

Seniors' Transportation Information Guide



EDMONTON



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Introduction

Mobility is an important element of everyone's health and quality of life. Getting older does not necessarily mean giving up mobility and independence but the physical and mental changes that sometimes come with aging may affect our driving abilities. Awareness of the changes that some seniors go through as they age is the first step to a long and safe driving career and allows us to plan ahead to a day when we may no longer have the ability to drive safely.

Changes in health may require us to adopt new driving behaviours or consider alternative transportation options. Be aware of possible changes in vision, hearing, flexibility, and concentration and talk to your doctor about any health concerns that may affect driving. Also be aware of the possible side effects and interactions of any prescription medications and non-prescription drugs such as alcohol.

Since the ability to drive safely is not determined by age but by physical and mental health, there are many things that drivers of all ages can do to prolong their safe driving careers. Below are a few recommendations and adjustments that you can follow to maintain safe driving. Remember to also pay attention to your personal driving anxieties and take necessary steps to address them.

- Have regular medical, vision, and hearing check-ups
- Always wear your latest prescription glasses and/or hearing aids
- Stay physically and mentally fit
- Be aware of the side effects of all medications and non-prescription drugs that you are taking
- Avoid rush hour traffic – try to run your errands during the mid-morning when traffic is lighter
- Avoid driving at night if possible – if night driving is unavoidable, make sure that headlights, mirrors, and windshields are clean and tilt your rearview mirror to diminish glare
- Avoid winter driving or driving during poor weather/visibility conditions
- Avoid freeways or busy streets – take side roads instead
- Avoid left-hand turns at intersections – take three right-hand turns at the following intersection instead
- Leave more distance between you and the car ahead – at least three travelling seconds
- Plan routes ahead for trips into unfamiliar territory
- Plan for extra time and more breaks on longer trips
- Park so that you do not have to reverse exit
- Install larger rearview and side mirrors
- Take a brush-up or refresher driving course

Some driving behaviours can cause serious safety problems for both yourself and other motorists. These may not always be corrected through increased awareness or physical fitness so it is important to be aware of warning signs.

Mobility is an important
element of everyone's health
and quality of life.



Planning Ahead

Today we are outliving our ability to drive safely. This means that before we limit or stop driving we should give thought to other ways to remain mobile. Thinking about limiting or stopping driving may make us feel angry, depressed, or frustrated. Although these feelings are normal, there are some strategies that can make the transition from driver to permanent passenger easier:

- Develop a transportation plan. Think of ways you can stay mobile without driving: walking, public transit, taxi, volunteer drivers, family, and friends. Involve family and friends in this discussion – remember that more minds are better than one!
- Develop your schedule around your transportation plan. Alternative volunteer transportation can often be difficult to find during the peak business hours of weekdays. Try to schedule appointments and errands for the evenings and weekends when family, friends, and neighbours are more likely to be able to offer a ride. Ask your doctor's office and bank if they have extended hours during any weeknights or if they would be willing to schedule a Saturday appointment – businesses will be more likely to adopt flexible scheduling if they know that it is in demand.
- Brainstorm creative ways you can reimburse and/or recognize the contributions of family, friend and volunteer drivers: bake them cookies, offer to babysit their young children, or give them a complimentary lesson in something that you are good at. Instead of hesitating to ask a family member or friend for a ride, ask yourself what you can offer them in exchange.
- Develop a transportation budget. Most of the time we do not even realize how much it costs to own and operate a car. Those funds could be reallocated to alternative transportation.
- Talk to others who have made the transition from driver to permanent passenger. Speaking to someone who can relate to your experience can help to make the transition less stressful and might also provide you with some ideas for remaining independent.

