

Alberta Resources for Health and Seniors

Health Resources

1. [Alberta Health Services](https://www.albertahealthservices.ca/) <https://www.albertahealthservices.ca/>

Finding doctors, hospitals, programs, facilities, and other services and resources.

2. [My Health](https://myhealth.alberta.ca) <https://myhealth.alberta.ca>

Get your health records online. Fees: Free

3. [Alberta Health](https://www.alberta.ca/health.aspx) <https://www.alberta.ca/health.aspx>

Provincial health resource for general health information.

4. [Primary Care Networks](https://albertafindadoctor.ca/) <https://albertafindadoctor.ca/>

Finding doctors in Alberta.

5. [Dental and Optical Assistance for Seniors](https://www.alberta.ca/dental-optical-assistance-seniors.aspx) <https://www.alberta.ca/dental-optical-assistance-seniors.aspx>

Provides financial assistance to eligible seniors with low- to moderate-income for basic dental and optical services.

6. [Coverage for Seniors](https://www.alberta.ca/seniors-health-benefits.aspx) <https://www.alberta.ca/seniors-health-benefits.aspx>

Provides coverage for medical needs such as prescription drugs, diabetes supplies, ambulance, home nursing care, chiropractic services, and clinical psychological services.

7. [Health Link Alberta](https://www.albertahealthservices.ca/info/Page12630.aspx) <https://www.albertahealthservices.ca/info/Page12630.aspx>

Health Assessments/Health Information: A telephone service providing free 24/7 nurse advice and general health information for Albertans. Phone: Dial 811

8. [211 Alberta](https://ab.211.ca/) <https://ab.211.ca/>

211 is an essential service that helps Albertans find the right resources or services for any issue they need assistance with, 24/7. Available by phone, text, and chat. The service is free, confidential, and available in over 170 languages.

Seniors Services and Housing

9. [Edmonton Seniors Home Supports Program](https://seniorscouncil.net/seniors-home-supports-program/)

<https://seniorscouncil.net/seniors-home-supports-program/>

A referral service that gives seniors referrals to screened service providers offering snow removal, yard help, housekeeping, home repair and maintenance, personal services, and moving help.

10. [Ogden House Seniors 50+ Club - Housekeeping Program](https://www.ogden50plus.org/housekeeping.html)

<https://www.ogden50plus.org/housekeeping.html>

Provides a house cleaning/home maintenance service for seniors with low income.
Phone: 403-279-2003

11. [Ogden House Seniors 50+ Club - Snow Removal Program](https://www.ogden50plus.org/services.html)

<https://www.ogden50plus.org/services.html>

Offers services including lawn mowing, yard cleanup, fence painting, hedge trimming, and snow clearing in winter months. Phone:403-236-8139

12. [Greater Edmonton Senior Housing](https://www.gef.org/) <https://www.gef.org/>

The largest provider of subsidized seniors' housing in Alberta, offering affordable and secure housing to almost 4,000 seniors in Edmonton.

Transportation

13. [Edmonton Transit System](https://www.edmonton.ca/edmonton-transit-system-ets) <https://www.edmonton.ca/edmonton-transit-system-ets>

Find routes, maps, and schedules.

14. [Drive Happiness](https://drivehappiness.ca/) <https://drivehappiness.ca/>

A registered, not-for-profit organization providing door-thru-door, assisted transportation services to seniors with reduced mobility and barriers using public transportation.

Fees: \$10 (additional \$3 if paid by credit card)

15. [Care for a Ride](https://www.careforaride.com/) <https://www.careforaride.com/>

Provides safe transportation in Edmonton for seniors, children, and anyone requiring extra support. Subsidies for low-income seniors are available. (Fees apply)

16. [Seniors Transportation Info Hubs](https://seniorscouncil.net/wp-content/uploads/2022/11/Seniors-Transportation-Information-Hubs.pdf) <https://seniorscouncil.net/wp-content/uploads/2022/11/Seniors-Transportation-Information-Hubs.pdf>

Located in nine spots across Edmonton, these hubs provide print information about driving, retiring from driving, using buses and taxis, and assisted transportation services for seniors in Edmonton.

17. [Dedicated Accessible Transit Service \(DATS\)](http://www.edmonton.ca/ets/dedicated-accessible-transit-service) | City of Edmonton

www.edmonton.ca/ets/dedicated-accessible-transit-service

A shared-ride public transportation service operating within the City of Edmonton corporate limits, with wheelchair lift equipped vehicles and minivans.

18. [City of Calgary Fair Entry Program](http://calgary.ca/fairentry) <http://calgary.ca/fairentry>

Low-income seniors' yearly transit pass, available as a paper pass or using the My Fare app on a smartphone. Phone: Call 311

Finances

19. [Government of Alberta Seniors Financial Assistance Programs](https://www.alberta.ca/seniors-financial-assistance.aspx)
<https://www.alberta.ca/seniors-financial-assistance.aspx>

Eligible seniors can access a variety of financial and health support programs.

20. [Edmonton Community Legal Centre](https://www.eclc.ca/) <https://www.eclc.ca/>

Provides free legal information and advice to low to moderate-income people in Central Alberta.

