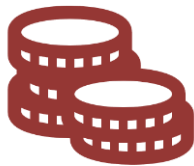


A Guide to Mobility & Independence

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

4th Edition 2020



A Guide to Mobility and Independence

A Comprehensive Listing of Essential Services and Transportation Providers in Calgary and Outlying Communities (4th Edition)

Copyright© 2020
The DR Group
Edmonton, Alberta, Canada
All Rights Reserved

This publication may be reproduced in whole or in part and/or stored in a retrieval system with the following citation:

Alvarado, S., Hussey, E., & Dobbs, B. M. (2020). *A guide to mobility and independence: A comprehensive listing of essential services and transportation providers in Calgary and outlying communities* (4th ed.). Edmonton, AB: The DR Group.

Previous Editions

- 3rd Edition: Hussey, E., Motamedi, M., & Dobbs, B.M. (2019)
- 2nd Edition: Triscott, E., Pidborochynski, T., & Dobbs, B. M. (2014)
- 1st Edition: Triscott, E., Pidborochynski, T., & Dobbs, B. M. (2012)



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 Calgary 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 Calgary 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 Calgary and surrounding area.

If you require further information or more copies of this Guide, please contact the Medically At-Risk Driver Centre (MARD) at 1-780-492-6273 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

These materials are intended for general information only and are provided on an 'as is', 'where is' basis. Although reasonable efforts were made to confirm the accuracy of the information, MARD does not make any representation or warranty, expressed or implied, oral or written, statutory or otherwise, as to the accuracy, reliability, completeness, applicability, or fitness for a particular purpose of such information, including and without limitation implied warranties or warranties of non-infringement or merchantability. MARD expressly disclaims all liability for the use of these materials and for any claims, actions, demands, or suits arising from such use.

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.....	14
Meal Delivery	17
Moving Services.....	22
Pet Services	24



HOUSING INFORMATION.....	28
---------------------------------	-----------



LINKAGES TO GENERAL INFORMATION AND SERVICES.....	29
--	-----------



MEDICAL & PERSONAL SERVICES.....	34
Aids to Daily Living	34
Audiologists & Hearing Aid Practitioners	37
Dental.....	41
Denturists	43
Dietitians	44
Foot Care	44
Health Clinics	46

Home & Respite Care	48
Medical Alarm Systems.....	55
Medical Laboratory Home Collection.....	56
Mobile Hairdressing.....	58
Mobile X-Ray.....	58
Occupational Therapy & Physiotherapy	59
Optometry	61
Pharmacy.....	62



SUPPORT GROUPS & HEALTH SERVICES ORGANIZATIONS..... 63



SENIORS' CENTRES & ASSOCIATIONS 67



TRANSPORTATION SERVICES 73

Alternate Transportation Services	73
Intercity/Intercommunity Bus Service	84
Public Bus Services.....	86
Specialized Transportation Services	89
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: 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: (403) 297-8511 (Calgary Office) TTY: 1-800-232-7215 (toll free)

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 and must meet financial eligibility criteria. 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 Programs 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 singles 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 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, having 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, having 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:**

Calgary Seniors' Resource Society

Phone: (403) 266-6200

Website: www.calgaryseniors.org

Shopping Companion Program

Program for eligible low-income adults who have limited mobility and driving abilities. Volunteers provide assisted shopping services and transportation. 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.

Kerby Centre – Thrive Program

Phone: (403) 234-6571

Website: www.kerbycentre.com

Home delivery service including groceries, personal items, and prescriptions

Program for eligible adults 55 years and older who are unable to get their own groceries, and have a household income of less than \$26,500 for an individual or \$38,000 for a couple. Delivery is \$4.00. 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:****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 11:00am to 2:00am. Order by phone, online or through the app. Delivery fees vary by number of stops and delivery location. See website for details.

Real Canadian Superstore**Click & Collect**

Phone: 1-866-999-9890

Website: www.shop.superstore.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 from 7 days a week from 8:00am to 8:00pm. Order by 12:00pm for same day delivery. Minimum \$40 order and delivery fees vary by time slot. Pick-up is free. See website for details.

SPUD

Phone: (403) 515-3663

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. See website for details.

Sunterra Market

Phone: (403) 287-0553

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 Calgary city limits. Pick-up is free. See website for details.

Service Provider:

Service Information:

The Organic Box

Phone: 1-877-469-1920

Website: www.theorganicbox.ca

Subscription seasonal and organic grocery delivery

Deliveries occur weekly or bi-weekly on Tuesdays from 9:00am to 8:00pm. There is no minimum order amount. Delivery and pick-up are free. See website for details.

The Grocery Link

Phone: (587) 578-4197

Website: www.thegrocerylink.com

Grocery pick-up service from select grocery stores that offer online shopping

Deliveries occur Monday to Saturday from 9:00am to 6:00pm and are subject to the local grocery store hours. Delivery fees vary depending on the package chosen and start at \$19.99. Additional surcharges may apply. Subsidies are available for eligible individuals. 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

Calgary Aging in Place Co-Operative (CAIP)

Phone: (403) 774-7247 Ext. 1

Website: www.calgaryaginginplace.ca

CAIP offers services to members from vetted providers for housekeeping, yard work and landscaping, snow removal, small repairs, home maintenance and renovations, junk removal, and home safety evaluations and upgrades. Membership to CAIP is \$60 annually.

Carya Senior Support Program

Phone: (403) 205-5264

Website: www.caryacalgary.ca/our-programs/older-adults/senior-support/

The Senior Support program provides up to two hours of assistance with light housekeeping and laundry every two weeks to eligible seniors. To qualify, individuals must be 65 years of age and older, eligible for the Special Needs Assistance for Seniors Program, unable to do their own housekeeping, be renting from a non-family member, and have a household income under \$22,900 for a single individual or \$36,135 for couples. This program is available on a sliding fee scale based on the individual's annual income.

City of Calgary Seniors Services Home Maintenance

Phone: 311

Website: www.calgary.ca/CSPS/CNS/Pages/Seniors/City-Links/Home-Maintenance-Services.aspx

The City of Calgary's Seniors Services Home Maintenance provides eligible low-income older adults with basic yard care, snow removal, house cleaning, interior and exterior painting, and minor repairs. To qualify, individuals must be 65 years of age and older, unable to do basic house or yard work, are without family, community, or other home maintenance service, and have a household income under \$25,921 for a single individual, or \$32,270 for a couple. Eligible older adults are placed on a wait list for service and an assessment of need determines priority for service. For house cleaning, yard, and snow removal services, service cost recovery for clients eligible for the Alberta Seniors Benefit, Special Needs Assistance for Seniors Program are direct billed to the Government of Alberta on the client's behalf.

Jewish Family Service Calgary (JFSC) Home Support Services

Phone: (403) 287-3510

Website: www.jfsc.org

JFSC Home Support program focuses on helping individuals with physical and/or emotional limitations that impact activities of daily living to help them remain as independent as possible and provide the supports to assist them to successfully age in place. The program provides older adults with assistance for in-home housekeeping duties such as cleaning of washrooms, kitchens, and floors, as well as assistance with laundry and cleaning dishes. There is a fee associated with the program which is assessed on an individual basis.

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 Calgary and surrounding area. Some seniors' centres and associations are able to provide additional referrals and links to general information and services. See the **Linkages to General Information and Services** section starting on page 29 for more information. In addition, some home care providers also may provide light housekeeping services. See the **Home & Respite Care** section starting on page 48 for more information.

Service Provider:	Contact Information:
A Maid For A Day	Phone: (403) 283-2500 Website: www.amaidforaday.ca
AspenClean	Phone: (587) 353-3912 Website: www.aspenclean.com
Calgary Magic Maid	Phone: (403) 226-0121 Website: www.calgarymagicmaid.com
Calgary Trusted Cleaners	Phone: (403) 464-4049 Website: www.calgarytrustedcleaners.com

Service Provider:	Contact Information:
CottageCare	Phone: (403) 278-7845 Website: www.cottagecare.com
DSD Cleaning Services	Phone: (403) 589-2745 Website: www.seniorsdownsizing.ca/cleaning.html
Hockey Maids*	Phone: (403) 800-7839 Website: www.hockeymaidsyyc.com
MaidPro	Phone: (403) 775-7529 Website: www.maidpro.ca/calgary
Mango Maids*	Phone: (403) 389-4060 Website: www.mangomaids.com
Modest Maids	Phone: (403) 689-9932 Website: www.modestmaids.com
NeatFreak*	Phone: (403) 455-9333 Website: www.fightinggrime.com
The Home Cleaning Company*	Website: www.thehomecleaningcompany.net
The Mad Tasker	Phone: (403) 988-2471 Website: www.themadtasker.com
Zanjani Cleaning Services*	Phone: (403) 668-1665 or 1-855-886-8507 Website: www.zanjanicleaningservice.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

Calgary Aging in Place Co-Operative (CAIP)

Phone: (403) 774-7247 Ext. 1

Website: www.calgaryaginginplace.ca

CAIP offers services to members from vetted providers for housekeeping, yard work and landscaping, snow removal, small repairs, home maintenance and renovations, junk removal, and home safety evaluations and upgrades. Membership to CAIP is \$60 annually.

City of Calgary Seniors Services Home Maintenance

Phone: 311

Website: www.calgary.ca/CSPS/CNS/Pages/Seniors/City-Links/Home-Maintenance-Services.aspx

The City of Calgary's Seniors Services Home Maintenance provides eligible low-income older adults with basic yard care, snow removal, house cleaning, interior and exterior painting, and minor repairs. To qualify, individuals must be 65 years of age and older, unable to do basic house or yard work, are without family, community, or other home maintenance service, and have a household income under \$25,921 for a single individual or \$32,270 for a couple. Eligible older adults are placed on a wait list for service and an assessment of need determines priority for service. For house cleaning, yard, and snow removal services, cost recovery for clients eligible for Special Needs Assistance for Seniors Program is direct billed to the Government of Alberta on the client's behalf.

Helping Hands Society of Cochrane

Phone: (587) 580-9448

Website: www.helpinghandscochrane.ca

Helping Hands Society of Cochrane provides lawn maintenance (Summer Do Crew) and snow removal (Snow Helper Program) for low-income individuals in Cochrane who are unable to do their own mowing, weeding, and shoveling due to medical conditions, illness, injury, or age-related precautions. Services are provided by volunteers.

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.

Community Associations Providing Lawn Care & Snow Removal Services

There are several community associations that provide lawn care and snow removal services to members in their communities. Please call to inquire about eligibility and cost including membership fees if applicable. In addition, other community and seniors' associations may be 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 29 and the **Seniors' Centres and Associations** section starting on page 67 for more information.

Service Provider:	Contact Information:
Greater Forest Lawn 55+ Society Home Maintenance	Phone: (403) 272-4661 Website: www.gfls.org/home-maintenance-program
Haysboro Seniors Resource Group Snow Removal & Lawn Care Program	Phone: (403) 253-1563 Website: www.haysboro.org/senior-resources-group
Ogden 55+ Activity Centre Mow & Snow	Phone: (403) 279-2003 Website: www.ogden50plus.org

Businesses Providing Lawn Care & Snow Removal Services

Lawn care and snow removal services for individuals living in Calgary and surrounding area.

Service Provider:	Contact Information:
A Green Future*	Phone: (403) 547-6551 Website: www.agreenfuture.ca
Evergreen Lawn Services*	Phone: (403) 837-6976 Website: www.evergreenlawnservicesyyc.ca
MowSnowPros	Phone: (403) 478-8775 Website: www.mowsnowpros.com

Service Provider:	Contact Information:
NutriLawn*	Phone: (403) 879-1875 Website: www.nutrilawn.com
Property Werks	Phone: (403) 239-1269 Website: www.propertywerks.ca
Scoop, Cut N Shovel*	Phone: (403) 818-5973 Website: www.scoopcutnshovel.com
The Mad Tasker	Phone: (403) 988-2471 Website: www.themadtaker.com
Yard Busters Landscaping*	Phone: (403) 265-4769 Website: www.yardbusterslandscaping.com
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

Airdrie Meals on Wheels Society

Phone: (403) 815-1400

Website: www.airdriemealsonwheels.ca

Fresh meal delivery for eligible individuals living in Airdrie. Eligible individuals include older adults, persons with disabilities, individuals recovering from illness, injury, and surgery, individuals whose caregivers are temporarily away, and individuals with special needs. Deliveries occur Monday to Friday from 11:00am to 1:00pm. Meals include an entrée, soup, salad, sandwich, and dessert. Airdrie Meals on Wheels Society is able to accommodate most other dietary restrictions (e.g., diabetic). There is no delivery fee and no minimum order required.