Warning Signs of Diminished Driving Ability

- Decrease in confidence while driving
- Forcing other motorists to drive defensively, for example, by excessive horn honking
- Incorrect signaling
- Difficulty maintaining lane position
- Driving too quickly or too slowly
- Failure to notice traffic signs
- Failure to stop at a stop sign or red light
- Needing help or instruction from passenger(s)
- Slow or poor decision making, for example, trouble making turns, poor estimates of distances, driving too close to other vehicles
- Frequently getting lost or becoming disorientated
- Increased car crashes, fender-benders, near-misses, and/or traffic citations

Further Useful Resources

- Edmonton Seniors Coordinating Council's Find A Ride - www.seniorscouncil.net
- AMA's Tips for Aging Drivers booklet - www.ama.ab.ca/AgingDrivers or any AMA location
- The Hartford - www.thehartford.com/talkwitholderdrivers
- Older Drivers in Canada - <http://www.olderdriversafety.ca/>



Information About Driver Assessment

Alberta Transportation, Driver Fitness and Monitoring Section

Phone: 780-427-8230

Website: www.transportation.alberta.ca and www.saferoads.com

The section is responsible for making decisions relating to a person's medical and/or physical fitness to drive. Medical reports are required upon renewal of operator's licence at age 75, 80, and every two years thereafter.

DriveABLE Assessment Centres Inc.

Phone: 780-433-1494

Website: www.driveable.com

Offers in-office and on-road assessments to evaluate fitness to drive for individuals with medical conditions that may change their driving abilities.

Glenrose Rehabilitation Hospital, Driver Training Service

Phone: 780-735-7999

Website: www.albertahealthservices.ca

Offers assessments for seniors with disabilities or health conditions that may change their driving abilities. Referral by a physician is required. Interpreter services are available on request.

Medically At-Risk Driver Centre

Phone: 780-492-6273

Website: www.mard.ualberta.ca

Email: mard@med.ualberta.ca

Strives to enhance the safety and mobility of medically at-risk drivers and aims to reduce the social, economic, and health impacts of medically at-risk and medically impaired drivers.

Resources to Maintain/ Improve Driving Skills

Alberta Motor Association, Mature Driver Education Programs

Phone: 780-474-8620 or 1-800-642-3810

Website: www.AMADriverEducation.ca

Offers classroom and in-vehicle sessions designed to keep drivers on the road as long and as safely as possible. Includes information on how aging impacts driving, tips and strategies for adjusting to changes in the driving environment, and a self-analysis kit.

Alberta Transportation, Driver Programs and Licensing Standards (DPLS) Section

Phone: 780-427-8901

Website:

<http://www.transportation.alberta.ca/543.htm>

The section provides information on licensed driving schools. Contact to find an appropriate licensed driving school in your area.

Alberta Safety Council

Phone: 780-462-7300 or 1-800-301-6407

Website: www.safetycouncil.ab.ca

Email: info@safetycouncil.ab.ca

Offers the Canada Safety Council's 55 Alive Driver Refresher Course, a four hour in-class course designed to help older adults maintain their independence and driving privileges.

Glenrose Rehabilitation Hospital, Driver Training Service

Phone: 780-735-7999

Website: www.albertahealthservices.ca

Offers counseling and training for older adults with disabilities or health conditions which require new driving techniques. In-car lessons and adapted vehicles available. Referral by a physician is required. Interpreter services are available on request.

Support Groups for Driver Cessation

Medically At-Risk Driver Centre

Phone: 780-492-6273

Fax: 780-492-8191

Website: www.mard.ualberta.ca

Email: mard@med.ualberta.ca

Address: 1704 College Plaza University of Alberta
T6G 2C8

Offers a driving cessation support group dealing with the anger, depression, and despair associated with losing one's driver's licence.

Transportation options for people who no longer wish to drive

Public Transportation

Disabled Adult Transit Service (DATS)

Phone: 780-496-4567 for registration information

Fax: 780-496-1008

Website: www.takeETS.com/DATS

Email: dats@edmonton.ca

Offers door-to-door transportation for registered, pre-booked passengers who cannot use regular transit because of a physical or cognitive disability. Registrants must complete an application form that includes a recommendation from a health care or social services practitioner. DATS requires transportation booking two or three days in advance of travel, or the day before until 12:00 noon. Subscription bookings are available for trips required on a regular basis. Only fare in cash, ETS Adult transit tickets, or a DATS monthly pass are accepted; ETS Adult and Senior Passes are not accepted. A mandatory attendant with a fare paying DATS registrant can travel free.

Edmonton Transit System (ETS)

Phone: 311 for 24-hour information about routes, schedules, fares, etc.

