provider to confirm prior to using the service.

### **Public Bus Service in Edmonton**

#### **Edmonton Transit System (ETS)**

Phone: 311 (in Edmonton) or (780) 442-5311

Website: [www.takeETS.com](http://www.takeETS.com)

ETS provides local transportation within Edmonton through public buses and light rail transit (LRT). Buses are accessible with ramps and kneeling front entrances and accessible stop request buttons. The LRT is equipped with automatic doors and ramps. LRT stations have elevators, escalators, and ramps. There is priority seating for older adults and individuals with reduced mobility. For bus and LRT routes and schedules, and a listing of where to purchase tickets and passes, please call 311 and/or visit the website above.

<b>Fares</b>	<b>Adult</b>	<b>Senior (65+)</b>
Cash One-Way	\$3.50	\$3.50
Day Pass	\$10.00	\$10.00
10 Ticket Pack	\$27.00	\$19.00
Monthly Pass	\$97.00	\$34.00
Annual Pass	–	\$374.00

**Please note:** Annual passes for seniors are valid from April 1, 2020 to March 31, 2021. Annual passes for low-income seniors are free (taxable individual income must be below \$28,513). Low-income adults under the age of 65 years of age may qualify for subsidized monthly passes through the Ride Transit Program. Individuals with a CNIB pass ride for free.

ETS also offers the following free training programs and travel tools:

<b>Training Program:</b>	<b>Details:</b>
<b>Seniors on the Go Program</b>	Participants learn how to plan trips and travel to destinations by taking a sample transit trip to a local destination. Offered annually May through August.
<b>Mobility Choices Travel Training Program</b>	Provides instruction to older adults and persons with disabilities on how to use the buses and LRT (e.g., hands-on demonstrations, trip planning support, etc.)

**Travel Tools:****Details:****Customer Mobility  
Travel Tools**

*Bus Hailer Kit:* For customers with visual or cognitive disabilities to communicate to the bus operator what route they want.

*Customer Communication Cards:* Aids customers in communicating their trip needs to the bus operator.

*Mobility Cards:* Aids customers in informing the bus operator if they need to have the bus lowered down or need the ramp lowered.

For more information on these training programs and tools, please call (780) 496-3000.

**Public Bus Services in the Surrounding Area****Fort Sask Transit**

10005 102 St, Fort Saskatchewan, AB T8L 2C5

Phone: (780) 992-6218

Website: [www.footsask.ca/en/living-here/transit.aspx](http://www.footsask.ca/en/living-here/transit.aspx)

Fort Sask Transit provides local and commuter routes to and from Edmonton (Clareview LRT Station). Buses are accessible with ramps, low floors, and kneeling front entrances. For bus routes and schedules, and a listing of where to purchase tickets and passes, please call and/or visit the website above.

<b>Fares</b>	<b>Adult</b>	<b>Senior (65+)</b>
<b>Local</b>		
Cash One-Way	\$2.50	\$1.75
10 Ticket Pack	\$22.50	\$15.75
Monthly Pass	\$52.50	\$21.00
Low-income	\$26.25	\$10.50
<b>Commuter</b>		
Cash One-Way	\$5.00	\$3.75
10 Ticket Pack	\$45.00	\$33.75
Monthly Pass	\$92.00	\$35.50
Low-income Monthly Pass	\$46.00	\$18.75
Integrated Monthly Pass	\$189.00	\$70.50

**Please note:** Monthly commuter tickets and passes are valid on local routes and only on the Edmonton Transit Service (ETS) 580 route to the Clareview LRT Station. Integrated monthly passes are valid on all local and ETS routes.

**Leduc Transit**

Civic Centre, 1 Alexandra Park, Leduc, AB T9E 4C4

Phone: (780) 980-8444

Website: [www.leductransit.ca](http://www.leductransit.ca)

Leduc Transit provides a local route and inter-municipal commuter routes. Commuter-Plus is an inter-municipal transit partnership between the City of Leduc and Leduc County that connects Leduc, Nisku and area, and the Edmonton International Airport with the City of Edmonton. Buses are accessible with low floors and kneeling front entrances. For bus routes and schedules, and a listing of where to purchase tickets and passes, please call and/or visit the website above.