Calgary Meals on Wheels

5759 80 Ave SE, Calgary, AB T2C 4S6

Phone: (403) 243-2834

Website: www.mealsonwheels.com

Our Chef's Daily Special

Daily meal delivery for individuals living in Calgary. Calgary Meals on Wheels is able to accommodate most preferences as well as modified textures (e.g., minced or pureed) and special diets (e.g., diabetic, low-sodium, etc.). Breakfast, lunch, and supper options are available. Deliveries occur Monday to Friday between 11:00am and 1:00pm. Weekend and holiday meals are delivered on Friday or the day before the holiday. Orders can be placed by phone or online. Orders placed before 12:00pm will be delivered within 2 business days. There is a minimum order of 3 dinners per week and cost is determined by the individual's income.

My Choice Menu

Frozen meal delivery for individuals living in Calgary. Calgary Meals on Wheels is able to accommodate most preferences (e.g., vegetarian) and dietary restrictions (e.g., diabetic, low-sodium). Deliveries occur Monday to Friday from 11:00am to 1:00pm. Orders placed before 12:00pm will be delivered or ready for pick-up within 2 business days. Pick-up is available Monday to Friday from 7:30am to 3:00pm. Free delivery is available only within Calgary city limits with a minimum order of \$24.

Calgary Meals on Wheels (continued)

Calgary Meals on Wheels has partnered with local Family and Community Support Services (FCSS) offices to offer the frozen meals, entrées, baked goods, and soups to surrounding communities. Please contact the FCSS offices listed below for more information.

Calgary Meals on Wheels FCSS Partners

Service Provider:	Contact Information:
Cochrane FCSS	209 Second Ave, Cochrane, AB T4C 2B9 Phone: (403) 851-2250 Hours: Monday–Friday 8:30am–4:30pm; September to June: Thursday 8:30am–7:00pm
Strathmore FCSS	116 3 Ave, Strathmore, AB T1B 1B9 Phone: (403) 934-9942 Hours: Monday–Friday 8:30am–4:30pm
Wheatland County FCSS	Hwy 1, RR 1, Strathmore, AB T1P 1J6 Phone: (403) 934-5335 Hours: Monday–Friday 9:00am–4:30pm

Dashing Dishes

#9, 2820 Centre Ave, Calgary, AB T2A 7P5

Phone: (403) 471-1395

Website: www.dashingdishes.com

Ready-to-cook assembled meal delivery for individuals living in Calgary and surrounding area. Meals contain 4 to 6 servings and can be split in half (i.e., 2 to 3 servings). Meals can be customized to accommodate most dietary restrictions and preferences. Deliveries occur once a week from 5:00pm to 9:00pm for each community within Calgary. Delivery is free within Calgary city limits. Delivery is \$20 to the surrounding area (Airdrie, Chestermere, Cochrane and Okotoks) for a \$20 delivery fee. There is a one-time fee of \$5 for the purchase of an insulated cooler bag.

Healthy Chef Delivery

Phone: (403) 265-2433

Website: www.healthychefdelivery.com

Fresh or frozen prepared meal delivery for individuals living in Calgary and surrounding area. Gluten-free, dairy-free, vegetarian, and vegan meals are available. A la carte options, 3 to 7 day meal plans, and family bundles are available. Deliveries occur Tuesdays; however, alternative days may be accommodated upon request. Orders must be placed by midnight on Thursday for delivery the following week. There is no minimum order required and delivery is \$13.95 within Calgary and to the surrounding area (Airdrie, Bragg Creek, Cochrane, Langdon, Millarville, and Okotoks).

Healthy Meals Made Easy

#2, 704 Main St., Airdrie, AB T4B 3M1

Phone: (403) 980-3339

Website: www.mealsmadeeasy.ca

Ready-to-cook meals to assemble at home or pre-assembled frozen meal delivery for individuals living in Airdrie, Calgary, and surrounding area. Meals are available in single serving, 2 to 3 serving, and 4 to 6 serving sizes. Meals can be customized to accommodate most dietary restrictions and preferences. Deliveries occur Tuesday to Saturday from 12:00pm to 9:00pm. There is no minimum order required and a minimum of 3 days is required to process orders. Delivery within Airdrie is free with a minimum purchase of 5 meals. Please contact Health Meals Made Easy to inquire about delivery charges for Calgary and surrounding area.

Heart to Home Meals

Phone: 1-844-431-2800

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 Program from Veteran Affairs.

Made Foods

3534 Garrison Gate SW, Calgary, AB T2T 6N1

Phone: (587) 483-9853 (retail location)

Website: www.madefoods.com

Fresh and frozen prepared meal delivery for individuals living in Calgary. Gluten-free, dairy-free, vegetarian, and vegan meals are available. A la carte, subscription (starting at 4 meals per week), and custom meal options are available. A minimum of 2 days is required to process orders. Deliveries occur Monday to Thursday from 3:30pm to 7:30pm. Delivery is free with a minimum order of \$80 before tax.

Paper Bag Princess

Phone: (403) 617-7134

Website: www.paper-bag-princess.com

Fresh prepared meal delivery for individuals living in Calgary. Meal packages can include 2 or 3 meals per day for 3 to 7 days per week. Monthly memberships and custom meal packages also are available. Deliveries occur Sundays from 6:00pm to 10:00pm, Mondays from 12:00pm to 5:00pm, or Wednesdays from 6:00pm to 10:00pm. Orders must be placed by 5:00pm Wednesday for Sunday/Monday deliveries, and by 5:00pm Friday for Wednesday deliveries. Delivery fees are \$8 within the inner city, \$15 within the suburbs, and \$25 for rural area (e.g., city limit communities and beyond Stoney Trail).

Meal Kit Delivery

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

Service Provider:	Service Information:
Chef's Plate Phone: 1-855-420-2327 Website: www.chefsplate.com	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.
GoodFood Phone: 1-855-515-5191 Website: www.makegoodfood.ca	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.

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

Phone: 1-855-272-7002

Website: www.hellofresh.ca

Weekly meal plans can include 3 or 4 recipes with 2 or 4 servings per recipe. Deliveries occur Sunday to Thursday. Delivery is free.

MissFresh

Phone: 1-844-647-7373

Website: www.missfresh.com

Weekly meal plans can include 2 to 5 recipes with 2 to 6 servings per recipe Deliveries occur Tuesdays, Thursdays, and Fridays. Delivery is free with a minimum order of \$55.

Rooted Meal Prep

Phone: (587) 888-2074

Website:

www.rootedmealprep.com

Weekly meal plans can include 3 recipes with 2 servings per recipe. Deliveries occur Tuesdays and is \$5. Delivery is available to Airdrie, Calgary, Cochrane, and Okotoks.

Restaurant Meal Delivery

Online and mobile app services providing restaurant meal delivery to individuals in Calgary 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 dependent on 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**Hungry Eats**Website: www.hungryeats.com**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:
Active Movers	Phone: (587) 899-8444 Website: www.activemovers.ca
Alberta Pro Movers*	Phone: (403) 455-5070 Website: www.calgarymovers.net
Amazing Grace Movers	Phone: (403) 690-9263 Website: www.amazinggracemovers.ca
Big Joes Movers*	Phone: (403) 460-2563 Website: www.bigjoesmovers.com
Calgary Professional Movers	Phone: (403) 397-6524 Website: www.calgarypromovers.com
Highland Moving and Storage*	Phone: (403) 720-3222 Website: www.highlandmoving.com
Metropolitan Movers*	Phone: (403) 744-5074 Website: www.metropolitancalgary.ca
Personal Movers*	Phone: (403) 992-6229 Website: www.personalmovers.ca
Premier Van Lines*	Phone: (403) 250-7015 or 1-877-671-6683 Website: www.premiervanlines.com

* Offers a discount to older adults.

Service Provider:	Contact Information:
Red Mile Moving*	Phone: (403) 690-3888 Website: www.redmilemoving.com
Sparta Movers*	Phone: (403) 402-7992 Website: www.spartamovers.com
Super Powers*	Phone: (403) 200-4024 Website: www.superpowers.ca
Two Men and a Truck*	Phone: (587) 315-8339 Website: www.twomenandatruck.ca
Two Small Men With Big Hearts*	Phone: (403) 879-1915 Website: www.twosmallmen.com

* 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:
Destinations Seniors Downsizing	Phone: (403) 589-2745 Website: www.seniorsdownsizing.ca
Five Star Senior Relocators Inc.	Phone: (403) 233-7212 Website: www.fivestarseniors.com
Les is More	Phone: (403) 589-3988 Website: www.lesismoresite.com

Service Provider:	Contact Information:
Mr. Nice Guy Movers	Phone: (403) 816-6000 or 1-844-860-6683 Website: www.mrniceguymovers.ca
Silver Lining Concierge	Phone: (403) 710-6636 Website: www.silverliningconcierge.ca
The Mad Tasker	Phone: (403) 988-2471 Website: www.themadtasker.com
Transitions	Phone: (403) 975-7949 Website: www.movewithtransitions.com
Wild Rose Organizing	Phone: (403) 703-0605 Website: www.wildroseorganizing.com



Pet Services

Mobile Pet Grooming

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

Service Provider:	Contact Information:
A Bark In The Park Dog Services (Mobile grooming, walks, and pet taxi in inner City Calgary)	Phone: (403) 801-7250 Website: www.mobiledogservices.com Hours: Dog Walking & Pet Taxi: Monday–Friday 9:00am–5:00pm; Mobile Grooming: Tuesday–Friday 10:00am–3:00pm
Canine Connections*	Phone: (403) 805-2747 Website: www.canineconnections.ca Hours: Monday–Friday 10:00am–6:00pm

* Offers a discount to older adults.

Service Provider:	Contact Information:
Canine Oasis Mobile Dog Grooming (NW & SW Calgary)	Phone: (403) 287-9006 Website: www.canineoasis.ca Hours: Please call to inquire
Fast and the Furriest*	Phone: (403) 992-9559 Website: www.springbankpetresort.ca/grooming.html Hours: Monday–Friday 8:00am–4:00pm
Fetching Fido	Phone: (403) 475-3436 Website: www.fetchingfido.ca Hours: 7 days a week, please call to inquire
Kitty Clips Mobile Cat Grooming	Phone: (403) 479-6945 Website: www.kittyclips.ca Hours: Please call to inquire
Mucky Pups*	Phone: (403) 251-9692 Website: www.muckypupscalgary.ca Hours: Monday–Friday 7:30am–5:30pm

* Offers a discount to older adults.

Mobile Veterinarian Services

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

Service Provider:	Contact Information:
Airdrie Animal Clinic	Phone: (403) 948-3619 Website: www.airdrieanimalclinic.ca Hours: Monday–Thursday 7:30am–8:00pm; Friday 7:30am–6:00pm; Saturday 8:30am–5:00pm

Service Provider:

Contact Information:

Calgary House Call Vet Services

Phone: (403) 818-6508
Website: www.calgaryhousecallvet.ca
Hours: Monday–Saturday, please call to inquire

Cat Vet At Home

Phone: (403) 607-8321
Website: www.catvetathome.com
Hours: Please call to inquire

Dekens House Call Services

Phone: (403) 615-8016
Website: www.montgomeryvillagevet.ca
Hours: Monday–Wednesday 8:00am–5:00pm;
Thursday 8:00am–8:00pm; Friday 8:00am–6:00pm;
Saturday 9:00am–4:00pm

Motion Equine Veterinary Services

Phone: (403) 999-4822
Website: www.motionequine.com
Hours: Please call to inquire

Ultrasound to Go Mobile Imaging Service

Phone: (403) 819-3163
Website: www.ultrasoundtogo.ca
Hours: Monday, Tuesday, Thursday 9:00am–4:00pm;
Saturday by request

Vets on Wheels

Phone: (587) 899-8387
Website: www.vetsonwheelscalgary.com
Hours: Monday–Friday 9:00am–7:00pm;
Saturday 9:00am–4:00pm

Vets to Go

Phone: 1-888-995-8387
Website: www.vetstogo.com
Hours: Monday–Wednesday 8:00am–8:00pm;
Thursday–Saturday 9:00am–5:00pm

A listing of veterinarians in Calgary and surrounding area can be found at www.abvma.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 48 for more information.

Service Provider:	Contact Information:
Assured Home and Pet Care	Phone: (403) 829-6894 Website: www.assuredhomeandpetcare.com
Calgary Seniors Resource Society – Pet Assist	Phone: (403) 266-6200 Website: www.calgaryseniors.org/volunteer-programs
ElderDog Canada – Dog Care Support for Seniors	Email: elderdogcalgarypawd@gmail.com Website: www.elderdog.ca
Fur Babies Walk ‘n Sit	Phone: (587) 777-9255 Website: www.furbabiescalgary.com
Paws N Whiskers Pet and Home Care	Phone: (587) 500-3647 Website: www.pawsnwhiskers.ca
The Mad Tasker	Phone: (403) 988-2471 Website: www.themadtasker.com
While Away House Sitters and Pet Care	Phone: (403) 615-7387 Website: www.while-away.ca

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

Phone: 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)

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

Kerby Centre – Housing Information

113 7 Ave SW, Calgary, AB T2P 1B2

Phone: (403) 705-3230
or (403) 705-3231

Website: www.kerbycentre.com

Assists adults 55 years of age and older to find housing. For a comprehensive listing of seniors housing in Calgary and surrounding area, see the Housing Directory for Seniors:

www.kerbycentre.com/general/kerbynews/publications/housing-directory-for-seniors/

LINKAGES TO GENERAL INFORMATION AND SERVICES



211 – Information Phone Line

Phone: 211

Website: www.ab.211.ca

Individuals living in Calgary 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 Calgary Seniors Programs & Services

Phone: 311

Website: www.calgary.ca/csps/cns/pages/seniors/seniors-programs-services.aspx

Individuals living in Calgary can dial 311 to access information, programs, and services specifically for older adults who are residents in the City of Calgary. These programs and services include general information, safety, transportation, housing/home support services, police services, health, and recreation, culture, and fitness. The City of Calgary also is leading the development of a Seniors Age-Friendly Strategy. Information is available 24 hours a day, 7 days a week.