Phone: 780-496-1600 for 24-hour automated telephone information on routes and schedules

Phone: 780-496-3000 for mobility travel information and mobility choices training program

Website: www.takeETS.com

Email: 311@edmonton.ca

Entire bus fleet is now low floor vehicles, enabling older adults in wheelchairs and using walkers to access public transportation. The maximum size for mobility aids is 28 inches wide by 48 inches long (71 cm by 121 cm). Older adults and those with mobility aids are among the passengers identified, by decals, as having priority for use of the front row of seats. DATS registrants who require assistance in using regular transit can bring an attendant on ETS buses at no charge (DATS registrants need to show their registration card to the driver when they pay their fare to be extended this courtesy). ETS also offers other supports such as instruction in how to use public transportation and has expanded their community bus routes to provide more service to senior's residences, retail areas, and medical areas. ETS customers 65 years of age and older are eligible to pay reduced transit fares.

Alternative Transportation Options

Not for Profit Organizations

There are several not for profit organizations that offer driving as a service. Phone ahead for more information. Some organizations require an application process that must be completed before rides can be arranged.

Lifestyle Helping Hands Seniors Association

Phone: 780-450-2113

Email: lhhsa@telus.net

Offers door-through-door transportation for seniors living in southwest Edmonton. Clients must be registered members. Payment is made in tickets purchased in advance from the association office. Inquire about evening and weekend availability and walkers and wheelchair accessibility.

Operation Friendship Seniors Society- Helping Hands Program

Phone 780-429-2626

Website: www.ofss.org

Email: info@ofss.org

Offers door-through-door transportation for seniors 55 years of age and older living north of the river, south of 118 Avenue, west of 82 Street, and east of 101 Street. Not available evenings and weekends. Only accepts wheelchairs if client can transfer themselves.

Seniors Assisted Transportation Society of Greater Edmonton (SATS)

Phone: 780-732-1221

Website: www.satsofedmonton.org

Email: info@satsofedmonton.org

Offers door-through-door volunteer driven transportation for frail, elderly, low-income seniors to vital appointments. Clients must be registered members and payment is made in gas tickets purchased in advance from the SATS office. All parking costs are the responsibility of the client. Transportation request bookings require three business days notice. Available seven days a week including evenings. Does not accept wheelchairs.

Society of Seniors Caring About Seniors (SSCAS)

Phone: 780-465-0311

Website: www.sscas@telus.net

Email: sscas@telus.net

Offers transportation for low-income seniors over 65 years of age living in south Edmonton. Clients must be registered members and payment is made in tickets purchased in advance from the SSCAS office. Two business days notice required. Not available evenings and weekends. Does not accept wheelchairs.

Other-Not for Profit Organizations-for seniors who meet a certain criteria

Alberta Health Services Home Care

Phone: 780-496-1300

Website: www.albertahealthservices.ca

Offers rides to frail, elderly or disabled Home Care clients for medical appointments.

Canadian Cancer Society

Phone: 780-455-7181

Website: www.cancer.ca

Email: katyt@cancer.ab.ca

Offers safe and reliable transportation for people living with cancer for active treatment at approved treatment facilities. Clients must be able to enter and exit vehicles with minimal assistance and a minimum of two business days notice is required.

For Profit Choices

There are several businesses that offer transportation services for seniors. Generally need advance notice.

Care for a Ride

Phone: 780-934-2237

Website: www.careforaride.com

Email: careforaride@hotmail.com

Offers door-through-door transportation and accompaniment. Inquire about evening and weekend availability. Accepts walkers and folding wheelchairs.

Driving Miss Daisy

Website: www.drivingmissdaisy.net

Locations:

Edmonton Downtown: 780-722-5565 or

Email: susan@drivingmissdaisy.net

Edmonton Northeast: 780-777-9196 or

Email: pauline@drivingmissdaisy.net

Southside: 780-462-4580 at

Email: val@drivingmissdaisy.net

Edmonton Westend 780 777-8813 or

Email: jim@drivingmissdaisy.net

Keeping Seniors Mobile

Phone: 780-758-6565

Website: www.keepingseiniormobile.com

Offers door-through-door transportation and accompaniment for seniors living in Edmonton and area. Service is available weekdays and weekends.