Fares	Adult	Senior (65+)
<b>Local</b>		
Cash One-Way	\$2.00	\$2.00
Monthly Pass	\$55.00	\$55.00
<b>Commuter-Plus</b>		
Cash One-Way	\$5.00	\$5.00
Day Pass	\$9.00	\$9.00
10 Ticket Pack	\$45.00	\$45.00
Monthly Pass	\$90.00	\$90.00

**Please note:** Individuals with a CNIB pass ride for free.

**Spruce Grove Public Transit**

315 Jespersen Ave, Spruce Grove, AB T7X 3E8

Phone: (780) 962-7634 Ext.193 or 311 (in Edmonton)

Website: [www.sprucegrove.org/services/spruce-grove-transit](http://www.sprucegrove.org/services/spruce-grove-transit)

Spruce Grove, in partnership with ETS, provides limited local and commuter transit routes between Spruce Grove and Edmonton. Buses are accessible with ramps and kneeling front entrances. There is priority seating for older adults and individuals with reduced mobility as well as accessible stop request buttons. For bus routes and schedules, and a listing of where to purchase tickets and passes, please call and/or visit the website above.

Fares	Adult	Senior (65+)
<b>Local</b>		
Cash One-Way	\$3.00	\$3.00



**Spruce Grove Transit (continued)**

Fares	Adult	Senior (65+)
<b>Commuter</b>		
Cash One-Way	\$6.25	\$6.25
10 Ticket Pack	\$56.00	\$56.00
Monthly Pass	\$135.00	\$135.00
Integrated Monthly Pass	\$197.00	\$197.00

**Please note:** Individuals with a CNIB pass ride for free. Commuter tickets and passes are valid only on local routes and the Edmonton Transit Service 560, 561, and 562 routes. Integrated monthly passes are valid on all local and Edmonton Transit Service routes.

**St. Albert Transit**

235 Carnegie Dr, St. Albert, AB T8N 5A7

Phone: (780) 418-6060

Website: [www.stalbert.ca/city/transit](http://www.stalbert.ca/city/transit)

St. Albert Transit provides local and commuter routes to and from Edmonton. Buses are accessible with ramps and kneeling front entrances. There is priority seating for older adults and individuals with reduced mobility as well as accessible stop request buttons. For bus routes and schedules, and a listing of where to purchase tickets and passes, please call and/or visit the website above.

Fares	Adult	Senior (65+)
<b>Local</b>		
Cash One-Way	\$3.25	\$3.25
10 Ticket Pack	\$24.50	\$24.50
Monthly Pass	\$74.00	\$40.60
<b>Commuter</b>		
Cash One-Way	\$6.00	\$5.00
10 Ticket Pack	\$42.00	\$42.00
Monthly Pass	\$116.00	\$63.00

**Please note:** A subsidized monthly commuter pass (All Aboard Pass) is available for eligible low-income individuals and those receiving AISH.

**Strathcona County Transit**

200 Streambank Ave, Sherwood Park, T8H 1N1

Phone: (780) 464-7433

Website: [www.strathcona.ca/council-county/administration/departments/transit/](http://www.strathcona.ca/council-county/administration/departments/transit/)

Strathcona County Transit provides local and commuter routes to and from Edmonton. Buses are accessible with ramps and kneeling front entrances. There is priority seating for older adults and individuals with reduced mobility as well as accessible stop request buttons. For bus routes and schedules, and a listing of where to purchase tickets and passes, please call and/or visit the website above.

Fares	Adult	Senior (65+)
<b>Local</b>		
Cash One-Way	\$3.10	\$3.10
Day Pass	\$12.40	\$12.40
10 Ticket Pack	\$23.30	\$17.40
Monthly Pass	\$54.25	\$16.30
<b>Commuter</b>		
Cash One-Way	\$6.20	\$6.20
10 Ticket Pack	\$46.50	\$34.90
Monthly Pass	\$108.50	\$32.55

**Please note:** Subsidized monthly local and commuter passes are available for eligible low-income individuals and those receiving AISH. A free monthly pass is available for eligible older adults for use on local transit routes during off-peak hours only (Monday to Friday 9:00am to 3:00pm and after 6:00pm; anytime on weekends and holidays).