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.

Airdrie Community Links

Phone: (403) 945-3900 or 1-866-945-3905

Website: www.nrvcl.ab.ca

Airdrie Community Links is a non-profit organization that provides resources, programs, services, and supports to individuals living in Airdrie and surrounding communities including Beiseker, Crossfield, and Irricana. Programs for older adults include outreach services, referrals, caregiver support, friendly visiting, and respite care.

Alberta Health Advocates

Phone: 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: 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: 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, 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 Calgary and surrounding area. Please call and/or visit the website above for locations.

Bowmont Seniors Assistance Association

Phone: (403) 286-1811

Website: www.bowmontseniors.org

The Bowmont Seniors Association is a non-profit association that focuses on seniors' advocacy including addressing issues that concern older adults and to create community solutions so that older adults can live in health, comfort, and dignity. Current projects include advocacy and information, tea and conversation events, a discount calendar, the Silver Alert Program, emergency preparedness, hearing aid recycling project, and casino fundraisers.

Calgary Aging in Place Co-Operative (CAIP)

Phone: (403) 774-7247 Ext. 1

Website: www.calgaryaginginplace.ca

CAIP offers services to members from vetted providers for housekeeping, yard work and landscaping, snow removal, small repairs, home maintenance and renovations, junk removal, and home safety evaluations and upgrades. Membership to CAIP is \$60 annually.

Calgary Public Library

Phone: (403) 260-2600

Website: www.calgarylibrary.ca

Membership to the Calgary Public Library is free and includes access to books, online resources, program 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.

Calgary Public Library Special Services

Website: www.calgarylibrary.ca/special-services/

In addition to offering specialized materials and adaptive technologies at library locations, the Calgary Public Library offers the Homebound Readers' Program where volunteers are matched with individuals to deliver reading material to their homes. To register, please call (403) 260-2702 or email special.services@calgarylibrary.ca.

Calgary Seniors' Resource Society

Phone: (403) 266-6200

Website: www.calgaryseniors.org

Calgary Seniors' Resource Society is a non-profit organization that helps at-risk older adults achieve and maintain their quality of life through various volunteer programs and professional services. Volunteer programs include escorted transportation, shopping companions, friendly visiting, pet assistance, social assistance, telephone reassurance, and caregiver respite. In addition, the Calgary Seniors' Resource Society offers community outreach services and emergency social work services.

Calgary Urban Project Society (CUPS)

Phone: (403) 221-8780

Website: www.cupscalgary.com

CUPS is a non-profit organization that provides free programs and services to low-income individuals living in Calgary. Services include health services (e.g., primary health, dental health, eye care, immunizations and lab work, liver clinic, specialist care, diabetes group, opioid substitution therapy, outreach, and mental wellness), economic supports (e.g., crisis fund, graduated rent programs, tax clinics), and social and emotional supports (e.g., community development, family development).

Carya

Phone: (403) 269-9888

Website: www.caryacalgary.ca

Carya is a non-profit organization that offers a variety of programs designed to enhance the quality of life for individuals and families. Programs are available for individuals of all ages and include individual and family support, individual well-being and education, and age-specific programs. Programs for older adults include Cultivate, Making Room, The Way In, Creative Expressions, Elderly Friendly Communities, Elder Abuse Awareness, Counselling, Wellness Café, Supports, Financial Engagement, and Relationships with Adult Children.

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

Airdrie	(403) 948-8800
Calgary	311
Chestermere	(403) 207-7050
Cochrane	(403) 851-2250
Okotoks	(403) 995-2773
Strathmore	(403) 934-9090

Helping Hands Society of Cochrane

Phone: (587) 580-9448

Website: www.helpinghandscochrane.ca

The Helping Hands Society of Cochrane is a non-profit organization that provides volunteer-based services for low-income individuals requiring assistance with home maintenance, home support, lawn maintenance and snow removal, meals, moving help, newcomer support, and transportation.

Kerby Centre

Phone: (403) 265-0661

Website: www.kerbycentre.com

The Kerby Centre is a non-profit organization committed to enhancing the lives of older adults. The Kerby Centre offers a variety of support services, education & recreation, drop-in activities, food services, and events. Support services include information resources, an adult day program, a wellness clinic, the Thrive program, elder abuse response team, and the Kerby Rotary Shelter.

Kerby Centre (continued)**Seniors Directory of Services**

The Kerby Centre publishes a comprehensive annual Seniors Directory of Services which includes information on abuse, caregiver information, consumer information, death & funeral arrangements, dementia, government, health, home support, housing, income programs, legal services, outreach, recreation and fitness, seniors' groups, transportation, and more. The Directory is available online and in print. Directories are available for pick-up free of charge at select grocery stores, all public libraries, and at the Kerby Centre. Directories can also be mailed for a small charge. Please contact the Kerby Centre for more information.

Marigold Library System – Library to You

Phone: 1-855-934-5334 Ext. 230 (toll free)

Website: www.marigold.ab.ca/Services-Support/Public-Services/L2U

Library to You is a free mail service offered to individuals living in Marigold member municipalities who face physical and geographic barriers to reaching their local library. Books are requested from a catalogue and are mailed to the individual along with free return labels. The service is available to residents that participate with the Marigold Library System which includes 44 municipalities. Local member municipalities include Airdrie, Chestermere, Cochrane, Foothills M.D., Okotoks, Rocky View County, Strathmore, and Wheatland County. Please call and/or visit the website above to inquire if your municipality is included.

Seniors United Now (SUN)

Phone: 1-855-786-8669

Website: www.seniorsunitednow.com

SUN is a non-profit organization that represents older adults with chapters in Calgary and throughout Alberta. 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.

The Way In

Phone: (403) 736-4677

Website: www.thewayincalgary.ca

The Way In is a collaboration of Calgary-based agencies dedicated to enhancing quality of life and access to services and support for vulnerable older adults living in the community and their families. The Way In provides information and referrals, assistance with forms, caregiver support, volunteer support, elder abuse intervention, assessment and case management, as well as group activities and workshops.

MEDICAL & PERSONAL SERVICES



Aids to Daily Living

Alberta Aids to Daily Living (AADL)

Phone: 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)

#7, 3140 14 Ave NE, Calgary, AB T2A 6J4

Phone: (403) 273-4426

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

#103, 811 Manning Road NE, Calgary, AB T2E 7M8

Phone: (403) 235-5662

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:
Assist Health Supplies	627 Manitou Rd SE, Calgary, AB T2G 4C2 Phone: (587) 353-4325 Website: www.assisthealthsupplies.com
Calgary Co-Op Home Health Care	3439 26 Ave NE, Calgary, AB T1Y 6L4 Phone: (403) 263-9994 4940 Richmond Rd SW, Calgary, AB T3E 6K4 Phone: (403) 299-4488 9309 Macleod Trail SW, Calgary, AB T2J 0P6 Phone (403) 252-2266 Website: www.calgarycoop.com/health/home-health-care/
CalMedi	5012 16 Ave NW, Calgary, AB T3B 0N3 Phone: (403) 663-8777 #7, 3610 29 St. NE, Calgary, AB T1Y 5Z7 Phone: (587) 997-6660 Website: www.calmedi.com
Care Inc.	#124, 4774 Westwinds Dr NE, Calgary, AB T3J 0L7 Phone: (403) 605-6300 Website: www.careinc.ca
CB Medical	#21, 3900 106 Ave SE, Calgary, AB T2C 5B6 Phone: (403) 295-9545 or 1-866-764-0674 Website: www.cbmedical.ca
Eldon Pedorthic Services Pedorthic Housecalls	Phone: (403) 614-8329 Website: daveyeldon.wixsite.com/calgaryorthotics

Service Provider:	Contact Information:
Eco-Medical	419 Manitou Rd SE, Calgary, AB T2G 4C2 Phone: (403) 270-1880 Website: www.ecomedical.ca
Healthcare & Rehab Specialties	629 1 Ave NE, Calgary, AB T2E 0B5 Phone: (403) 262-7595 or 1-800-846-3035 Website: www.healthcareandrehab.com
Home Medical Solutions	4040 Veterans Place, Calgary, AB T3B 3R7 Phone: (403) 800-3010 or 1-888-822-3010 Website: www.hmscanada.ca
Motion	#1, 3110 14 Ave NE, Calgary, AB T2A 6J4 Phone: (403) 410-5649 Website: www.motioncares.ca
Silver Cross	#60, 4216 54 Ave SE, Calgary, AB T2C 2E3 Phone: (403) 243-6300 or 1-844-352-7677 Website: www.silvercross.com
Staywell Home Care Medical Supplies	#10, 4624 Varsity Dr NW, Calgary, AB T3A 2L9 Phone: (403) 874-8787 Website: www.staywellmedicalsupplies.ca
Wellwise by Shoppers Drug Mart	#25A, 180 94 Ave SE, Calgary, AB T2J 3G8 Phone: (403) 255-2288 Website: www.wellwise.ca



Audiologists & Hearing Aid Practitioners

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

Service Provider:	Contact Information:
Amplifon	#106, 8120 Beddington Blvd NW, Calgary, AB T3K 2A8 Phone: (403) 263-5588
	#111, 6490 Old Banff Coach Rd SW, Calgary, AB T3H 5R8 Phone: (587) 538-2524
	#114, 1011 Glenmore Trail SW, Calgary, AB T2V 4R6 Phone: (403) 253-4327
	#105, 755 Lake Bonavista Dr SE, Calgary, AB T2J 0N3 Phone: (403) 726-3109
	#106A, 300 Merganser Dr West, Chestermere , AB T1X 1S2 Phone: (403) 723-4000
	Website: www.amplifon.com/ca/
Audiology Innovations In-home visits available	#202, 320 23 Ave SW, Calgary, AB T2S 0J2 Phone: (403) 252-4722
	#226, 3715 51 St SW, Calgary, AB T3E 6V2 Phone: (403) 802-6022
	Website: www.audiologyinnovations.ca
Bow River Hearing	#103, 1518 Centre St N, Calgary, AB T2E 2R9 Phone: (403) 910-3629
	#135, 4411 16 Ave NW, Calgary, AB T3B 0M3 Phone: (403) 910-3639
	#180, 2210 2 St SW, Calgary, AB T2S 3C3 Phone: (403) 910-3649

Service Provider:

Contact Information:

Bow River Hearing
(continued)

#4, 409 1 Ave NW, **Airdrie**, AB T4B 3E2
Phone: (403) 768-0426
Website: www.bowriverhearing.com

Calgary Audiology Clinic

#140, 1228 Kensington Rd NW, Calgary, AB T2N 3P7
Phone: (403) 283-4826
Website: www.calgaryaudiologyclinic.com

Calgary Ear Centre

#103, 49 Richard Way SW, Calgary, AB T3E 7M8
Phone: (403) 685-0810
Website: www.calgaryearcentre.ca

**Calgary Hearing Aid &
Audiology Clinic**

#100, 8180 Macleod Tr S, Calgary, AB T2H 2B8
Phone: (587) 355-2816

#230, 433 Marlborough Way NE, Calgary, AB T2A 5H5
Phone: (587) 319-2437

#432, 1851 Sirocco Dr SW, Calgary, AB T3H 4R5
Phone: (587) 355-1703

#127, 4935 40 Ave NW, Calgary, AB T3A 2N1
Phone: (587) 317-6557

55 Wheatland Trail, **Strathmore**, AB T1P 1R7
Phone: (587) 319-2437

Website: www.calgaryhearingaid.ca

Connect Hearing

#211, 12445 Lake Fraser Dr SE, Calgary, AB T2J 7A4
Phone: (403) 278-2202

#303, 6455 Macleod Tr SW, Calgary, AB T2H 0K9
Phone: (403) 255-0938

#205A, 1610 37 St SW, Calgary, AB T3C 3P1
Phone: (403) 685-5571

Service Provider:**Contact Information:**

Connect Hearing
(continued)#A303, 1600 90 Ave SW, Calgary, AB T2V 5A8
Phone: (403) 259-4327#16, 80 Bow St, **Cochrane**, AB T4C 0T4
Phone: (403) 981-586128 McRae St, **Okotoks**, AB, T1S 1A0
Phone: (403) 995-1458

