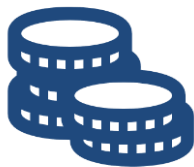


A Guide to Mobility & Independence

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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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. You also can access an online version (PDF format) of this Guide by going to the following website: www.mard.ualberta.ca

Disclaimer

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Table of Contents



FINANCIAL PROGRAMS & BENEFITS	1
Federal Benefits	1
Provincial Benefits	3



HOUSEHOLD SERVICES	8
Grocery Shopping & Delivery.....	8
Housekeeping.....	11
Lawn Care & Snow Removal.....	13
Meal Delivery.....	15
Moving Services	19
Pet Services	22



HOUSING INFORMATION	24
----------------------------------	-----------



LINKAGES TO GENERAL INFORMATION & SERVICES	25
---	-----------



MEDICAL & PERSONAL SERVICES	30
Aids to Daily Living	30
Audiologists & Hearing Aid Practitioners.....	33
Dental	36
Denturists	37
Dietitians.....	40
Foot Care	41
Health Clinics.....	43

Home & Respite Care.....	46
Medical Alarm Systems	54
Medical Laboratory Home Collection	56
Mobile Hairdressing.....	58
Mobile X-Ray.....	58
Occupational Therapy & Physiotherapy.....	59
Optometry.....	61
Pharmacy	61



SUPPORT GROUPS & HEALTH SERVICES ORGANIZATIONS..... 62



SENIORS' CENTRES & ASSOCIATIONS..... 66



TRANSPORTATION SERVICES 70

Alternate Transportation Services.....	70
Intercity/Intercommunity Bus Services.....	79
Public Bus Services.....	80
Seniors Transportation Information Hubs	85
Specialized Transportation Services.....	86
Taxis & Transportation Network Companies.....	91



NOTES 95



APPOINTMENTS & REMINDERS 96

FINANCIAL PROGRAMS & BENEFITS



Federal Benefits

Canadian Pension Plan (CPP)

Phone: 1-800-277-9914

Website: 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.

Old Age Security (OAS)

Phone: 1-800-277-9914

Website: 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 64th 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

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.

Allowance

Website: 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.

Allowance for the Survivor

Website: 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.



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

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.

Assured Income for the Severely Handicapped (AISH)

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

Website: 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.

Residential Access Modification Program (RAMP)

Phone: 1-877-427-5760

Website: 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.

Seniors Financial Assistance Program

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

Website: 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 65th 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

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.

Special Needs Assistance for Seniors Program

Website: 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.

Dental and Optical Assistance for Seniors Program

Website: 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.

Health Coverage for Seniors Program

Website: 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.

Seniors Home Adaptation and Repair Program (SHARP)

Website: 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.

Seniors Property Tax Deferral Program

Website: 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.

HOUSEHOLD SERVICES



Grocery Shopping & Delivery

Service Provider:**Service Information:**

Edmonton Grocer

Phone: (587) 930-3303

(text messages only)

Website: 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.

InaBuggy

Phone: 1-844-412-8449

Website: 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.

InstaCart

Phone: 1-888-508-1922

Website: 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.

JY Grocery Delivery (McKernan Foods)

Phone: (780) 217-6360

Website: 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.

M&M Food Market Click and Collect

Phone: 1-800-461-0171

Website: 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

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

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

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

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

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
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
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
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
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

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.

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

* Offers a discount to older adults.

Service Provider:

Contact Information:

Fussy Cleaning

Phone: (780) 756-3877
Website: www.fussycleaning.ca

Harmony Caregiving

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

Helping Hands*

Phone: (780) 244-4088
Website: www.helpinghands2005.com

MaidPro

Phone: (780) 669-4879
Website: www.maidpro.ca

Mopify

Online service

Phone: 1-866-743-9341
Website: www.mopify.com

Scrubbi*

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

zenGOT

Online/mobile app service

Phone: 1-855-493-6468
Website: www.zengot.com

* 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

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.

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

* Offers a discount to older adults.

Service Provider:

Contact Information:

**Premium Properties Inc.
Landscaping**

Phone: (780) 975-3182
Website: www.landscapingyeg.com

**University Landscaping
and Snow Removal Ltd***

Phone: (780) 496-9093
Website: www.university-landscaping.com

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

Phone: (780) 452-5296
Website: www.whitengreen.ca

Yardly
Online service

Phone: 1-855-688-8277
Website: www.yardly.ca

zenGOT
Online/mobile app service

Phone: 1-855-493-6468
Website: www.zengot.com

* 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

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.