## **Seniors Transportation Information Hubs**

The Hubs, an initiative of Age Friendly Edmonton, are a one-stop shop for older adults to obtain print information on transportation for those who are drivers, those who want to (or already) use Edmonton Transit Service (ETS), and for those who are looking for alternative driving options. The brochures available at the Hubs provide information on Drive Happiness, the Driving Angel recognition program, ETS bus schedules and training programs, the MARD Guide to Mobility and Independence, and many other services and programs for older adults. The Hubs are intended to help bridge information gaps for older adults about transportation choices, to ensure that older adults have current information that is relevant and useful, and to improve connections between older adults, service providers, and transportation programs.

### **Seniors Transportation Information Hub Locations in Edmonton**

- Bonnie Doon Shopping Centre (near Customer Service) (82 Ave & 83 St)
- Central Lions Senior Citizens Recreation Centre (11113 113 St)
- Edmonton Seniors Centre (#3Y, 11111 Jasper Ave)
- Mill Woods Seniors Association (#210, 2610 Hewes Way)
- Northgate Lions Senior Citizens Recreation Centre (7524 139 Ave)
- North West Edmonton Seniors Society (12963 120 St)
- Operation Friendship Seniors Society (9526 106 Ave)
- Ottewell Place Seniors' Residence (6207 92 Ave)
- Note: Information at this Hub is for Ottewell Place residents only.*
- Seniors Association of Greater Edmonton (15 Sir Winston Churchill Square)
- South East Edmonton Seniors Association (9350 82 St)
- Strathcona Place 55+ Centre (10831 University Ave)
- West End Seniors Activity Centre (9629 176 St)



## Specialized Transportation Services

**Specialized transportation services** are designed to accommodate individuals with mobility restrictions that make it difficult or impossible to take conventional public transit service. This type of service is typically equipped to accommodate persons with disabilities by offering wheelchair accessible vehicles. Eligibility criteria differ across service providers in Edmonton and surrounding area, please call the service provider to inquire.

**Please note:** All fares are accurate as of February 1, 2020. Please contact the service provider to confirm prior to using the service.

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### Specialized Transportation Service in Edmonton

#### **Disabled Adult Transit Service (DATS)**

Phone: (780) 496-4567

Website: [www.takeETS.com](http://www.takeETS.com)

Shared door-to-door transportation service for registered individuals 16 years of age and older in Edmonton who cannot use regular transit buses due to a severe cognitive and/or physical disability. Eligibility is determined on a case-by-case basis. Rides can be booked or cancelled by phone at (780) 496-4567, by fax at (780) 496-1008, or online at [datsibook.gov.edmonton.ab.ca](http://datsibook.gov.edmonton.ab.ca). Rides can be booked 2 to 3 days in advance and up to 12:00pm the day before. Same-day (subject to availability) and subscription (recurring) bookings also are available. It is requested that cancellations occur at least 2 hours in advance.

**Booking Hours:** Monday–Friday 7:30am–5:00pm; Saturday–Sunday 7:30am–12:00pm

**Operating Hours:** Monday–Thursday 6:00am–11:00pm; Friday 6:00am–12:00am; Saturday 6:30am–12:00am Sunday 6:30am–11:00pm

<b>Fares</b>	<b>Adult</b>	<b>Senior (65+)</b>
Cash One-Way	\$3.50	\$3.50
10 Ticket Pack	\$27.00	\$19.00
Monthly Pass	\$97	\$34.00
Annual Pass	–	\$374.00

**Please note:** All Edmonton Transit Service (ETS) passes including senior monthly and annual passes and Ride Transit passes are accepted on DATS when used by a registered DATS client. Annual passes for low-income seniors are free (taxable individual income must be below \$28,513). Low-income individuals under the age of 65 years of age may qualify for subsidized monthly passes through the Ride Transit Program. Individuals with a CNIB pass ride for free. A designated mandatory attendant may travel free on DATS while accompanying a fare-paying DATS client.