Lady Valet Home Services

Phone: 780-297-3756

Website: www.ladyvalet.ca

Offers driving and accompanying to appointments -walker- and service pet-friendly

Taxi

Barrel Taxi

Phone: 780-489-777

Website: www.barreltaxi.com

Checker/Prestige Cabs

Phone: 780-462-4444

Website: www.edmontonprestigecabs.com

Yellow Cabs

Phone: 780-462-3456

Website: www.edmontonyellowcab.com

Offer wheelchair accessible vehicles. Seniors receive 20% off when they purchase a \$50 voucher book. Call 780-465-8533 for discount. Free delivery of voucher books. Vouchers redeemable for Barrel, Checker, and Prestige Taxis and Yellow Cabs.

Capital Taxi

Phone: 780-423-2425

Website: www.capitaltaxiedmonton.com

Offers wheelchair accessible vans. Seniors receive 10% off when they purchase \$25 voucher books. Call 780-468-4679 for discount. Ask about delivery of voucher books.

Co-op Taxi Line

Phone: 780-425-2525

Website: www.cooptaxionline.com

Offers wheelchair accessible taxis (call 780-423-9131) and specialty vehicles with wheelchair lifts – give 4-hour advanced notice for these specialty vehicles. Seniors receive a 10% discount with the purchase of Co-op taxi coupons. Call 780-425-0954 for discount. Coupons can be delivered or mailed to customer.

Resources that deliver to your home

Audiologist and Hearing Aid Practitioners

Alberta Hearing Service

Phone: 780-423-0886 or 1-877-423-0886

Website: www.albertahearingsservice.com

Offers in-home service selectively.

Anderson Hearing Aid and Audiology Services

Locations:

Main Office: 1-800-282-3912

Edmonton Central: 780-488-5893

Edmonton South: 780-989-5893

Website: www.andersonhearing.com

Offers in-home service throughout Edmonton for an additional fee.

Audiology Clinic of Northern Alberta

Phone: 780-433-4441

Email: audiology@interbaun.com

Offers in-home service throughout Edmonton for an additional fee.

Better Hearing Centre Inc.

Phone: 780-423-2116 or 1-877-423-2116

Website: www.betterhearingcentre.com

Email: inquiry@betterhearingcentre.com

Offers in-home service selectively. Additional fees may apply.

Downtown Hearing Centre Ltd.

Phone: 780-422-6641

Website: www.downtownhearingcentre.ca

Email: info@downtownhearingcentre.ca

Offers in-home service throughout Edmonton. Additional fees may apply.

Hear in Edmonton

Locations:

Edmonton Northwest : 780-488-4008

Edmonton South: 780-432-0847

Offers in-home visits selectively.

Professional Hearing Clinic Inc.

Phone: 780-413-7590

Offers in-home visits selectively. Additional fees may apply.

Banking

ATB Financial

Phone: 1-800-332-8383

Website: www.atb.com

Offers 24-hour Internet banking and telephone banking. Assistance with telephone banking is provided during office hours.

Bank of Montreal

Phone: 780-428-7201 or 1-877-225-5266

Website: www.bmo.com

Offers 24-hour Internet banking and telephone banking. Special services are offered for seniors.

Canadian Imperial Bank of Commerce

Phone: 1-800-465-2422

Website: www.cibc.com

Offers 24-hour Internet banking and telephone banking. Special services are offered for those 60 years of age or older.

Canadian Western Bank

Phone: 780-424-4846

Website: www.cwbank.com

Offers 24-hour Internet banking and telephone banking. Special services are offered for those 57 years of age or older.

Royal Bank

Phone: 780-448-6611 or 1-800-769-2511

Website: www.rbcroyalbank.com

Offers 24-hour Internet banking and telephone banking.

Scotia Bank

Phone: 780-448-7600 or 1-800-472-6842

Website: www.scotiabank.com

Offers 24-hour Internet banking and telephone banking. Special services for those 59 years of age or older.

Servus Credit Union

Phone: 1-877-378-8728 or 780-496-2000

Website: www.servuscu.ca

Offers 24-hour Internet banking and telephone banking. Special services for those 59 years of age or older who have been with their credit union for 25 years or more.