Heart to Home Meals

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

Website: 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.

Meals on Wheels – Edmonton

11111 103 Ave, Edmonton, AB T5K 2P1

Phone: (780) 429-2020

Website: 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

Service Provider:	Contact Information:
Information & Volunteer Centre (IVC) for Strathcona County	100 Ordze Ave, Sherwood Park , AB T8B 1M6 Phone: (780) 464-4242 Hours: Monday–Friday 8:30am–4:30pm
Mill Woods Seniors Association	#201, 2610 Hewes Way, Edmonton, AB T6K 4B6 Phone: (780) 496-2997 Hours: Monday–Friday 8:30am–4:30 pm
North West Edmonton Seniors Society	12963 120 St, Edmonton, AB T5E 5N8 Phone: (780) 451-1925 Hours: Monday–Friday 9am–4 pm
Southeast Edmonton Seniors Association (SEESA)	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
St. Albert Seniors Association	7 Tache St, St. Albert, AB T8N 2S3 Phone: (780) 459-0433 Hours: Monday–Friday 8:30am–4:30pm
Strathcona Place Seniors Centre	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

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.

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.

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

Phone: (780) 459-0433

Website: 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.

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.

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

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.

Meal Kit Delivery

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

Service Provider:	Contact Information:
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Chef's Plate	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.
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Phone: 1-855-420-2327

Website: www.chefsplate.com

GoodFood	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.
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Phone: 1-855-515-5191

Website: www.makegoodfood.ca

HelloFresh	Weekly meal plans can include 3 or 4 recipes with 2 or 4 servings per recipe. Deliveries occur Sunday to Thursday. Delivery is free.
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Phone: 1-855-272-7002

Website: www.hellofresh.ca

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.

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



Moving Services

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

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

* Offers a discount to older adults.

Service Provider:

Contact Information:

Helping Hands Family Movers*

Phone: (780) 218-5550
Website: www.helpinghandsfamilymovers.com

Metropolitan Movers*

Phone: (780) 652-1132
Website: www.metropolitannedmonton.ca

Mobility Moving*

Phone: (780) 718-2071
Website: www.mobilitymoving.ca

Pro Service Moving*

Phone: (587) 784-1824
Website: www.proservicemoving.ca

Right Move*

Phone: (780) 901-0405
Website: www.rightmovecanada.com

Two Small Men With Big Hearts*

Phone: (780) 434-4344
Website: www.twosmallmen.com

Two Men & a Truck*

Phone: (780) 809-3060
Website: www.twomenandatruck.ca

* 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.

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



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.

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

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

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

Phone: (780) 994-4838
 Website: 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
 Hours: Monday–Saturday, Hours are variable

VetstoGo

Phone: 1-888-995-8387
 Website: 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.

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
 Website: www.elderdog.ca

VIP Pet Services

Phone: (780) 431-4904
 Website: www.vippetservice.ca

Wendy's Errands for Elders

Phone: (780) 916-8916
 Website: www.wendyserrands.com

HOUSING INFORMATION



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

Service Provider:**Service Information:**

Alberta Health Services – Community Care Access

Phone: (780) 496-1300

Website: 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

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

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

Alberta Seniors Communities & Housing Association (ASCHA)

9711 47 Ave, Edmonton, AB T6E 5M7

Phone: (780) 439-6473

Website: 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

SAGE – Housing Program

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

Phone: (780) 423-5510 Ext. 323

Website: 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

LINKAGES TO GENERAL INFORMATION & SERVICES



211 – Information Phone Line

Phone: 211

Website: 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.

311 – City of Edmonton Seniors Programs & Services

Phone: 311

Website: 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.

811 – Health Link

Phone: 811

Website: 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.

Alberta Health Advocates

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

Website: 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

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>

Alberta Supports

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

Website: 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.

Connecting Edmonton Seniors

Website: 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.

Edmonton Public Library (EPL)

Phone: (780) 496-7000

Website: 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/

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.