*Specialized Transportation Services in the Surrounding Area***Accessible Transportation Service (ATS)**

4906 51 Ave, Stony Plain, AB T7Z 1Y1

Phone: (780) 963-5444

Website: [www.stonyplain.com/en/live/ats.aspx](http://www.stonyplain.com/en/live/ats.aspx)

**Please note:** Effective February 3, 2020, the Spruce Grove Specialized Transit Service is merging with the Stony Plain's Handibus to establish the new Accessible Transportation Service. Individuals who were previously registered for Spruce Grove's Specialized Transit Service or Stony Plain's Handibus do not need to re-register with the new ATS.

Door-to-door transportation services for registered individuals 65 years of age and older and individuals 16 years of age and older with mobility and/or cognitive disabilities living in Spruce Grove, Stony Plain, Parkland County, and Parkland Village. Rides can be made within these communities and to Edmonton, Devon, Leduc, Sherwood Park, and St. Albert. Rides must be booked in advance and can be booked by phone at (780) 963-5444 Monday through Friday from 8:30am to 4:30pm or by emailing the ATS office in Stony Plain.

**Operating Hours:** Monday–Friday 7:00am–5:00pm

Fares	From Spruce Grove and Stony Plain	From Parkland Village	From Parkland County
<b>Cash One-Way</b>			
To Spruce Grove and Stony Plain	\$5.00	\$10.00	\$15.00
To Parkland Village	\$10.00	\$10.00	\$15.00
To Parkland County	\$15.00	\$15.00	\$20.00
To West Edmonton	\$25.00	\$30.00	\$40.00
To the Rest of Edmonton	\$35.00	\$40.00	\$50.00
To St. Albert, Devon, Leduc	\$35.00	\$40.00	\$50.00
To Edmonton International Airport	\$60.00	\$65.00	\$80.00
To Sherwood Park	\$60.00	\$65.00	\$75.00

**Please note:** Punch cards are available for 5, 10, and 25 one-way trips for within Spruce Grove and Stony Plain. Punch cards can be purchased from drivers or from the Stony Plain Town Office, Spruce Grove City Hall, and the Border Paving Athletic Centre in Spruce Grove. Punch cards are not accepted for travel outside Spruce Grove and Stony Plain.

### **Fort Saskatchewan Special Transportation Services**

Phone: (780) 940-5247 (Special Transportation Services Society)

Website: [www.fortsask.ca/en/living-here/transit.aspx](http://www.fortsask.ca/en/living-here/transit.aspx)

Door-to-door assisted transportation for registered individuals who require specialized transportation due to wheelchair, scooter, or walker use. Service is provided locally and to medical services in Edmonton, Lamont, Sherwood Park, and St. Albert. Individuals must register with the Special Transportation Services Society (STSS) prior to using the service. Rides can be booked by phone at (780) 940-5247 and must be booked at least 24 hours in advance and up to one month in advance. Subscription (recurring) bookings also are available. It is requested that cancellations occur with as much notice as possible.

**Operating Hours:** Monday–Friday 8:00am–5:00pm for local trips; Tuesday–Thursday for out-of-city trips

**Fares:** Within city limits is \$5.00 one-way; out-of-city fares are variable depending on destination

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### **Leduc Assisted Transportation Service (LATS)**

Civic Centre, 1 Alexandra Park, Leduc, AB T9E 4C4

Phone: (780) 986-5000 or (780) 980-8444

Website: [www.leductransit.ca/LATS](http://www.leductransit.ca/LATS)

Door-to-door assisted transportation within Leduc (no service to Edmonton) for registered older adults and persons with a cognitive and/or physical disability. Rides can be booked by phone at (780) 986-5000 or (780) 496-4567 or online at [datsibook.gov.edmonton.ab.ca](http://datsibook.gov.edmonton.ab.ca) and can be booked starting 3 days in advance and up to 12:00pm the day before. Same-day (subject to availability) and subscription (recurring) bookings also are available. It is requested that cancellations occur at least 2 hours in advance.