Toronto Dominion Bank

Phone: 1-800-430-6095

Website: www.td.com

Offers 24-hour Internet banking and telephone banking with an automatic demonstration system.

Dental

Mobile Unique Dental Hygiene On The Go

Phone: 780-717-3158

Website: www.uniquedental.ca

Offers a variety of mobile dental hygiene services. Contact for more information about possibility of in-home service.

Right To You Mobile Dental Hygiene Service

Phone: 780-756-5555

Email: claytnpd@shaw.ca

Offers in-home dental hygiene examination and teeth cleaning services throughout Edmonton. Weekend and evening availability. Additional fees may apply.

Denturists

AquaSeal In-Home Dentures

Phone: 780-457-5841

Website: www.aquasealdentures.ca

Email: aquasealdentures@shaw.ca

Offers in-home services throughout greater Edmonton area. Initial consultation is free.

Cadrin Denture Clinic

Phone: 780-439-6189

Offers in-home service throughout Edmonton for an additional fee. Evening and weekends by appointment only.

Grace Denture Clinic

Phone: 780-490-5509

Offers in-home service selectively. Additional fee for first appointment only.

Grandview Denture Clinic

Phone: 780-413-6126

Offers in-home service selectively for an additional fee.

Integrity Denture Clinic

Phone: 780-486-0982

Offers in-home service throughout Edmonton.

One-time additional fee for all subsequent home visits. Free initial consultation.

Northland Denture Clinic

Phone: 780-471-3867

Offers in-home service throughout Edmonton at no additional fee.

Quality Care Denture Clinic

Phone: 780-915-5730

Offers in-home service throughout Edmonton for an additional fee.

Registered Dietitians

Revive Wellness Inc.

Phone: 780-450-2027

Website: www.revivenutrition.com

Email: info@revivewellness.com

Offers in-home service.

Additional charges may apply.

Wholesum Nutrition Consulting

Phone: 780-221-3438

Website: www.wholesumnutrition.com

Email: maricelr@wholesumnutrition.com

Offers in-home service within city limits for an additional fee.

Friendly Visits

Calder Seniors Drop-In Centre

Phone: 780-451-1925

Offers friendly telephone calls and in-home visits.

Canadian National Institute for the Blind (CNIB)

Phone: 780-453-8304 (Marie – Volunteer Coordinator)

Website: www.cnib.ca

Email: alberta@cnib.ca

Offers friendly visits by volunteers on a weekly or bi-weekly basis. Must be registered CNIB client.

Edmonton Seniors Centre

Phone: 780-342-8625 or 780-342-8627

Website: www.edmontonseniorscentre.ca

Email: executive@edmontonseniorscentre.ca

Matches screened volunteers for friendly telephone calls or in-home visits.

Jewish Drop-In Centre

Phone: 780-488-4241

Offers friendly telephone calls and in-home visits by outreach worker and volunteers.

Jewish Family Services

Phone: 780-454-1194

Offers friendly telephone calls and in-home visits by outreach worker.

Lifestyle Helping Hands Seniors Association

Phone: 780-450-2113

Email: lhhsa@telus.net

Screened service providers willing to provide friendly telephone calls or in-home visits in southwest Edmonton.

Mill Woods Seniors Activity Centre

Phone: 780-496-2997 (for Centre) or 780-504-3311 (for Outreach Worker)

Website: www.millwoods.org/seniors.html

Offers friendly telephone calls and in-home visits in Mill Woods area.

Operation Friendship Seniors Society

Phone: 780-429-2626

Website: www.ofss.org

Email: info@ofss.org

Offers friendly in-home visits to inner city residents.

Seniors Outreach Network Society

Phone: 780-451-4589

Email: outreach@shaw.ca

Matches screened volunteers for friendly telephone calls or in-home visits in north Edmonton.

South East Edmonton Seniors Association

Phone: 780-468-1985

Website: www.seesa.ca

Email: outreach@seesa.ca

Matches screened volunteers for friendly telephone calls or in-home visits in southeast Edmonton.

Strathcona Place Senior Centre

Phone: 780-433-5807

Website: www.seniorcentre.org

Email: senctr@telus.net

Offers friendly telephone calls or in-home visits by outreach worker.