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

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

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

Local FCSS Office Phone Numbers

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

Multicultural Seniors Outreach Program

Phone: (780) 701-9018

Website: www.mchb.org/programs/seniors-outreach/ or 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

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.

Seniors Home Supports Program

Website: 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

North Edmonton Seniors Association

(780) 944-7470

www.nesa1.ca

North West Edmonton Seniors Society

(780) 482-1958

www.nwess.ca

South East Edmonton Seniors Association

(780) 468-1985

www.seesa.ca

SouthWest Edmonton Seniors Association

(780) 860-2931

www.swedmontonseniors.ca

Westend Seniors Activity Centre

(780) 483-1209

www.weseniors.ca

Seniors United Now (SUN)

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

Website: 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.

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

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.

MEDICAL & PERSONAL SERVICES



Aids to Daily Living

Alberta Aids to Daily Living (AADL)

10th 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

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.

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

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.

Easter Seals Alberta – Accessibility Supports

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

Phone: (780) 429-0137

Website: 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.

Special Needs Assistance for Seniors Program

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

Website: 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

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

Service Provider:

Contact Information:

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

Home Health Store

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

Website: www.homehealthstore.ca

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

Motion

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

Website: www.motioncares.ca

Trinity Home Medical

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

Website: www.trinityhomemedical.net



Audiologists & Hearing Aid Practitioners

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

Service Provider:	Contact Information:
Alberta Hearing Service	#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: www.albertahearing.com
Audiology Clinic of Northern Alberta	7807 109 St, Edmonton, AB T6G 1C6 Phone: (780) 433-4441 or 1-800-854-9848 Website: www.acnahearing.com
Better Hearing Centre Inc.	#105A, 10025 106 St, Edmonton, AB T5J 1G4 Phone: (780) 423-2116 or 1-877-423-2116 Website: www.betterhearingcentre.com
Connect Hearing	#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: www.connecthearing.ca

Service Provider:

Contact Information:

Discover Hearing Ltd.

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

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

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

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

Park Hearing Centre Inc.

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

Website: 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

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.

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

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.

Service Provider:	Contact Information:
Glenrose Dental Clinic 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
Right to You Mobile Dental Hygiene	Phone: (780) 756-5555 Website: www.right2you.ca 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
Unique Dental Hygiene	Phone: (780) 717-3158 Website: www.hygiene.udhs.ca 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

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

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

Hours: Monday–Friday 9:00am–5:00pm

Burnham Denture Clinic

Phone: (780) 469-5768

Website: www.burnhamdentureclinic.com

Hours: Monday–Thursday 9:00am–4:00pm;

Friday 9:00am–12:00pm

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

Service Provider:**Contact Information:**

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

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

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

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

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



Dietitians

Alberta Health Services – Nutrition Counselling

Website: 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.

City of Edmonton Nutrition Services

Phone: (780) 690-2278

Website: 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.

Dietitians of Canada

Website: 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.

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.



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

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

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.

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

Service Provider:	Contact Information:
Edmonton Senior Solutions	Phone: (780) 993-2273 Website: www.edmontonseniorsolutions.com
Foot Care and More Mobile Services	Phone: (780) 906-5301 Website: www.footmedic.care
Loving Touch for Seniors	Phone: (780) 266-7201 Website: www.lovingtouchforseniors.com
Rhoma's Foot Care	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

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.

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

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

Service Provider:	Contact Information:
Alberta Heartland PCN (Seniors Health Clinic)	#206, 9821 108 St, Fort Saskatchewan , AB T8L 2J2 Phone: (780) 997-0046
Edmonton North PCN (Care of the Elderly Clinic)	#1038, 9499 137 Ave, Edmonton, AB T5E 5R8 Phone: (780) 473-7131
Edmonton Oliver PCN (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

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.

Health Coverage for Seniors Program

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

Website: 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.