Phone: 1-888-501-2661

Website: www.connecthearing.ca

Dr. Diane Fennell
Audiology

#378, 11520 24 St SE, Calgary, AB T2Z 3E9

Phone: (403) 279-0054

Website: www.drdiane.ca

Harp Hearing Care

#108, 366 Aspen Glen Landing NW, Calgary, AB T3H 0N5

Phone: (403) 930-0046

#17, 87 Crowfoot Way NW, Calgary, AB T3G 2R2

Phone: (587) 392-4268

7726 Elbow Dr SW, Calgary, AB, T2V 1K2

Phone: (403) 457-2979

#400, 10816 Macleod Trail SE, Calgary, AB T2J 5N8

Phone: (403) 475-5190

Website: www.harphearing.ca

HearingLife Canada

#103, 8330 Fairmount Dr SE, Calgary, AB T2H 0Y8

Phone: 1-888-437-8137

4820 Northland Dr NW, Calgary, AB T2L 2L4

Phone: 1-888-440-8275

#206, 2004 14 St NW, Calgary, AB, T2M 3N3

Phone: 1-888-445-7605

Service Provider:

Contact Information:

HearingLife Canada
(continued)

#10, 5440 4 St NW, Calgary, AB T2K 1A8
Phone: 1-888-489-3437

#180, 401 9 Ave SW, Calgary, AB T2P 3C5
Phone: 1-888-439-6051

8 Weston Dr SW, Calgary, AB T3H 5P2
Phone: 1-888-446-2989

#501, 2303 4 St SW, Calgary, AB T2S 2S7
Phone: 1-888-440-0122

#41, 2580 Southland Dr SW, Calgary, AB T2V 4J8
Phone: 1-855-780-9244

#210, 903 10 Ave SW, Calgary, AB T2R 0B5
Phone: 1-855-767-8676

#2A, 4440 44 Ave NE, Calgary, AB T1Y 4W5
Phone: 1-855-778-4707

#202, 40 Elizabeth St, **Okotoks**, AB T1S 1B5
Phone: 1-888-440-9217

Phone: 1-888-514-9515
Website: www.hearinglife.ca

Hearing Loss Clinic

#251, 1632 14 Ave NW, Calgary, AB T2N 1M7
Phone: (403) 289-3290

#10, 400 Crowfoot Cres NW, Calgary, AB T3G 5H6
Phone: (403) 288-0882

#130, 70 Shawville Blvd SE, Calgary, AB T2Y 2Z3
Phone: (403) 256-6990

Website: www.hearingloss.ca

Service Provider:

Contact Information:

Pindrop

845 1 Ave NE, Calgary, AB T2E 0C4
Phone: (403) 503-0211

#299, 5005 Dalhousie Dr NW, Calgary, AB T3A 5R8
Phone: (403) 286-5522

#303, 12100 Macleod Tr SE, Calgary, AB T2J 7G9
Phone: (403) 278-0244

Website: www.pindrop.ca

Soundwave Hearing Care

701 14 St NW, Calgary, AB T2N 2A4
Phone: (403) 270-7425 or 1-866-402-5552

Website: www.soundwavehearing.ca

Westside Audiology

#202, 555 Strathcona Blvd SW, Calgary, AB T3H 2Z9
Phone: (403) 242-3700

Website: www.westsideaudiology.com



Dental

Alberta Health Care Insurance Plan (AHCIP)

Phone: 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 In-Home Dental Services

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

Service Provider:	Contact Information:
Access Dental Hygiene Services	Phone: (587) 225-0558 Website: www.accessdhs.com Hours: Flexible, please call to inquire
Bloom Dental Hygiene	Phone: (403) 478-6165 Website: www.bloomdentalhygiene.ca Hours: Monday–Saturday 9:00am–6:00pm
Go Mobile Dental Hygiene	Phone: (403) 589-0023 Website: www.gomobiledentalhygiene.com Hours: Flexible, please call to inquire
Mint Mobile Dental Hygiene	Phone: (403) 560-5797 Website: www.mintmobiledentalhygiene.com Hours: Variable, please call to inquire
Toof Mobile Dental Hygiene	Phone: (587) 225-4904 Website: www.toof.ca Hours: Monday–Friday 9:00am–6:00pm
WORD of MOUTH	Phone: (403) 990-3113 Website: www.word-of-mouth-calgary.com Hours: Monday–Friday 10:00am–8:00pm



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 some 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 Calgary and surrounding area. Please call to inquire about specific services, associated charges, and service areas.

Service Provider:

Contact Information:

Amery Denture Centre

Phone: (403) 291-2272

Website: www.amerydenture.com

Hours: Variable, please call to inquire

Chinook Denture Clinic

Free door-to-door shuttle to Northmount Clinic

936 Northmount Dr NW, Calgary, AB T2L 0B2

Phone: (403) 289-4323

Website: www.chinookdentureclinic.com

Hours: Tuesday–Saturday 9:00am–5:00pm

Denture Homecare

Phone: (403) 399-3985

Website: www.denturehomecare.ca

Hours: Monday–Friday 9:00am–5:00pm;

Saturday 9:00am–2:00pm

In-Home Dentures

Phone: (403) 975-1618

Website: www.inhomedentures.ca

Hours: Monday–Friday, Sunday 9:00am–5:00pm

Precision Denture Clinic

Phone: (403) 252-4140

Website: www.precisiondentureclinic.ca

Hours: Monday–Thursday 8:00am–4:00pm;

Friday 8:00am–12:00pm; Evenings and weekends available upon request



Dietitians

Alberta Health Services – Nutrition Counselling

Website: www.albertahealthservices.ca/info/service.aspx?id=3721

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

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, some home care providers also may provide in-home foot care services. Please see the **Home & Respite Care** section starting on page 48 for more information.

Service Provider:	Contact Information:
Alberta Foot Care	Phone: (403) 800-9220 Website: www.albertafootcare.ca
Alberta's Mobile Foot Care Service	Phone: (403) 512-2429 Website: www.albertasmobilefootcare.ca
Compassionate Nursing Foot Care	Phone: (403) 875-8602 Website: www.compassionatenursingfootcare.ca
Elite Foot Care	Phone: (587) 432-1107 Website: www.elitefootcare.ca
Fancy Foot Care	Phone: (403) 630-0102 Website: www.fancyfootcare.ca
Foot Care Nurse	Phone: (403) 921-9077 Website: www.footcarecalgary.ca
Footology	Phone: (403) 370-6698 Website: www.footology.ca
Harsh Home Care Calgary	Phone: (587) 896-0076 Website: www.harshhomecarecalgary.com
Sandy's Foot Care	Phone: (403) 813-5954 Website: www.sandysfootcare.ca
The Mad Tasker	Phone: (403) 988-2471 Website: www.themadtasker.com
Toes to Soles Mobile Footcare	Phone: (403) 968-4849 Website: www.toestosoles.ca



Health Clinics

The Alex Seniors Health Centre

630 9 Ave SE, Calgary, AB T2G 4V9

Phone: (403) 920-0011

Website: www.thealex.ca/seniors-health-centre

The Alex Seniors Health Centre provides health care services to low-income adults 55 years of age and older who do not have a family physician. One-on-one care is provided by a team of doctors and nurses. Services offered at the clinic include medical check-ups, blood tests, chronic disease management, nutrition, physiotherapy, massage, foot care, and pain management. Clinic hours are Monday to Friday from 8:30am to 4:30pm. For more information, please call and/or visit the website above.

Seniors' Health Clinics

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

Service Provider:	Contact Information:
Bridgeland Seniors Health Centre	1070 McDougall Rd NE, Calgary, AB T2E 7Z2 Phone: (403) 955-1525 (Seniors Health One Line Referral) Hours: Monday–Friday 8:00am–4:00pm
Rockyview General Hospital – Seniors Health Clinic	Holy Cross Ambulatory Care Centre 5A 7007 14 St SW, Calgary, AB T2V 1P9 Phone: (403) 955-1525 (Seniors Health One Line Referral) Hours: Monday–Friday 8:30am–4:00pm
South Health Campus – Seniors Health Clinic	Module E, 7 th Floor Outpatient Clinics 4448 Front Street SE, Calgary, AB T3M 1M4 Phone: (403) 955-1525 (Seniors Health One Line Referral) Hours: Monday–Friday 1:00pm–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 that 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:
Bow Valley PCN	#107, 1205 Bow Valley Trail, Canmore , AB T1W 1P5 Phone: (403) 675-3002
Calgary Rural PCN	Bay H, 510 Highway 1, Strathmore , AB T1P 1M6 Phone: (403) 901-0142
Calgary West Central PCN (Senior Services)	5960 Centre Street S, Calgary, AB T2H 0C1 Phone: (403) 249-9907
Highland PCN	#101, 217 Centre Ave, Airdrie , AB T4B 3L8 Phone: (587) 287-1727
Mosaic PCN	#401, 2710 17 Ave SE, Calgary, AB T2A 0P6 Phone: (403) 250-5059
South Calgary PCN	#4000, 1800 194 Ave SE, Calgary, AB T2X 0R3 Phone: (403) 256-3223

Mobile Health Clinics**Direct Health Solutions**

Phone: (403) 973-3188

Website: www.directhealthcanada.ca

Private clinic offering medical house calls provided by a nurse practitioner. Services include consults, prescription renewals, laboratory sample collection, and nursing services (e.g., IV therapy, wound care, phlebotomy). New client initial assessments are \$179. Subsequent house call fees start at \$99 for a 30 minute visit. Initial assessments and house calls are **not** covered by Alberta Health Care, but may be covered by an extended benefits plan. Please call to inquire. Services are available to communities outside of Calgary city limits including Airdrie, Chestermere, Cochrane, and Okotoks for an additional fee.



Home & Respite Care

Alberta Health Services – Home Care

Phone: (403) 943-1920 or 1-888-943-1920 (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 your needs and link you 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, 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, foot care, 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:**

**Affordable Home Care
Calgary**

Phone: (587) 223-7299
Website: www.affordablehomecarecalgary.com
Companionship, home support, personal care

Airdrie Community Links

#211, 125 Main St NW, **Airdrie**, AB T4B 0P7
Phone: 403-945-3900 or 1-866-945-3905
Website: www.nrvcl.ab.ca
Companionship, outreach services, respite care,
transportation

All About Seniors

4103A Centre St N, Calgary, AB T2E 2Y6
Phone: (403) 730-4070
Website: www.allaboutseneiors.ca
Companionship, foot care, home support, nursing care,
palliative care, personal care, respite care

**Amaris Home Care
Services**

Phone: (403) 607-3062
Website: www.amarishomecareservices.com
Companionship, home support, palliative care, personal
care, respite care, transportation

Aspen Care

3437 6 St SW, Calgary, AB T2S 2M5
Phone: (403) 990-3837
Website: www.aspencarecalgary.com
Home support, nursing care, palliative care, personal care,
respite care, transportation

Bayshore Home Health

#404, 1011 Glenmore Trail SW, Calgary, AB T2V 4R6
Phone: (403) 776-0460 or 1-844-578-3544
Website: www.bayshore.ca
Companionship, home support, nursing care, palliative
care, personal care, respite care

Service Provider:	Contact Information:
Calgary Elder Care	#132, 250 Shawville Blvd SE, Calgary, AB T2Y 2Z7 Phone: (403) 464-2455 Website: www.calgaryeldercare.com Companionship, foot care, home support, palliative care, personal care, respite care
Caring Hands Home Health Care Services	2712 37 Ave NE, Calgary, AB T1Y 5L3 Phone: (403) 999-3336 Website: www.caringhandscalgary.ca Companionship, home support, nursing care, palliative care, personal care, transportation
CBI Home Health	#200, 2912 Memorial Dr SE, Calgary, AB T2A 6R1 Phone: (403) 232-8770 Website: www.cbi.ca Foot care, home support, personal care, respite care
Classic LifeCare	#204, 1608 17 Ave SW, Calgary, AB T2T 0E3 Phone: (403) 242-2750 or 1-888-263-5168 Website: www.classiclifecare.com Companionship, foot care, home support, nursing care, palliative care, personal care, transportation
Comfort Keepers	#380, 1201 5 St SW, Calgary, AB T2R 0Y6 Phone: (587) 315-5388 Website: www.comfortkeepers.ca/calgary/ Personal care, home support, nursing care, foot care, companionship, respite care, transportation
Compassion Senior Care	Phone: (403) 452-6252 Website: www.compassionseniorcare.ca Companionship, home support and home maintenance, personal care, respite care, transportation
DSD Companion Services	Phone: (403) 589-2745 Website: www.seniorsdownsizing.ca/companion.html companionship, home support, transportation

Service Provider:	Contact Information:
Focus on Caring	2467 23 St NW, Calgary, AB T2M 3Y3 Phone: (403) 264-3839 Website: www.focusoncaring.com Companionship, foot care, home support, nursing care, palliative care, personal care, respite care, transportation
Global Senior Care	4 th Floor, 909 17 Ave SW, Calgary, AB T2T 0A4 Phone: (403) 452-4555 or 1-844-870-5598 Website: www.globalseniorcareservices.com Companionship, home support, nursing care, palliative care, personal care, respite care, transportation
Granddaughters Personal Care for Seniors Inc.	138 Mahogany Plaza SE, Calgary, AB T3M 2R2 Phone: (403) 828-0550 Website: www.granddaughters.ca Companionship, home support, palliative care, personal care, respite care, transportation
Helping Hands Society of Cochrane	Phone: (587) 580-9448 Website: www.helpinghandscochrane.ca Companionship, home support
Home Care Assistance	#107, 10333 Southport Rd SW, Calgary, AB T2W 3X6 Phone: (403) 301-3777 Website: www.homecareassistancecalgary.ca Companionship, home support, palliative care, personal care, respite care, transportation
Home Instead Senior Care	#404, 5723 10 St NE, Calgary, AB T2E 8W7 Phone: (403) 910-5860 #200, 755 Lake Bonavista Dr SE, Calgary, AB T2J 0N3 Phone: (403) 984-9225 Website: www.homeinstead.ca Companionship, home support, palliative care, personal care, respite care, transportation

Service Provider:

Contact Information:

Jewish Family Service

5920 1A St, Calgary, AB T2H 0G3

Phone: (403) 287-3510

Website: www.jfsc.org

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

Just a Little Help

17 Drake Landing Loop, **Okotoks**, AB T1S 0G9

Phone: (403) 804-7083

Website: www.justalittlehelp.ca

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

Mavencare

Phone: (403) 456-3133 or 1-800-856-2836

Website: www.mavencare.com

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

Max Home Care Inc.