**Operating Hours:** Monday–Friday 8:00am–9:30pm; Saturday–Sunday 9:00am–5:30pm

<b>Fares</b>	<b>Adult</b>	<b>Senior (65+)</b>
Cash One-Way	\$4.00	\$4.00
11 Ticket Pack	\$40.00	\$40.00
Monthly Pass	\$140.00	\$140.00

**Please note:** Individuals with a CNIB pass ride for free. Some one-way and two-way trips to certain locations are sponsored by some businesses. Please visit the website above for a list of all sponsored locations.

LATS also offers a Shuttle that operates on a fixed route Monday to Friday 9:00am–3:00pm between seniors' residences to several shopping locations within Leduc. Please call and/or visit the website above for more information.

**St. Albert Transit Handibus**

235 Carnegie Dr, St. Albert, AB T8N 5A7

Phone: (780) 418-6060

Website: [www.stalbert.ca/city/transit/handibus](http://www.stalbert.ca/city/transit/handibus)

Door-to-door assisted transportation within St. Albert and to several locations in Edmonton for registered individuals 16 years of age and older who are unable to use regular transit services due to a cognitive and/or physical disability. Rides can be booked by phone at (780) 418-6060, through the City of Edmonton's Disabled Adult Transit Service (DATS) at (780) 496-4567 (Option 2), or online at [datsibook.gov.edmonton.ab.ca](http://datsibook.gov.edmonton.ab.ca). Rides can be booked 2 to 3 days in advance and up to 12:00pm the day before. Same-day (subject to availability) and subscription (recurring) bookings also are available. It is requested that cancellations occur at least 2 hours in advance. For a listing of Edmonton destinations and a list of where to purchase passes and tickets, please call and/or visit the website above.

**Booking Hours:** St. Albert Transit: Monday–Friday 8:00am–5:00pm

DATS: Monday–Friday 7:30am–5:00pm, Saturday–Sunday 7:30am–12:00pm

**Operating Hours:** St. Albert: Monday–Friday 7:00am–5:00pm; Saturday 8:30am–5:00pm  
Edmonton: Monday–Friday 7:00am–5:00pm

Fares	Adult
<b>Local</b>	
Cash One-Way	\$3.25
10 Ticket Pack	\$24.50
<b>Commuter</b>	
Cash One-Way	\$6.00
10 Ticket Pack	\$42.00

**Please note:** St. Albert Transit monthly passes are not accepted on the Handibus. A designated mandatory attendant may travel free.

**Strathcona County Mobility Bus**

200 Streambank Ave, Sherwood Park, AB T8H 1N1

Phone: (780) 449-9680 or (780) 464-7433

Website: [www.strathcona.ca/transportation-roads/transportation/strathcona-county-accessible-transit/](http://www.strathcona.ca/transportation-roads/transportation/strathcona-county-accessible-transit/)

Door-to-door assisted transportation for registered individuals 18 years of age and older in Sherwood Park and Strathcona County who have a cognitive, physical, and/or functional disability. Service is provided between rural Strathcona County, Sherwood Park, and Edmonton. Rides can be booked by phone at (780) 449-9680 and must be booked at least 2 days in advance. Subscription (recurring) bookings also are available. It is requested that cancellations occur at least 24 hours in advance.

**Strathcona County Mobility Bus** (continued)

**Booking Hours:** Monday–Friday 8:00am–5:00pm

**Operating Hours:** Within Sherwood Park and to Edmonton: Monday–Saturday 6:00am–12:00am; Sunday 7:00am–8:00pm; Rural Strathcona County: Monday–Friday 6:00am–10:00pm

Fares	Within Sherwood Park	Rural to Sherwood Park	Sherwood Park to Edmonton	Rural to Edmonton
<b>Cash One-Way</b>				
Adult	\$3.10	\$7.25	\$6.20	\$13.45
Senior (65+)	\$3.10	\$7.25	\$6.20	\$13.45
<b>10 Ticket Pack</b>				
Adult	\$23.30	\$65.00	\$46.50	-
Senior (65+)	\$17.40	\$65.00	\$34.90	-
<b>Monthly Pass</b>				
Adult	\$54.25	-	\$108.50	-
Senior (65+)	\$16.30	-	\$32.55	-

**Please note:** Mobility Bus clients who are low-income and/or are receiving AISH may be eligible for the Everybody Rides program which provides subsidized monthly local and commuter passes. Mandatory attendants of Mobility Bus clients travel free when identified by a health care practitioner and documented on the client’s application form.