Westend Seniors Activity Centre

Phone: 780-483-1209

Offers friendly telephone calls and in-home visits primarily in west Edmonton.

Grocery Shopping and Delivery

Check with your local grocery store for delivery options. If there are currently no delivery services available, ask to speak with the manager to voice your need for a helpful service.

Canada Only

Website: www.canadaonly.ca

Offers online 'specialty' grocery orders and home delivery. Groceries are usually received within 6 days of shipment.

Care For A Ride

Phone: 780-417-2222

Website: www.careforaride.com

Email: careforaride@hotmail.com

Offers grocery shopping and home delivery. Grocery list is collected from client's home.

Family Foods on Jasper

Phone: 780-451-9034

Website: www.familyfoods.ca

Offers home delivery of groceries ordered by phone. Must first register in-store with two pieces of valid identification and credit card.

Edmonton Meals on Wheels

Phone: 780-429-2020

Website: www.mealsonwheelsedmonton.org

Email: emow@mealsonwheelsedmonton.org

The Grocery Bag® - This program provides weekly home delivery of a wide selection of groceries and household needs. Order on line or by phone.

The Savvy Shopper - A personal shopper will shop at local and specialty shops and deliver to your home.

The Organic Box

Phone: 780-469-1900

Website: www.theorganicbox.ca

Email: info@theorganicbox.ca

Offers home delivery of locally grown, certified organic produce and bulk and dry goods. Delivery can be scheduled weekly or every second week. Cost of delivery is included in price of groceries.

Safeway

Phone: Call nearest location

Website: www.safeway.ca

Some Safeway stores offer free grocery delivery on in-store purchases. A minimum order size may apply.

Senior Homecare by Angels

Phone: 780-487-4256

Website: www.seniorhomecarebyangels.ca

Offers grocery shopping and delivery. Grocery list is collected from client's home.

Shop For You

Phone: 780-487-7745

Offers grocery shopping and delivery. Order grocery items by phone Monday through Friday. Delivery fee depends on order size.

Sunterra Market

Phone: 780-434-2610

Website: www.sunterramarket.com

Offers home delivery of groceries ordered by phone. No delivery on Sundays. Additional delivery fee applies.

Time for You Errands Services

Phone: 780-919-5340

Email: tfyerrands@hotmail.com

Offers grocery and errands shopping. Orders can be placed by phone, email or in-person. Assistance offered to clients, if needed, to put groceries away.

Hairstyling

Judith's Mobile Hair Care

Phone: 780-868-2000

Dwayne's Home Hair Care Ltd

Phone: 780-460-8510

Offers in-home hairstyling, throughout Edmonton.

Home and Respite Care

Alberta Health Services Home Care Program

Phone: 780-496-1300

Website: www.albertahealthservices.ca

Offers a range of home care services and support. An initial assessment will be conducted to determine a plan of care.

Alberta Male Nursing Service

Phone: 780-443-2601

Offers medical and personal home care during daytime hours.

Bayshore Home Health

Phone: 780-436-8484

Website: www.bayshore.ca

Offers home medical and personal care specializing in palliative care, brain and spinal cord injury care, and 24-hour nursing.

CareGivers Home Health Care Inc.

Phone: 780-406-0678

Website: www.caregivershomehealthcare.com

Email: caregvr@telusplanet.net

Offers 24-hour home care specializing in Alzheimer and Parkinson care and palliative care. Minimum two hours.

CBI Home Health

Phone: 780-488-7282

Website: www.cbi.ca/homehealth/

Offers medical and non-medical home and respite care.

Classic Life Care

Phone: 780-428-2750

Website: www.classiclifecare.com

Email: edmonton@classiclifecare.com

Offers home care including personal care, nursing care, rehabilitation, and companionship. Specialization in palliative care, Alzheimer care, and acquired brain injury rehabilitation also available.

Comfort Keepers

Phone: 780-465-4665

Website: www.comfortkeepers.ca

Email: edmonton@comfortkeepers.ca

Offers a full range of in home services

Comprehensive Home Option for Integrated Care of the Elderly (CHOICE) Program – Alberta Health Service/The Good Samaritan Society/ Capital Care

Phone: 780-496-7562

Website: www.capitalcare.net/programs/choice.html
or www.gss.org

Offers medical, personal, social, and supportive services at a CHOICE centre usually two to three days a week. Transportation is provided between client's home and CHOICE centre.