21. [Community Legal Clinic](https://www.communitylegalclinic.net/) <https://www.communitylegalclinic.net/>

Provides free legal information and advice to low to moderate-income people in the Edmonton area. Other locations: Medicine Hat, Fort McMurray, Lloydminster

22. [Centre for Public Legal Education](https://www.cplea.ca/) <https://www.cplea.ca/>

Provides legal information, including information for seniors.

23. [Money Mentors](https://moneymentors.ca/) <https://moneymentors.ca/>

A credit counseling and debt consolidation agency that helps Albertans manage their money, get out of debt, and plan for retirement.

24. [Special Needs Assistance for Seniors](https://www.alberta.ca/seniors-special-needs-assistance.aspx)

<https://www.alberta.ca/seniors-special-needs-assistance.aspx>

Provides financial assistance to eligible seniors with low income toward the cost of certain appliances and specific health and personal supports.

25. [Alberta Seniors Benefit](https://www.alberta.ca/alberta-seniors-benefit.aspx) <https://www.alberta.ca/alberta-seniors-benefit.aspx>

Provides financial assistance to eligible seniors with low income.

26. [Seniors Property Tax Deferral Program](https://www.alberta.ca/seniors-property-tax-deferral-program.aspx)

<https://www.alberta.ca/seniors-property-tax-deferral-program.aspx>

Allows eligible senior homeowners to defer all or part of their annual residential property taxes through a low-interest home equity loan.

27. Calgary Legal Guidance - <https://clg.ab.ca/index.php/programs/elder-law/>Elder Law Program <https://clg.ab.ca/index.php/programs/elder-law/>

Offers legal assistance on topics such as enduring powers of attorney, personal directives, estate administration, wills, and elder abuse. Phone: 403-716-6476

28. [Calgary Seniors Resource Society](http://www.calgaryseniors.org/) - Take Care and Be Aware

<http://www.calgaryseniors.org/> Provides free workshops that educate seniors about the realities of fraud and financial abuse. Phone:403-266-6200 Ext. 517

Social Resources

29. [Edmonton Seniors Coordinating Council](https://seniorscouncil.net/get-connected) <https://seniorscouncil.net/get-connected>

Seniors centres funded by the City of Edmonton where seniors can get connected to activities, resources, programs, and services in Edmonton.

30. [Edmonton Seniors Centre](https://edmontonseniorscentre.ca/) <https://edmontonseniorscentre.ca/>

A telephone-based social group for seniors offering free social and health programming, as well as opportunities to socialize, learn new skills, and stay connected.

31. [Get Connected Guide](https://seniorscouncil.net/news-resources/get-connected/) <https://seniorscouncil.net/news-resources/get-connected/>

Produced by the Edmonton Seniors Coordinating Council, this guide offers an overview of community touchpoints to help seniors get connected in their communities.

32. [Seniors Association of Greater Edmonton](https://www.mysage.ca/) (SAGE) <https://www.mysage.ca/>

Provides services that promote socialization, intellectual stimulation, and well-being for older persons who are isolated, disadvantaged, or at risk.

33. [Edmonton Meals on Wheels](https://mealsonwheelsedmonton.org/) <https://mealsonwheelsedmonton.org/>

A non-profit organization that provides home-delivered meal and food services to a diverse range of people.

34. [Caregivers Alberta](http://www.caregiversalberta.ca/) <http://www.caregiversalberta.ca/>

An organization by caregivers, for caregivers, helping caregivers maintain their well-being.

35. [ElderCare Edmonton](http://www.eldercareedmonton.ca/) <http://www.eldercareedmonton.ca/>

Offers community-based day programs for seniors to enrich their lives while remaining in the community.

36. [Government of Alberta Supports for Caregivers and Organizations](https://www.alberta.ca/seniors-resources.aspx)

<https://www.alberta.ca/seniors-resources.aspx>

Age-friendly communities, funding, healthy aging resources and other supports

37. [CommunityConnectYYC](https://www.communityconnectyyc.ca/) <https://www.communityconnectyyc.ca/>

Provides affordable counseling within 3 business days to those living in Calgary and Alberta-wide. Fees: Pay what you can

38. [Elder Abuse Intake Phone Line](https://www.edmontonpolice.ca/CrimePrevention/PersonalFamilySafety/ElderAbuse)

<https://www.edmontonpolice.ca/CrimePrevention/PersonalFamilySafety/ElderAbuse>

A phone line to report elder abuse and receive information. Hours: Mon-Fri 9 am to 4 pm

39. Government of Alberta Elder Abuse – Get Help

<https://www.alberta.ca/get-help-elder-abuse>

Recognize signs of elder abuse and learn how to get help

40. [Seniors Abuse HotLine \(24/7\)](https://edmonton.cmha.ca/brochure/seniors-abuse-hotline/#:~:text=780%2D454%2D8888,available%20seven%20days%20a%20week) <https://edmonton.cmha.ca/brochure/seniors-abuse-hotline/#:~:text=780%2D454%2D8888,available%20seven%20days%20a%20week>

Confidential, non-judgmental crisis intervention, emotional support, and resources to those experiencing or concerned about elder abuse.

41. Kerby Centre - Elder Abuse Response Phone Line

<https://www.kerbycentre.com/support-services/elder-abuse-response-team/>

Provides response and investigation of suspected elder abuse cases, along with support for victims and their families. Phone: 403-705-3250