## Taxis & Transportation Network Companies

### Taxis in Edmonton

#### **Service Provider:**

#### **Service Information:**

##### **24-7 Taxi Line**

Phone: (780) 442-4444

Website: [www.edmtaxi.ca](http://www.edmtaxi.ca)

Book rides by phone, by text, online, or on the app  
 Wheelchair Accessible; to book call (780) 462-3456  
 Method of Payment: Cash, Debit, Credit Card  
 Senior's Discount: 20% discount on Taxi Cab Cash vouchers; to purchase, call (780) 465-8533

##### **Anytime Taxi**

Phone: (780) 439-6655

Website: [www.anytimetaxi.ca](http://www.anytimetaxi.ca)

Book rides by phone, online, or on the mobile app  
 Wheelchair Accessible  
 Method of Payment: Cash, Debit, Credit Card  
 Senior's Discount: Yes, please call to inquire

##### **Barrel Taxi**

Phone: (780) 489-7777

Website: [www.edmtaxi.com](http://www.edmtaxi.com)

Book rides by phone, by text, online, or on the app  
 Wheelchair Accessible; to book call (780) 462-3456  
 Method of Payment: Cash, Debit, Credit Card  
 Senior's Discount: 20% discount on Taxi Cab Cash vouchers. To purchase, call (780) 465-8533

##### **Capital Taxi**

Phone: (780) 423-2425

Website: [www.edmtaxi.com](http://www.edmtaxi.com)

Book rides by phone, by text, online, or on the app  
 Wheelchair Accessible; to book call (780) 462-3456  
 Method of Payment: Cash, Debit, Credit Card  
 Senior's Discount: 20% discount on Taxi Cab Cash vouchers. To purchase, call (780) 465-8533

##### **Checker**

Phone: (780) 484-8888

Website: [www.edmtaxi.com](http://www.edmtaxi.com)

Book rides by phone, online, or on the app  
 Wheelchair Accessible; to book call (780) 462-3456  
 Method of Payment: Cash, Debit, Credit Card  
 Senior's Discount: 20% discount on Taxi Cab Cash vouchers. To purchase, call (780) 465-8533

**Service Provider:**

**Service Information:**

**Prestige Cabs**

Phone: (780) 462-4444

Website: [www.edmtaxi.com](http://www.edmtaxi.com)

Book rides by phone, online, or on the app

Wheelchair Accessible; to book call (780) 462-3456

Method of Payment: Cash, Debit, Credit Card

Senior's Discount: 20% discount on Taxi Cab Cash vouchers. To purchase, call (780) 465-8533

**Co-op Taxi Line Ltd.**

Phone: (780) 425-2525

Website: [www.co-optaxi.com](http://www.co-optaxi.com)

Book rides by phone, online or on the app

Wheelchair Accessible

Method of Payment: Cash, Debit, Credit Card

Senior's Discount: 10% discount on Co-Op Coupons. To purchase, call (780) 425-0954

**Yellow Cab**

Phone: (780) 462-3456

Website: [www.edmtaxi.com](http://www.edmtaxi.com)

Book rides by phone, by text, online, or on the app

Wheelchair Accessible; to book call (780) 462-3456

Method of Payment: Cash, Debit, Credit Card

Senior's Discount: 20% discount on Taxi Cab Cash vouchers. To purchase, call (780) 465-8533

*Taxis in the Surrounding Area*

**Fort Saskatchewan**

Apple Taxi .....	(780) 803-3389
Aspen Taxi.....	(780) 475-4753
Fort Taxi .....	(780) 998-9446
Heartland Taxi .....	(780) 777-3550
Taxi on Time .....	(780) 919-2475
Transit Taxi.....	(780) 995-3000

\*Senior's discount is available – please call to inquire.