Phone: (587) 352-1010

Website: www.maxhomecare.ca

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

Nurse Next Door

#180, 4411 6 St NE, Calgary, AB T2G 4E8

Phone: (403) 454-1399

Website: www.nursenextdoor.com

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

Ohana Care

#156, 8888 Country Hills Blvd NW, Calgary, AB T3G 5T4

Phone: (403) 300-2273

Website: www.ohanacare.ca

Companionship, home support, personal care, respite care

Service Provider:**Contact Information:****ParaMed Home Health
Care Services**

2611 37 Ave NE, Calgary, AB T1Y 5V7

Phone: (403) 228-3877

Website: www.paramed.comCompanionship, foot care, home support, nursing care,
palliative care, personal care, respite care**Qualicare**

#300, 340 Midpark Way SE, Calgary, AB T2X 1P1

Phone: (403) 209-2210

Website: www.qualicare.com/calgaryCompanionship, home support, palliative care, personal
care, respite care, transportation**Right at Home Calgary**

#381, 5 Richard Way SW, Calgary, AB T3E 7M8

Phone: (403) 869-8294

Website: www.rightathomecanada.com/calgaryCompanionship, home support, nursing care, palliative
care, personal care, respite care, transportation**Royal Home Caregivers**

Phone: (403) 463-7347

Website: www.royalhomecaregivers.comCompanionship, home support, palliative care, personal
care, transportation**Samaritan Caregivers Inc.**

Phone: (403) 991-5202

Website: www.samaritancaregiver.comCompanionship, home support, palliative care, personal
care, respite care, transportation**Senior Homecare by
Angels**

#340, 600 Crowfoot Cr NW, Calgary, AB T3G 0B4

Phone: (403) 862-0129 or 1-877-209-6142

Website: www.seniorhomecarebyangels.com/calgary/Companionship, home support, personal care, respite care,
transportation

Service Provider:

Contact Information:

Seniors Living Better

Phone: (403) 288-3443
Website: www.seniorslivingbetter.com
Companionship, home support, palliative care, personal care, transportation

SOS – Supportive Outings and Services Inc.

Phone: (403) 816-0428
Website: www.soscaregiver.ca
Companionship, home support, personal care, respite care, transportation

The Mad Tasker

Phone: (403) 988-2471
Website: www.themadtasker.com
Companionship, foot care, home support, nursing care, palliative care, personal care, respite care, transportation

TransParent Concierge Ltd.

Phone: (403) 801-9419 (Cochrane, Calgary, Rockyview)
(403) 707-8184 (Banff, Canmore, Kananaskis)
Website: www.transparentconcierge.com
Companionship, home support, personal care, respite care, transportation

Vyitality at Home

#539, 5940 Macleod Trail SW, Calgary, AB, T2H 2G4
Phone: (403) 488-7991
Website: www.vyitality.ca
Companionship, home support, personal care, respite care

We Care Home Health Services

#200, 2912 Memorial Dr SE, Calgary, AB T2A 6R1
Phone: (403) 225-1222 1-866-729-3227
Website: www.wecare.ca
Foot care, personal care



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:
AE Security iHelp Medical Alarm	Phone: (403) 531-1555 Website: www.aesecurity.ca/medical-alert.htm
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: 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
LifeCall Medical Alarm	Phone: 1-800-661-5433 Website: www.lifecall.ca

Service Provider:	Contact Information:
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: (403) 568-8844 or 1-877-322-0334 Website: www.prioritycarecall.com
SecurMEDIC™	Phone: 1-888-990-9963 Website: www.securmedic.com
Telus LivingWell Companion™	Phone: 1-888-505-8008 Website: www.telus.com/en/health/personal/livingwell-companion



Medical Laboratory Home Collection

Calgary Laboratory Services

Phone: (403) 770-3500 or 1-800-661-3450

Website: www.calgarylabservices.com

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

- Patient has a mental health problem that prevents them from leaving their residence;
- Patient has a dementia or brain injury that presents a safety risk while travelling;
- Patient has a medical condition in which a trip of an hour or more outside of the home would compromise their health; or
- Patient has high oxygen requirements that cannot be safely met with portable oxygen.

Home collections must be requested by the individual's physician and requisition forms must be faxed directly to Calgary Laboratory Services. Patients who do not meet the criteria for home collection may go to any community collection site. Individuals who are able to use Calgary Transit Access or other means of transportation are encouraged to use the patient collection sites as they are all wheelchair accessible (with the exception of the **Gulf** location; see next page).

Calgary Lab Services Patient Collection Sites in Calgary and Surrounding Area**Calgary**

Avenida Bay 517, 12445 Lake Fraser Dr SE	(403) 777-5176
Bankview #1439, 1820 Richmond Rd SW	(403) 777-5134
Beddington #209, 8120 Beddington Blvd NW	(403) 777-5137
Glenbrook Bay 154, 3715 51 St SW	(403) 777-5182
Glenmore D264 , 1600 90 Ave SW	(403) 777-5166
Gulf #344, 401 9 Ave SW	(403) 777-5148
Market Mall #300, 4935 40 Ave NW	(403) 247-6672
Marlborough #455, 433 Marlborough Way NE	(403) 777-5146
McKnight 5426 Falsbridge Dr NE	(403) 777-5183
North Hill #254, 1632 14 Ave NW	(403) 777-5127
Ranchlands #150, 1829 Ranchlands Blvd NW	(403) 777-5140
Riverbend #180, 200 Rivercrest Dr SE	(403) 777-5156
Sheldon M. Chumir 3 rd Floor, 1213 4 St SW	(403) 955-6199
Sloane Square #210, 5920 1A St SW	(403) 777-5162
South Calgary Health Centre #211, 31 Sunpark Plaza SE	(403) 777-5186
Sunridge #3, 2681 36 St NE	(403) 777-5155

Surrounding Area

Airdrie #103 217 Centre Ave	(403) 948-4064
Chestermere 288 Kinniburgh Blvd	(403) 365-5409
Cochrane 60 Grand Blvd	(403) 932-5441
Okotoks 11 Cimarron Common	(403) 995-2669
Strathmore 200 Brent Blvd	(403) 361-7123



Mobile Hairdressing

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

Service Provider:	Contact Information:
Hair on Location	Phone: (403) 805-8321 Website: www.haironlocationyyc.com
Mag's Mobile Hair Care	Phone: (403) 470-8193 Website: www.magsmobilehaircare.com
Olive Beauty	Phone: (403) 604-8442 Website: www.olivebeautyyc.com
Roll n Hair	Phone: (403) 554-3482 Website: www.rollandhair.ca
Shears Extraordinaire Mobile Hairstyling Services	Phone: (403) 805-8051
The Mad Tasker	Phone: (403) 988-2471 Website: www.themadtasker.com



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 Calgary 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 Calgary 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)

Phone: 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

Phone: 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/find-an-ot/

The SAOT is a voluntary, non-regulatory body for occupational therapists. The website contains a directory of occupational therapists operating private practices.

Businesses Providing In-Home Occupational Therapy & Physiotherapy

In-home occupational therapy and 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:
Enable Health	Phone: (403) 800-7868 Website: www.enablehealth.ca
Homebody Health	Phone: (403) 805-5843 Website: www.homebodyalberta.com
In-Home Physical Therapy & Massage	Phone: 1-844-256-7683 Website: www.inhomephysicaltherapy.ca

Service Provider:

Contact Information:

Orson Abbott Massage Therapy

Phone: (403) 681-2319
Website: www.massagecalgary.com

Peak Mobile Physio

Phone: (587) 437-6096
Website: www.peakmobilephysio.com

Physiocare at Home

Phone: (403) 316-0147
Website: www.physiocareathome.com

Raka Physiotherapy

Phone: (403) 402-5580
Website: www.rakaphysio.com

Spark Physiotherapy

Email: michelle@sparkphysiotherapy.com
Website: www.sparkphysiotherapy.com

Therapia

Phone: (587) 800-3627
Website: www.therapia.com

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

Phone: 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**Expert Eyes**

Phone: (403) 616-1144

Website: www.experteyesyy.ca

Mobile optical service offering private consultations for lenses and frames for individuals living in Calgary and surrounding area. A current prescription from an optometrist is required. Direct billing to most insurance companies is available.

Eye See Clearly Optical Inc.

Phone: (587) 777-1200

Website: www.eyeseeclearlyoptical.com

Mobile optical services based out of Okotoks offering private consultations for lenses and frames for individuals living in Black Diamond, Bragg Creek, Calgary, High River, Longview, Nanton, Okotoks, Priddis, Turner Valley. A current prescription from an optometrist is required. Direct billing to most insurance companies is available.

Eyes On You Mobile Optical

Phone: (587) 351-3937

Website: www.eyesonu.ca

Mobile optical service offering private consultations for lenses and frames for individuals living in Calgary and surrounding area, including individuals living in care facilities. A current prescription from an optometrist is required. Direct billing to most insurance companies is available.



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 call 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

7874 10 St NE, Calgary, AB T2E 8W1
Phone: (403) 228-3857 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

Phone: 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.

Alzheimer Society – Calgary

#800, 7015 MacLeod Trail SW
Calgary, AB T2H 2K6
Phone: (403) 290-0110 or 1-977-569-4357
Website: www.alzheimercalgary.ca

Provides information, resources, and support to individuals affected by Alzheimer's disease and other dementias and their caregivers.

Arthritis Society – Alberta

#150, 110 Quarry Park Blvd SE,
Calgary, AB T2C 3G3
Phone: (403) 228-2571 or 1-800-321-1433
Website: www.arthritis.ca/ab

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

Calgary Elder Abuse Resource Line

Phone: (403) 705-3250

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

Service Provider:

Service Information:

Calgary Outlink

#103, 223 12 Ave SW, Calgary, AB
Phone: (403) 234-8973
Website: www.calgaryoutlink.ca

Provides support, education, outreach, and referrals for the LGBTQ+ community.

Calgary Urban Project Society (CUPS)

1001 10 Ave SW, Calgary, AB T2R 0B7
Phone: (403) 221-8780
Website: www.cupscalgary.com

Provides free health, economic, social, and emotional programs and services to low-income individuals living in Calgary.

Canadian Cancer Society – Calgary and District

#200, 325 Manning Road NE,
Calgary, AB T2E 2P5
Phone: (403) 205-3966 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 – Calgary

63 Cornell Rd NW, Calgary, AB T2L 0L4
Phone: (403) 284-6224 or 1-800-263-8068
Website: www.chha-calgary.ca

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

Canadian Mental Health Association (CMHA) – Calgary Region

#105, 1040 7 Ave SW,
Calgary, AB T2P 3G9
Phone: (403) 297-1700
Distress Line: (403) 266-4357
Website: www.cmha.calgary.ab.ca

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

Canadian National Institute for the Blind (CNIB)

10 11A St NE, Calgary, AB T2E 4Z3
Phone: (403) 266-8831 or 1-800-563-2642
Website: www.cnib.ca

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

Service Provider:

Service Information:

Caregivers Alberta

Phone: 1-877-453-5088

Website: www.caregiversalberta.ca

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

Centre for Sexuality

#700, 1509 Centre St SW,

Calgary, AB T2G 2E6

Phone: (403) 283-5580

Website: www.centreforsexuality.ca

Offers programs and services that work to normalize sexuality and sexual health across the lifespan. Support and workshops are available for the LGBTQ+ and older adult individuals.