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:****Bayshore Home Health**

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

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
 Companionship, home support, nursing care, personal care, respite care, transportation

Care at Home

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

**Care at Home
by Exquisicare**

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

**CareGivers
Home Health Care Inc.**

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

CBI Home Health

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

Service Provider:

Contact Information:

Classic LifeCare

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

Comfort Keepers

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

Companions and More

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

**Compassion Network
CompassionCare**

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

Edmonton Senior Solutions

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

Excel Society

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

Service Provider:**Contact Information:**

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

Phone: (780) 992-6623
Website: www.fortsask.ca/en/living-here/seniors.aspx
Home support

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

Phone: (780) 962-7618
Website: www.sprucegrove.org/community/resources-support/home-support/
Home support

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

Phone: (780) 464-4044
Website: www.strathcona.ca/community-families/seniors/home-support-services/
Personal care, home support

For the Love of Seniors

Phone: (780) 979-0242
Website: www.fortheloveofseniors.ca
Companionship, home support, nursing care, palliative care, personal care, respite care, transportation

**Golden Heart Home Care
Services Ltd.**

Phone: (780) 476-5027
Website: www.goldenheartedm.ca
Personal care, home support, respite care

Harmony Caregiving Inc.

9856 89 Ave NW, Edmonton AB T6E 2S4
Phone: (780) 328-3917
Website: www.harmonycaregiving.com
Companionship, home support, palliative care, personal care, respite care, transportation

HavenCrest HomeCare

51574 RR 224, **Sherwood Park**, AB T8C 1H5
Phone: (780) 953-0342
Companionship, home support, nursing care, personal care

Service Provider:

Contact Information:

**Helping Hands
Personal Assistants**

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

Home Care Assistance

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

Home Care Network Inc.

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

**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
Companionship, home support, palliative care, personal
care, respite care, transportation

**Jewish Family Services
Home Support Services**

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

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

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/
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
Companionship, home support, nursing care, palliative care, personal care, respite care

**Retire-At-Home
Services**

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

Service Provider:

Contact Information:

**Royal Home
Health Inc.**

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

**Senior Homecare
by Angels**

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

**Serving Hands
Senior Care**

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

**Veritas Seniors
Concierge Inc.**

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

**We Care Home
Health Services**

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

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

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

Service Provider:

Contact Information:

**Wild Rose
Caregivers Ltd.**

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

**Your Good
Company Ltd.**

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



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

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

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

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



Medical Laboratory Home Collection

DynaLIFE Diagnostic Laboratory Services

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

Website: 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

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

Edmonton Northeast

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

Edmonton Northwest

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

Edmonton Southeast

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

Edmonton Southwest

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

Surrounding Area

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



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.

Service Provider:**Contact Information:**

At Home Hair Trends

Phone: (780) 289-4429

Website: www.athomehairtrends.com

Edmonton Senior Solutions

Phone: (780) 993-2273

Website: www.edmontonseniorsolutions.com

Judith's Mobile Hair Care

Phone: (780) 868-2000

Lisa's Mobile Hair Service

Phone: (780) 987-4628

Website: www.facebook.com/lisasmobilehairservice



Mobile X-Ray

Canada Mobile X-Ray Inc.

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

Website: 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.

St. Michael's Mobile X-Ray

Phone: (780) 472-4504

Website: 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.

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

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

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

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

Society of Alberta Occupational Therapists (SAOT)

Phone: (780) 803-0350

Website: 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.

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

Edmonton Mobile Massage

Phone: (780) 994-0155

Website: www.edmontonmobilemassage.com

Service Provider:

Contact Information:

**InHome Physical
Therapy & Massage**

Phone: 1-844-256-7684
Website: www.inhomephysicaltherapy.ca

InStep Physical Therapy

Phone: (780) 454-5432
Website: www.instepphysio.ca

Mobile Massage YEG

Phone: (780) 340-4841
Website: www.mobilemassageyeg.com

Therapia

Phone: (587) 800-4425
Website: www.therapia.com

Therapy2U

Phone: (780) 851-8897
Website: 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

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

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

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

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

SUPPORT GROUPS & HEALTH SERVICES ORGANIZATIONS



Service Provider:**Service Information:**

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

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

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

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

Arthritis Society – Alberta

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

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

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

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

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

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

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

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

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

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

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

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

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

Service Provider:

Service Information:

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

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

Eldercare Edmonton

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

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

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

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

Osteoporosis Canada

Phone: 1-800-463-6842 Ext. 2460
Website: www.osteoporosis.ca

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

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

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

Networks Activity Centre

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

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

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

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

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

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

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

SENIORS' CENTRES & ASSOCIATIONS



Seniors' Centres & Associations in Edmonton

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

**Southwest Seniors
Outreach Society**

10832 62 Ave, Edmonton, AB T6H 1N1
Phone: (780) 435-9515
Website: 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
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
Hours: Monday, Wednesday–Friday 9:00am–4:00pm;
Tuesday 9:00am–8:00pm

Seniors' Centres & Associations in the Surrounding Area

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

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

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

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

Care at Home

2759 109 St, Edmonton, AB T6J 6B7

Phone: (780) 435-4663

Website: 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

Care For a Ride

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

Phone: (780) 417-2222

Website: 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).