^ Wheelchair accessible vehicles are available – please call to inquire.

**Sherwood Park**

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AAA Cabs in the Park .....	(780) 440-4444
Aristocrat Cabs .....	(780) 995-3333
Astro Taxi*^ .....	(780) 467-2222
Baseline Taxi .....	(780) 444-4556
Flat Rate Alfa Taxi .....	(780) 410-0667
Flat Ride Taxi .....	(780) 803-0000
Quick Taxi.....	(780) 467-0111
Sherwood Park Cabs / Eastgate Taxi .....	(780) 267-8782
Sherwood Park Cabs / Flat Rate Cabs .....	(780) 469-4222
Yellow Cab*^ .....	(780) 417-1717

**Spruce Grove & Stony Plain**

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Grove Taxi .....	(780) 850-0183
M&M'z Taxi .....	(780) 962-3256
Spruce Grove and Stony Plain Taxi .....	(780) 266-8294

**St. Albert**

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Saint City Taxi* .....	(780) 298-8294
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\*Senior's discount is available – please call to inquire.

^ Wheelchair accessible vehicles are available – please call to inquire.

### Transportation Network Companies

A **transportation network company** is a company that uses an online or app-based platform to connect passengers with drivers who use their personal vehicles.

<b>Service Provider:</b>	<b>Service Information:</b>
<b>TappCar</b> Phone: (780) 222-5555 Website: <a href="http://www.tappcar.com">www.tappcar.com</a>	Book rides by phone, online, or on the mobile app Wheelchair Accessible; please call to book Method of Payment: Cash, Debit, Credit Card Senior's Discount: Yes; 9% with promo code "senior"
<b>Uber</b> Website: <a href="http://www.uber.com">www.uber.com</a>	Book rides on the mobile app Method of Payment: Debit, Credit Card, PayPal Senior's Discount: No

### **GoGoGrandparent**

Phone: 1-855-464-6872

Website: [www.gogograndparent.com](http://www.gogograndparent.com)

GoGoGrandparent is a service that allows an individual to use a transportation network company without a smartphone. GoGoGrandparent is currently only available in communities where Uber is available (e.g., Devon, Edmonton, Leduc, Nisku, Fort Saskatchewan, Sherwood Park, Spruce Grove, and St. Albert). Registered individuals can call the number above to request a ride to their home, to their last drop off location, or to a custom pick-up location. Operators are available 24/7 and will monitor the ride. Text updates can be sent to family members. Ride fares vary based on kilometers driven and length of ride. GoGoGrandparent charges a concierge fee at the rate of \$0.27 per minute in addition to the ride fare.

### Car-Sharing Services

**Car-sharing services** are membership-based services that offer members 24/7 access to a pool of vehicles. Gas, insurance, and parking are included in the cost.

<b>Service Provider:</b>	<b>Service Information:</b>
<b>Pogo CarShare</b> Website: <a href="http://www.pogocarshare.com">www.pogocarshare.com</a>	Reserve a car online or on the mobile app Must start and end reservation within Downtown, Oliver, Old Strathcona, Riverdale, and University areas. Method of Payment: Debit, Credit Card, PayPal Senior's Discount: No



# APPOINTMENTS & REMINDERS



## Appointment

With: \_\_\_\_\_

For: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Notes:

## Appointment

With: \_\_\_\_\_

For: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Notes:

## Appointment

With: \_\_\_\_\_

For: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Notes:

## Appointment

With: \_\_\_\_\_

For: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: \_\_\_\_\_

Notes:





**MARD**  
Medically At-Risk  
Driver Centre

Phone: (780) 492-6273

Email: [mard@ualberta.ca](mailto:mard@ualberta.ca)

Website: [www.mard.ualberta.ca](http://www.mard.ualberta.ca)



**agefriendly**  
EDMONTON

[www.agefriendlyedmonton.ca](http://www.agefriendlyedmonton.ca)