Deaf & Hear Alberta

63 Cornell Rd NW, Calgary, AB T2L 0L4

Phone: (403) 284-6200 or 1-866-471-2805

Website: www.deafhearalberta.ca

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

Diabetes Canada – Calgary and District

#220, 6223 2 St SE, Calgary, AB T2H 1J5

Phone: (403) 266-0620 or 1-800-226-8464

Website: www.diabetes.ca

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

Heart and Stroke Foundation – Calgary

#200, 119 14 St NW,

Calgary, AB T2N 1Z6

Phone: (403) 270-3549 or 1-888-473-4636

Website: www.heartandstroke.ca

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

Kerby Centre Rotary Shelter

1133 7 Ave SW, Calgary, AB T2P 1B2

Phone: (403) 705-3250

Website: www.kerbycentre.com/general/supportservices/kerby-rotary-shelter/

Provides temporary housing to older adults experiencing abuse or those in crisis. Offers support, crisis intervention, housing and financial support, medical referrals, and community connections.

Service Provider:

Service Information:

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 – Calgary

#150, 110 Quarry Park Blvd SE,

Calgary, AB T2C 3G3

Phone: (403) 250-7090 or 1-800-268-7582

Website: www.mssociety.ca

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

Parkinson Association of Alberta

#120, 6835 Railway St SE,

Calgary, AB T2H 2V6

Phone: (403) 243-9901 or 1-800-561-1911

Help Line: 1-877-243-9992

Website: www.parkinsonalberta.ca

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

The Lung Association – Alberta and Northwest Territories

Phone: 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 Calgary

Service Provider:	Contact Information:
Bow Cliff Seniors	3375 Spruce Dr SW, Calgary, AB T3C 3A3 Phone: (403) 246-0390 Website: www.bowcliffseniors.org Hours: Monday–Friday 8:30am–4:00pm
Bowmont Seniors Assistance Association	5000 Bowness Rd NW, Calgary, AB T3B 0B9 Phone: (403) 286-1811 Website: www.bowmontseniors.org Hours: Variable throughout the week
Bowness Seniors' Centre	6422 34 Ave NW, Calgary, AB T3B 1S6 Phone: (403) 286-4488 Website: www.bownessseniorscentre.com Hours: Monday–Friday 9:00am–3:45pm
Calgary Chinese Elderly Citizens' Association	111 Riverfront Ave SW, Calgary, AB T2P 4Y8 Phone: (403) 269-6122 Website: www.cceca.ca Hours: Monday–Sunday 9:00am–4:30pm
Calgary Seniors' Resource Society	3639 26 St NE, Calgary, AB T1Y 5E1 Phone: (403) 266-6200 Website: www.calgaryseniors.org Hours: Monday–Friday 8:30am–4:30pm
Calgary South West Seniors Club	11024 Braeside Dr SW, Calgary, AB T2V 2J5 Phone: (403) 253-4232 Hours: Variable throughout the week

Service Provider:

Contact Information:

**Cardel Rec South
50+ Drop In Program**

#100, 333 Shawville Blvd SE, Calgary, AB T2Y 4H3
Phone: (403) 201-4005
Website: www.cardelplace.com
Hours: Friday 9:00am–12:00pm

**Confederation Park 55+
Activity Centre**

2212 13 St NW, Calgary, AB T2M 4P7
Phone: (403) 289-4780
Website: www.yycseniors.com
Hours: Monday–Friday 8:30am–4:00pm

FLC Seniors Club

11150 Bonaventure Dr SE, Calgary, AB T2J 6R9
Website: www.flcseniors.ca
Hours: Variable throughout the week

FOCUS on Seniors

2623 56 St NE, Calgary, AB T1Y 5J1
7556 Falconridge Blvd NE, Calgary, AB T3J 0C9
Phone: (403) 816-8145
Website: www.focusonseniors.ca
Hours: Variable throughout the week

**Greater Forest Lawn
55+ Society**

3425 26 Ave SE, Calgary, AB T2B 2P2
Phone: (403) 272-4661
Website: www.gfls.org
Hours: Monday–Thursday 9:00am–4:00pm;
Friday 8:00am–12:00pm

**Good Companions
50+ Club**

2609 19 Ave SW, Calgary, AB T3E 0E9
Phone: (403) 249-6991
Website: www.gc50plus.org
Hours: Monday–Friday 9:00am–4:30pm

Service Provider:	Contact Information:
Haysboro Seniors Resource Group	1204 89 Ave SW, Calgary, AB T2V 0W4 Phone: (403) 253-1563 Website: www.haysboro.org/senior-resource-group/ Hours: Variable throughout the week
Highwood Seniors	16 Harlow Ave NW, Calgary, AB T2K 2G1 Phone: (403) 282-1030 Website: www.highwoodcommunity.com Hours: Variable throughout the week
Hillhurst Sunnyside Community Association – Seniors Outreach	1320 5 Ave NW, Calgary, AB T2N 0S2 Phone: (403) 283-0554 Ext. 224 Website: www.hsca.ca Hours: Variable throughout the week
Huntington Pioneers Association	520 78 Ave NW, Calgary, AB T2K 0S2 Website: www.huntingtonpioneers.com Hours: Variable throughout the week
Inca Senior Citizens Society	4821 Westwinds Dr NE, Calgary, AB T3J 4L4 Phone: (403) 285-3825 Hours: Variable throughout the week
Inglewood Silver Threads Association	1311 9 Ave SE, Calgary, AB T2G 0T2 Phone: (403) 264-1006 Hours: Monday–Friday 9:00am–1:30pm
Kerby Centre	1133 7 Ave SW, Calgary, AB T2P 1B2 Phone: (403) 265-0661 Website: www.kerbycentre.com Hours: Monday–Friday 8:00am–4:30pm

Service Provider:

Contact Information:

Marlborough 50+ Club

636 Marlborough Way NE, Calgary, AB T2A 2V9
Phone: (403) 273-5894
Website: www.calgarymarlborough.com
Hours: Monday–Friday 8:00am–4:00pm;
Saturday 8:00am–11:30am

Ogden 50+ Activity Centre

2102 69 Ave SE, Calgary, AB T2C 3Y4
Phone: (403) 279-2003
Website: www.ogden50plus.org
Hours: Monday–Friday 9:00am–3:00pm

**Open Door Senior
Fellowship of Calgary**

1307 4 St SW, Calgary, AB T2R 0X9
Phone: (403) 269-7900
Website: www.facebook.com/opendoorseniors
Hours: Monday–Friday 9:30am–3:30pm

**Parkdale Nifty Fifties
Seniors Association**

3512 5 Ave NW, Calgary, AB T2N 0V7
Phone: (403) 283-0620
Website: www.pdnf.org
Hours: Monday–Friday 9:00am–4:00pm

Pine Ridge Seniors Society

6024 Rundlehorn Dr NE, Calgary, AB T1Y 2X1
Phone: (403) 285-2780
Website: www.pineridgecommunity.ca
Hours: Variable throughout the week

**Salvation Army Glenmore
Temple 50+**

921 68 Ave SW, Calgary, AB T2V 0N7
Phone: (403) 253-1700
Website: www.glenmoretemple.com
Hours: Variable throughout the week

Service Provider:	Contact Information:
Scenic Acres 55+	8825 Scurfield Dr NW, Calgary, AB T3L 2A8 Phone: (403) 547-9589 Website: www.scenicacresca.ca/groups/adults-2/ Hours: Monday–Friday 9:00am–3:00pm; Wednesday 9:00am–5:00pm
Silver Springs Plus 55 Club	5720 Silver Ridge Dr NW, Calgary, AB T3B 5E5 Phone: (403) 288-2616 Website: www.silverspringscommunity.ca Hours: Monday–Friday 9:00am–4:00pm
Springbank Heritage Club	244168 RR 33, Calgary, AB T3Z 2E7 Phone: (403) 242-9350 Website: www.myspringbank.ca Hours: Variable throughout the week
Thornccliffe Greenview Seniors Association	5600 Centre St N, Calgary, AB T2K 0T3 Phone: (403) 274-3257 Website: www.tgcacalgary.com Hours: Variable throughout the week
Varsity Seniors Club	4303 Varsity Dr NW, Calgary, AB T3A 0Z7 Phone: (403) 288-9001 Website: www.varsitycommunityassociation.ca Hours: Variable throughout the week
West Hillhurst Go-Getters Association	1940 6 Ave NW, Calgary, AB T2N 0W3 Phone: (403) 283-3270 Website: www.gogetters.ca Hours: Monday–Friday 8:30am–4:00pm
Wild Rose Seniors Association	4411 10 Ave SW, Calgary, AB T3C 0L9 Phone: (403) 242-0212 Website: www.rosscarrock.org Hours: Variable throughout the week

Service Provider:

Contact Information:

Woodcreek Seniors

1991 Woodview Dr SW, Calgary, AB T2W 5E5
Phone: (403) 251-1436
Website: www.woodcreekcommunity.ca
Hours: Variable throughout the week

Seniors' Centres & Associations in the Surrounding Area

Service Provider:

Contact Information:

Airdrie Over 50 Club

#101, 275 Jensen Dr, **Airdrie**, AB T4B 1P7
Phone: (403) 948-6287
Website: www.airdrieoverfiftyclub.com
Hours: Variable throughout the week

**Chestermere Whitecappers
50+ Association**

201 West Chestermere Dr, **Chestermere**, AB T1X 1B2
Phone: (403) 235-2117
Hours: Variable throughout the week

**Happy Gang 50+
Society of Strathmore**

85 Lakeside Blvd, **Strathmore**, AB T1P 1A1
Phone: (403) 934-2676
Hours: Variable throughout the week

**Okotoks & District
Seniors Club**

#4, 204 Community Way, **Okotoks**, AB T1S 1B3
Phone: (403) 995-4107
Website: www.okotoksseniors.ca
Hours: Monday 10:00am–2:00pm; Tuesday–Friday
10:00am–4:00pm; Saturday 1:00pm–4:00pm

Seniors on the Bow Centre

Spray Lake Sawmills Family Sports Centre
2nd Floor, 800 Griffin Rd E, **Cochrane**, AB
Phone: (403) 932-6002
Website:
www.cochrane.ca/257/seniors-on-the-bow-centre
Hours: Monday–Friday 9:00am–4:00pm

TRANSPORTATION SERVICES



Please note: All fares and rates listed in this section were accurate at the time of publication. Please contact the service provider to confirm fares and rates 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.

Airdrie Community Links – Senior Transportation Program

#211, 125 Main St NW, Airdrie, AB T4B 0P7

Phone: (403) 945-3900 or 1-866-945-3905

Website: www.nrvcl.ab.ca

Volunteer door-to-door transportation for individuals 65 years of age and older who are unable to access other sources of transportation for medical appointments in Airdrie and Calgary. Vehicles are not wheelchair accessible; however, walkers can be accommodated. It is requested that trips be booked 3 days in advance for Airdrie appointments and 1 week in advance for Calgary appointments.

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

Rate: Free

Aspen Care

3437 6 St SW, Calgary, AB T2S 2M5

Phone: (403) 990-3837

Website: www.aspencarecalgary.com

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

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

Rate: Please call to inquire

Calgary Seniors' Resource Society

3639 26 St NE, Calgary, AB T1Y 5E1

Phone: (403) 266-6200

Website: www.calgaryseniors.org

Volunteer door-through-door accompanied transportation services for eligible low-income individuals 65 years and older in Calgary who are unable to use public transportation and require transportation and assistance during medical appointments. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked at least 2 weeks in advance.

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

Rate: Free

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 Calgary who have no other means of transportation to cancer treatments. Individuals must be able to walk on their own and must be able to get in and out of the 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

Comfort Keepers

#380, 1201 5 St SW, Calgary, AB T2R 0Y6

Phone: (587) 315-5388 or 1-877-242-4361

Website: www.comfortkeepers.ca/calgary

Door-through-door accompanied transportation and home care services for registered clients living in Calgary and surrounding areas. Transportation is offered as part of the home care services provided to registered clients. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers under 25 pounds can be accommodated. It is requested that trips be booked as far in advance as possible.

Office Hours: Monday–Friday 8:00am–4:30pm

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

Rate: Variable, please call to inquire

Compassion Senior Care Ltd.

Phone: (403) 452-6252

Website: www.compassionseniorcare.ca

Door-through-door accompanied transportation and home care services for registered clients living in Calgary. Transportation is offered as part of the home care and companionship services provided to clients. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers may be accommodated. There is no minimum notice required as transportation will be included as part of the client's care plan.

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

Rate: Please call to inquire

Continuing Care Transportation

1315 Hastings Cres SE, Calgary, AB T2G 4C8

Phone: (403) 873-2224

Website: www.carecoach.ca

Door-through-door specialized medical transportation for individuals living in Calgary and surrounding area. Drivers are medically trained and registered with the Alberta College of Paramedics. Vehicles are wheelchair and scooter accessible. It is requested that trips be booked 12 hours in advance.