Comfort Keepers

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

Phone: (780) 851-4650

Website: 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

Companions and More Ltd.

20515 92 Ave, Edmonton, AB T5T 0X1

Phone: (780) 660-1170

Website: 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

Corinne's Companions

Phone: (780) 914-6285

Email: 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

Drive Happiness

10740 19 Ave NW, Edmonton, AB T6J 6W9

Phone: (780) 424-5438

Website: 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

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

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

Edmonton Senior Solutions

Phone: (780) 993-2273

Website: 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

Helping Hands Personal Assistants

8211 56 St, Edmonton, AB T6B 1H5

Phone: (780) 244-4088

Website: 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

Home Care Assistance

16953 127 St, Edmonton, AB T6V 1B1

Phone: (780) 490-7337

Website: 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

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

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

Neighbourlink – Parkland

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

Phone: (780) 960-9669

Website: 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

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

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/

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

Retire-at-Home Services Edmonton

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

Phone: (780) 435-9959

Website: www.retireathomeedmonton.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

Royal Wagon

9705 42 Ave, Edmonton, AB T6E 5P8

Phone: (587) 459-2555

Website: 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

SAGE Bus Program

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

Phone: (780) 809-9401

Website: 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

Society of Seniors Caring About Seniors

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

Phone: (780) 465-0311

Website: 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

St. Albert Link Transportation Inc.

Phone: (780) 459-5051

Website: 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

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/

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/

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

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

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

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

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



Intercity/Intercommunity Bus Services

Cold Shot Bus Service

11204 119 St, Edmonton, AB T5G 2X3

Phone: (587) 557-7719

Website: 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.

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

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.

Northern Express

Phone: (780) 983-8225

Website: 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.

Red Arrow

10014 104 St, Edmonton, AB T5J 0Z1

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

Website: 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

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.

Fares	Adult	Senior (65+)
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:

Training Program:	Details:
Seniors on the Go Program	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.
Mobility Choices Travel Training Program	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

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.

Fares	Adult	Senior (65+)
Local		
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
Commuter		
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

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+)
Local		
Cash One-Way	\$2.00	\$2.00
Monthly Pass	\$55.00	\$55.00
Commuter-Plus		
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

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+)
Local		
Cash One-Way	\$3.00	\$3.00

Spruce Grove Transit (continued)

Fares	Adult	Senior (65+)
Commuter		
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

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+)
Local		
Cash One-Way	\$3.25	\$3.25
10 Ticket Pack	\$24.50	\$24.50
Monthly Pass	\$74.00	\$40.60
Commuter		
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/

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+)
Local		
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
Commuter		
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.

Specialized Transportation Service in Edmonton

Disabled Adult Transit Service (DATS)

Phone: (780) 496-4567

Website: 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. 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

Fares	Adult	Senior (65+)
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/ats

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
Cash One-Way			
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

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

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

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 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

Fares	Adult	Senior (65+)
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

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. 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
Local	
Cash One-Way	\$3.25
10 Ticket Pack	\$24.50
Commuter	
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/

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
Cash One-Way				
Adult	\$3.10	\$7.25	\$6.20	\$13.45
Senior (65+)	\$3.10	\$7.25	\$6.20	\$13.45
10 Ticket Pack				
Adult	\$23.30	\$65.00	\$46.50	-
Senior (65+)	\$17.40	\$65.00	\$34.90	-
Monthly Pass				
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	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	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	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	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	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

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

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

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

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

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

St. Albert

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.

Service Provider:	Service Information:
TappCar Phone: (780) 222-5555 Website: www.tappcar.com	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"
Uber Website: www.uber.com	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

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.

Service Provider:	Service Information:
Pogo CarShare Website: www.pogocarshare.com	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

Website: www.mard.ualberta.ca



agefriendly
EDMONTON

www.agefriendlyedmonton.ca