Operating Hours: 24 hours a day, 7 days a week; evenings and weekends are subject to driver availability

Rates: Within Calgary: One-way wheelchair accessible service is \$90.00 plus GST. Out-of-town trips: Base rate of \$90.00 in addition to \$1.65 per kilometer, round trip. Attendant fees are \$50.00 per 15 minutes after the first 30 minutes.

Destination Seniors Downsizing (DSD) Companion Services

Phone: (403) 589-2745

Website: www.seniorsdownsizing.ca

Door-through-door accompanied transportation and home care services for individuals living in Calgary and surrounding area. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked 2 to 3 days in advance.

Operating Hours: 7 days a week

Rate: Please call to inquire

Dreams Transportation Ltd.

#104, 1530 27 Ave, Calgary, AB T2E 7S6

Phone: (403) 590-7433

Website: www.dreamstransportation.ca

Door-to-door transportation services for individuals living in Calgary to in-town and out-of-town locations throughout Alberta. Vehicles are wheelchair accessible. It is requested that trips be booked as far in advance as possible.

Operating Hours: Monday–Friday 6:00am–6:00pm; weekends available upon request

Rate: Please call to inquire

Driving Miss Daisy

Phone: 1-877-613-2479

Website: www.drivingmissdaisy.ca

Door-through-door accompanied transportation services for individuals living in Calgary and surrounding area. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. 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 East
& Downtown**

(403) 464-1432

Hours:

Monday–Saturday
7:00am–7:00pm

**North West
& West Central**

(403) 540-5824

Hours:

Monday–Sunday
7:00am–6:00pm

**South
West**

(403) 888-6391

Hours:

Monday–Friday
7:00am–6:00pm

**South
East**

(587) 777-3260

Hours:

Monday–Friday
7:00am–6:00pm,
Saturdays
9:00am–2:00pm

Foothills-Okotoks Seniors Shuttle

Phone: (403) 808-7203

Website: www.f-oss.ca

Door-through-door accompanied transportation services for individuals living in Black Diamond, Foothills County, High River, Okotoks, and Turner Valley. 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: 7 days a week, 7:00am–7:00pm

Rate: Variable depending on destination, please call to inquire; additional fees apply for wait times beyond one hour for transportation to medical appointments.

Genesis Medi-Shuttle

Phone: (403) 201-2053 or 1-888-201-2030

Website: www.genesismedishuttle.ca

Door-through-door specialized non-emergency medical transportation for individuals living in Calgary and surrounding areas who are unable to use conventional transportation (e.g., taxis, public transit). Vehicles are wheelchair accessible and can accommodate stretchers. It is requested that trips be booked as far in advance as possible.

Operating Hours: 7 days a week, as needed by the client

Rate: Within Calgary: One-way wheelchair accessible service is \$85 plus GST and one-way stretcher service is \$175 plus GST. Out-of-town: Variable, please call to inquire.

Global Senior Care

Phone: (403) 452-4555 or 1-844-870-5598

Website: www.globalseniorcareservices.com

Door-through-door accompanied transportation and home care services for individuals living in Calgary and surrounding areas. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked a minimum of 48 hours in advance.

Operating Hours: Monday–Sunday 7:00am–7:00pm

Rate: Please call to inquire

Granddaughters Personal Care for Seniors

#200, 5222 130 Ave SE, Calgary, AB T2Z 0G4

Phone: (403) 828-0550

Website: www.granddaughters.ca

Door-through-door accompanied transportation and home care services for registered clients living in Calgary 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 and walkers can be accommodated. It is requested that trips be booked at least 2 weeks in advance.

Operating Hours: 24 hours a day, 7 days a week as needed by the client

Rate: Please call to inquire

Helping Hands Society of Cochrane – Volunteer Driver Program

Phone: (587) 580-9448

Website: www.helpinghandscochrane.ca

Volunteer curb-to-curb transportation services for low-income socially-isolated individuals living in Cochrane who do not have access to affordable local and inter-municipal transportation for essential and medical services. Clients must register in advance of requesting a ride. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked 3 to 5 business days in advance.

Operating Hours: 7 days a week, subject to volunteer availability

Rate: Clients are responsible for reimbursing volunteer drivers for fuel costs as per the set fees in the reimbursement schedule; please call to inquire

Home Care Assistance

#107, 10333 Southport Rd SW, Calgary, AB T2W 3X6

Phone: (403) 301-3777

Website: www.homecareassistancecalgary.ca

Door-through-door accompanied transportation and home care services for registered clients living in Calgary 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 and walkers can be accommodated.

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

Rate: Please call to inquire

Home Instead Senior Care

North Calgary: #404, 5723 10 St NE, Calgary, AB T2E 8W7

Phone: (403) 910-5860

South Calgary: #200, 755 Lake Bonavista Dr SE, Calgary, AB T2J 0N3

Phone: (403) 984-9225

Website: www.homeinstead.ca

Door-through-door accompanied transportation and home care services for registered clients living in Calgary 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 and walkers can be accommodated. It is requested that trips be booked as far in advance as possible; however 48 hours' notice may be accommodated.

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

Rate: Please call to inquire

KARE Volunteer Driver Program

116 3 Ave, **Strathmore**, AB T1P 1B9

Phone: (403) 934-9090

Website: www.strathmore.ca/residents/townservices/fcss/fcsskarevolunteerdriverprogram

Volunteer curb-to-curb transportation service for registered individuals living in Strathmore who do not have access to affordable inter-municipal transportation for their healthcare and personal appointments. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers may be accommodated. It is requested that trips be booked as far in advance as possible.

Operating Hours: 7 days a week, subject to volunteer availability

Rate: Clients are responsible for reimbursing the volunteer driver's expenses as per the set fees in the reimbursement schedule, please call to inquire

Nurse Next Door

Phone: (403) 454-1399

Website: www.nursenextdoor.com

Door-through-door accompanied transportation and home care services for registered clients living in Calgary 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 and walkers may be accommodated. It is requested that trips be booked as far in advance as possible; 24 hours' notice minimum.

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

Rate: Please call to inquire

Okotoks Volunteer Driver Program

11 Cimarron Common, **Okotoks**, AB T1S 2E9

Phone: (403) 995-2626

Website: www.okotoks.ca/discover-okotoks/older-adults/subsidized-transportation

Volunteer curb-to-curb transportation services for individuals living in Okotoks requiring assistance to get to medical appointments. Vehicles are not wheelchair accessible; however, walkers can be accommodated. It is requested that trips be booked as far in advance as possible. Requests are managed through the Okotoks Family Resource Centre.

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

Rate: Clients are responsible for any costs that may arise during the trip (e.g., parking)

Path to Care Transportation Services

Phone: (403) 690-1258

Website: www.pathtocare.ca

Door-to-door accompanied transportation services for individuals living in Bragg Creek, Canmore, Calgary, and Cochrane, and surrounding area. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked 48 hours in advance.

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

Rate: Please call to inquire

Right at Home Calgary

#381, 5 Richard Way SW, Calgary, AB T3E 7M8

Phone: (403) 869-8294

Website: www.rightathomecanada.com/calgary

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

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

Rate: Please call to inquire

Rocky View Regional HandiBus Society

Phone: (403) 948-2887 or 1-877-389-2887

Website: www.rockyviewbus.ca

Door-to-door shared ride transportation services for registered individuals living in Rocky View County who are unable to use regular transportation services. Vehicles are wheelchair accessible. It is requested that trips be booked at least 24 hours in advance.

Booking Hours: Monday–Friday 8:00am–3:00pm**Operating Hours:** Monday–Friday 7:00am–4:30pm

Rate: Variable depending on distance travelled and subsidies available from the individual's local municipality. Additional stops are an extra cost. If assistance is required, one attendant may accompany the individual at no cost.

Royal Home Caregivers

Phone: (403) 463-7347

Website: www.royalhomecaregivers.com

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

Operating Hours: 24 hours a day, 7 days a week**Rate:** Please call to inquire**Senior Homecare by Angels**

#340, 600 Crowfoot Cr NW, Calgary, AB T3G 0B4

Phone: (403) 862-0129

Website: www.seniorhomecarecalgary.com

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

Operating Hours: 24 hours a day, 7 days a week**Rate:** Please call to inquire

Seniors To Go

Phone: (403) 702-6160

Website: www.seniorstogo.ca

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

Operating Hours: 7 days a week, variable hours

Rate: Please call to inquire

SOS – Supportive Outings and Services Inc.

Phone: (403) 816-0428

Website: www.soscaregiver.ca

Door-through-door accompanied transportation and home care services for registered clients living in Airdrie, Calgary, and Okotoks. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked at least 5 business days in advance.

Operating Hours: 7 days a week, 8:00am–8:00pm

Rates: Please call to inquire

Strathmore HandiBus

Phone: (403) 934-3418

Website: www.strathmore.ca/residents/townservices/handibus

Door-to-door shared-ride transportation services for individuals with physical disabilities and adults 65 years of age and older who are residents of Strathmore and Wheatland County. Wheelchair accessible vehicles are available. It is requested that trips be booked at least 48 hours in advance.

Booking Hours: Monday–Friday 8:30am–12:00pm and 1:00pm–4:30pm

Operating Hours: Monday–Friday 6:00am–6:00pm; evening and Saturday medical trips may be accommodated

Rates: Medical trips within Strathmore are \$8.00; non-medical trips within Strathmore are \$15.00. Trips into Calgary are \$61.00. Out-of-town pick-ups are charged a mileage rate of \$0.55 per km. If required, one attendant may accompany the individual at no cost.

The Mad Tasker

Phone: (403) 988-2471

Website: www.themadtaker.com

Door-through-door accompanied transportation services for individuals living in Calgary and surrounding area. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked as far in advance as possible.

Operating Hours: Variable, please call to inquire**Rates:** \$30.00 per hour and an additional \$0.58 per km**TLC Driving Services Ltd.**

Phone: (403) 710-9996

Website: www.withtlc.ca

Door-through-door accompanied transportation services for individuals living in Calgary. Vehicles are not wheelchair accessible; however, collapsible wheelchairs and walkers can be accommodated. It is requested that trips be booked as far in advance as possible.

Operating Hours: Monday–Friday 6:00am–6:00pm; evenings and weekends available upon request**Rate:** \$25 (GST included) per 15 minutes**TransParent Concierge Ltd.**

Phone: (403) 801-9419 (Cochrane) or (403) 707-8184 (Canmore)

Website: www.transparentconcierge.com

Door-through-door accompanied transportation and home care services for individuals living in the Bow Corridor, from Lake Louise to Calgary (e.g., Banff, Canmore, Kananaskis, Rocky View County, Priddis, and surrounding area). Wheelchair accessible vehicles are available. It is requested that trips be booked 1 week in advance.

Operating Hours: 7 days a week, hours are variable**Rates:** Flat rates available, please call to inquire***Online Listing of Alternate Transportation Providers in Alberta***

For a full listing of alternate transportation service providers in Calgary and surrounding area, as well as throughout Alberta, please visit www.mard.ualberta.ca



Intercity/Intercommunity Bus Service

Cold Shot Bus Service

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

#101, 205 9 Ave SE Calgary AB, T2G 0R3 (Downtown Ticket Office)

304 35 Ave SE, Calgary, AB T2E 2K6 (North 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: Varies depending on departure and destination locations. Designated mandatory attendants may travel for free.

On-It Regional Transit Commuter Service

117 Stockton Point, Okotoks, AB T1S 2C3

216 Griffin Road, Cochrane, AB T4C 1C6

Phone: (403) 938-3966 (Okotoks Office) or (403) 932-7100 (Cochrane Office)

Website: www.onitregionaltransit.ca

On-It Regional Transit Commuter Service offers several bus routes from surrounding communities (Cochrane, High River, Okotoks) into downtown Calgary plus a route from the Anderson LRT station in South Calgary to Okotoks. Service is available Monday to Friday during peak commuter hours from Cochrane, Okotoks, and High River. Tickets can be purchased online or in-person (cash only) from the Okotoks or Cochrane offices.

Fares	Cochrane to Calgary	Okotoks to Calgary	High River to Calgary	Calgary South to Okotoks
Cash One-Way	\$16.00	\$16.00	\$16.00	\$16.00
10 Ticket Pack	\$140.00	\$140.00	\$140.00	\$140.00
20 Ticket Pack	\$210.00	\$210.00	\$210.00	-
Monthly Pass	\$270.00	\$270.00	\$277.00	\$270.00
Annual Pass	\$2975.00	\$2975.00	-	-

Red Arrow

#101, 205 9 Ave SE Calgary AB, T2G 0R3 (Downtown Ticket Office)

304 35 Ave SE, Calgary, AB T2E 2K6 (North Ticket Office)

Phone: (403) 531-0350 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. 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 Calgary

Calgary Transit

Phone: (403) 262-1000

Website: www.calgarytransit.com

Calgary Transit provides local transportation within Calgary through public buses and light rail transit (CTrain). Buses are accessible with ramps and kneeling front entrances and accessible stop request buttons. The CTrain is equipped with automatic doors and ramps. CTrain stations have elevators, escalators, and ramps, or are at ground level. There is priority seating for older adults and individuals with reduced mobility. For bus and CTrain 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+)
Cash One-Way	\$3.50	\$3.50
Day Pass	\$11.00	\$11.00
10 Ticket Pack	\$35.00	\$35.00
Monthly Pass	\$109.00	\$109.00
Annual Pass	–	\$145.00

Please note: Annual passes for eligible low-income (incomes below \$24,600 for a single adult or \$30,625 for couples) adults 65 years of age and older are \$25.

Calgary Transit also offers the free *Travel Training Program* for older adults and persons with disabilities. The *Travel Training Program* provides one-on-one instruction on how to use the buses and CTrain and is tailored to the individual's needs and abilities. For more information, contact Calgary Transit at (403) 262-1000.

Public Bus Services in the Surrounding Area

Airdrie Transit

Phone: (403) 948-8888

Website: www.airdrietransit.ca

Airdrie Transit provides 2 local routes within Airdrie that run Monday to Friday from 6:00am to 9:00pm and Saturday from 7:00am to 9:00pm. 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.

Airdrie Transit (continued)

Fares	Adult	Senior (65+)
Cash One-Way	\$2.50	\$2.50
10 Ticket Pack	\$25.00	\$25.00
Monthly Pass	\$68.00	\$47.50

Intercity Express Service (ICE)

Airdrie Transit also provides the Intercity Express Service (ICE) which provides 3 intercity routes into Calgary. Route 900 connects Airdrie with Cross Iron Mills and the Rundle CTrain station, with the service operating 7 days a week. Routes 901 and 902 connect Airdrie with downtown Calgary and operates 5 days a week during peak commuter hours. For bus routes and schedules, and a listing of where to purchase tickets and passes, please call (403) 948-8888 and/or visit www.airdrietransit.ca.

Route 900 Fares (Airdrie to Cross Iron Mills & Rundle CTrain Station):

Fares	Adult	Senior (65+)
Cash One-Way to Cross Iron Mills	\$3.50	\$3.50
Cash One-Way to Rundle CTrain Station	\$5.00	\$5.00
10 Ticket Pack	\$35.00	\$35.00
Monthly Pass	\$99.00	\$79.00

Route 901 and 902 Fares (Airdrie to Downtown Calgary):

Fares	Adult	Senior (65+)
Cash One-Way	\$10.00	\$10.00
10 Ticket Pack	\$80.00	\$80.00
Monthly Pass	\$205.00	\$160.00

Please note: Route 900 tickets and monthly passes are not accepted on Routes 901 and 902. Route 901 and 902 tickets/monthly passes are accepted on Route 900. All ICE (routes 900, 901, and 902) tickets and monthly passes are accepted on local routes. ICE tickets and monthly passes are not accepted on Calgary Transit routes. Calgary Transit tickets and passes are not accepted on ICE routes.

Cochrane On-Demand Local Transit (COLT)

Phone: (403)851-5995

Website: www.ridecolt.ca

Cochrane On-Demand Local Transit provides on-demand curb-to-curb service at any one of 152 stops within the town of Cochrane. Rides can be booked on the website, mobile app or by calling COLT to request a bus at a specific stop. Buses can be booked up to a week in advance. The service operates Monday to Friday from 6:00am to 8:00pm and Saturdays from 9:00am to 3:00pm. Buses feature low floors and are wheelchair accessible (buses can accommodate one wheelchair). For bus stops and a listing of where to purchase tickets and passes, please call and/or visit the website above.

Fares	Adult	Senior (65+)
One-Way Ticket	\$2.50	\$2.50
10 Ticket Pack	\$20.00	\$20.00
Monthly Pass	\$50.00	\$30.00

Okotoks Transit

Phone: (587) 534-0510

Website: www.okotokstransit.ca

Okotoks Transit provides on-demand, shared-ride, curb-to-curb service within the town of Okotoks. Individuals must register and create an online user account prior to using the service. User accounts can be created online or by calling the number above. Rides can be booked on the website, mobile app, or by phone. Trips can be booked up to 3 weeks in advance. The service operates Monday to Saturday from 6:00am to 11:30pm. Wheelchair-accessible vehicles are available upon request. This cashless system only accepts paper tickets (available at select retail locations) and e-tickets which can be purchased online. For service areas and a listing of where to purchase tickets, please call and/or visit the website above.

Fares	Adult	Senior (65+)
One-Way Ticket (online only)	\$2.75	\$2.75
10 Ticket Pack (paper and online)	\$24.75	\$24.75
25 Ticket Pack (online only)	\$58.44	\$58.44
50 Ticket Pack (online only)	\$110.00	\$110.00
75 Ticket Pack (online only)	\$154.69	\$154.69
100 Ticket Pack (online only)	\$192.50	\$195.50



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 Calgary and surrounding area, please call the service provider to inquire.

Specialized Transportation Service in Calgary

Calgary Transit Access

Phone: (403) 537-7770

Website: www.calgarytransit.com/calgary-transit-access

ACCESS Airdrie provides shared door-to-door transportation service for registered individuals in Calgary who are unable to use regular transit buses due to a cognitive and/or physical disability. Eligibility is determined on a case-by-case basis. Rides can be booked or cancelled by phone at (403) 537-7777 or online through the Calgary Transit Access Trip Booking Tool (www.calgarytransit.com/calgary-transit-access/using-service/CTATripbooking-online). Rides can be booked 4 days in advance and up to 1:00pm the day before. Subscription (recurring) bookings also are available (trips must occur at least once every two weeks on the same day(s) at the same time, to and from the same location for a minimum of 6 weeks). It is requested that cancellations occur at least 2 hours in advance.

Booking Hours: Monday–Sunday 9:00am–5:00pm

Operating Hours: Monday–Sunday 6:00am–12:00am

Fares	Adult	Senior (65+)
Cash One-Way	\$3.50	\$3.50
Day Pass	\$11.00	\$11.00
10 Ticket Pack	\$35.00	\$35.00
Monthly Pass	\$109.00	\$109.00

Please note: Annual senior passes (senior regular and senior low-income passes) cannot be used for Calgary Transit Access services.

Calgary Transit Access ACE Program

The ACE Program is an extra taxi service provided to eligible Access clients living in Calgary. The ACE Card provides a monthly allowance of \$56 which can be used for taxi trips booked directly with participating taxi agencies. For more information, please call (403) 537-7777 then press 5 or visit: www.calgarytransit.com/accessible-transit/apply-for-service/eligibility.

Specialized Transportation Services in the Surrounding Area

ACCESS Airdrie

Phone: (403) 948-8888

Website: www.airdrietransit.ca

Shared curb-to-curb service for registered individuals who are unable to use regular transit. Eligibility is determined on a case-by-case basis. Rides can be booked or cancelled by phone at (403) 945-8888. It is requested that rides be booked 24 hours in advance and rides must be cancelled at least 2 hours in advance.

Booking Hours: Monday–Friday 8:00am–6:00pm

Operating Hours: Monday–Friday 8:00am–6:00pm

Fares	Adult	Senior (65+)
Cash One-Way	\$2.50	\$2.50
10 Ticket Pack	\$25.00	\$25.00
Monthly Pass	\$68.00	\$47.50

Specialized Medical Trips to Calgary

The City of Airdrie has a contract with a variety of service providers to provide specialized medical trips to Calgary for registered ACCESS Airdrie clients. To book, call (403) 948-8875 Monday to Friday from 8:30am to 4:30pm. All trips must be booked with 24 hour advance notice. A cash one-way fare is \$30.00. Subsidized fares are available for eligible low-income individuals (i.e., Airdrie Participant Support Program Clients).



Taxis & Transportation Network Companies

WAV Calgary

Phone: (403) 974-1110

Website: <https://wavcalgary.ca>

WAV (Wheelchair Accessible Vehicle) is a centralized call centre that assists individuals in securing a wheelchair accessible taxi from any one of the participating taxi cab companies. Participating taxis companies include Associated Cabs, Calgary City Cabs, Calgary United, Checker Cabs, Delta Cabs, and Mayfair Taxi. Cabs can be booked online, through the WAV Calgary app, or by calling the number above.

Taxis in Calgary

Service Provider:

Service Information:

Associated Cab

Phone: (403) 299-1111

Website:

www.associatedcab.ca

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

Wheelchair Accessible

Methods of Payment: Cash, Debit, Credit Card

Senior's Discount: Yes, 10% discount

Calgary City Cabs

Phone: (403) 605-9999

Website:

www.calgarycitycabs.org

Book rides by phone or online

Wheelchair Accessible

Methods of Payment: Cash, Debit, Credit Card

Senior's Discount: Yes, 10% discount

Calgary United Cabs

Phone: (403) 777-1111

Website: www.calgarycabs.ca

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

Wheelchair Accessible

Methods of Payment: Cash, Debit, Credit Card

Senior's Discount: No

Checker Cabs

Phone: (403) 299-9999

Website:

www.thecheckergroup.com

Book rides by phone or on the mobile app

Wheelchair Accessible

Methods of Payment: Cash, Debit, Credit Card,

Calgary Transit Access ACE Card

Senior's Discount: Please call to inquire

Service Provider:

Service Information:

Delta Cab Ltd.

Phone: (403) 278-9999

Website: www.deltacab.ca

Book rides by phone or online

Wheelchair Accessible

Methods of Payment: Cash, Debit, Credit Card

Senior's Discount: Yes, please call to inquire

Mayfair Taxi Ltd.

Phone: (403) 255-6555 or

(403) 221-8294

Website: www.mayfairtaxi.com

Book rides by phone or on the mobile app

Wheelchair Accessible

Methods of Payment: Cash, Debit, Credit Card,

Calgary Transit Access ACE Card

Senior's Discount: Yes, 10% discount

Taxis in the Surrounding Area

Airdrie

AAA Airdrie Taxi*	(403) 980-0555
Airdrie City Taxi*	(403) 351-2200
Airdrie Diamond Cabs*	(403) 889-5454
Airdrie Green Cabs*	(403) 805-5353
Airdrie Star Cab*^	(403) 831-6969
Airdrie Yellow Cabs*	(403) 980-7778
Alliance Cabs*	(403) 945-3666
AvaCab Taxis*	(403) 948-0055
Flames Cab*	(403) 948-2002
Oasis Taxi.....	(403) 801-9948
United Cab*	(403) 264-3939

Chestermere

Chestermere Reliable Taxi	(403) 681-8555
Chestermere Taxi	(403) 714-8294
Happy Cab Service*	(587) 934-5000

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

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

Cochrane

Cochrane Cabs.....	(587) 576-4433
Cochrane Taxi	(403) 851-8888
Taxi 4 U	(403) 932-0044

Okotoks

Moms Taxi Service*	(403) 969-6810
Okotoks Taxi*	(403) 922-1919
Town Taxi.....	(403) 975-2233

Strathmore

Strathmore Taxi*	(403) 830-8294
Wheatland Taxi	(403) 499-8294

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

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

Subsidized Taxi Programs

The following communities and organizations provide subsidies to eligible individuals that may be used towards local taxi services. Please call for more information.

Service Provider:	Contact Information:
Okotoks Subsidized Transportation	99 Okotoks Dr, Okotoks , AB T1S 1K1 Phone: (403) 995-2773 Website: www.okotoks.ca/discover-okotoks/community-resources/subsidized-transportation
Western Rocky View Family & Community Resource Centre	209 Second Ave W, Cochrane , AB T4C 2K8 Phone: (403) 851-2259 Website: www.cochrane.ca/163/resource-centre

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:
Pink Car Service Phone: (403) 462-9562 Website: www.pinkcarservice.ca	Book rides on the mobile app Wheelchair Accessible Method of Payment: Credit Card Senior's Discount: No
TappCar Phone: (587) 745-0378 Website: www.tappcar.com	Book rides by phone, online, or on the mobile app Wheelchair Accessible Method of Payment: Cash, Debit, Credit Card Senior's Discount: 10% discount code
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., Airdrie, Calgary, Chestermere, Cochrane, and Okotoks). 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 kilometres driven and length of ride. GoGoGrandparent charges a concierge fee at the rate of \$0.27 per minute in addition to the ride fare.

NOTES



Lined writing area with horizontal lines for notes.

APPOINTMENTS



Appointment

With: _____

For: _____

Date: _____ Time: _____ Location: _____

Appointment

With: _____

For: _____

Date: _____ Time: _____ Location: _____

Appointment

With: _____

For: _____

Date: _____ Time: _____ Location: _____

Appointment

With: _____

For: _____

Date: _____ Time: _____ Location: _____



MARD
Medically At-Risk
Driver Centre

Phone: (780) 492-6273

Email: mard@ualberta.ca

Website: www.mard.ualberta.ca