The Family Centre

Phone: 780-917-8226

Website: www.the-family-centre.com

Email: home.support@the-family-centre.com

Offers companionship and emotional support, basic housekeeping, assistance with errands, accompaniment to appointments, and preparation of meals. Minimum three hours.

Four Corners Health Services

Phone: 780-732-0060

Email: corners4@telus.net

Offers 24-hour home and respite care including personal care and companionship.

Home Care Network Inc.

Phone: 780-483-6550

Website: www.homecarenetworkinc.com

Email: hcn@homecarenetworkinc.com

Offers 24-hour non-medical home care including personal care and homemaking services. Minimum three hours.

Home Instead Senior Care

Phone: 780-439-9990

Website: www.homeinstead.com/edmonton

Offers home and respite care including personal care, companionship, and home helper services. Specialized Alzheimer's and dementia care also available.

MY Home Health Care

Phone: 780-477-2923

Website: www.myhomehealthcare.ca

Email: info@myhomehealthcare.ca

Offers home care including personal care, homemaking, companionship, and nursing care.

Nurse Next Door

Phone: 1-877-588-8609

Website: www.nursenextdoor.com

Offers medical and non-medical home and respite care. Specialization in complex care requiring RN involvement, post-operative health care, and palliative care.

Opening Doors Support Services

Phone: 780-239-2399

Website: www.openingdoorssupportservices.com

Offers respite care and companionship support for community errands medical appointments and social and recreational activities.

Paramed Home Health Care

Phone: 780-482-3370

Website: www.paramed.com/homecare/

Email: info@paramed.com

Offers home and respite care specializing in palliative care, dementia care, and acquired brain injury care.

Pilgrims Hospice

Phone: 780-413-9801 extension 303

Website: www.pilgrimshospice.ca

Email: debbien@pilgrimshospice.ca

Volunteers offer home and respite care for those affected with a life-threatening illness.

Regional Palliative Care Program

Phone: 780-496-1300

Website: www.palliative.org

Offers palliative home and respite care including assessment and planning services, companionship, and personal care.

Revera Health Services

Phone: 780-988-7711

Website: www.reveraliving.com

Email: RHS-Edmonton@reveraliving.com

Offers home and respite care including homemaking, companionship, and hospice care.

Retire-At-Home Edmonton

Phone: 780 702 7900

Website: www.retireathomeedmonton.com

Email: Edmonton@retireathome.com

Offers a full range of medical and non medical services

Senior Homecare by Angels

Phone: 780-470-4256

Email: seniorhomecareangels@telus.net

Website: www.seniorhomecarebyangels.ca

Offers 24-hour non-medical home and respite care.

We Care

Phone: 780-468-4663

Website: www.wecare.ca

Email: Edmonton@wecarecanada.com

Offers care and support from a few hours a month or around the clock care. Staff are trained with Alzheimer's and dementia, diabetes, acquired brain injury and end of life care.

Wildrose Caregivers Ltd.

Phone: 780-756-2700

Website: www.wildrosecaregivers.com

Email: info@wildrosecaregivers.com

Offers home health care services, companionship, assistance with outings, basic housekeeping and preparation of meals. Specialized Alzheimer and dementia care is also available. Staff includes LPNs and RNs.

Housekeeping

Classic Life Care

Phone: 780-428-2750

Website: www.classiclifecare.com

Email: edmonton@classiclifecare.com

*Offers light housekeeping services.
Minimum two hours.*

Comfort Keepers

Phone: 780-465-4665

Website: www.comfortkeepers.ca

Email: edmonton@comfortkeepers.ca

Offers a full range of in home services

The Family Centre

Phone: 780-917-8248

Website: www.the-family-centre.com

Email: home.support@the-family-centre.com

*Offers light housekeeping services.
Minimum three hours.*

Home Care Network Inc.

Phone: 780-483-6550

Website: www.homecarenetworkinc.com

Email: hcn@homecarenetworkinc.com

*Offers housekeeping services.
Minimum two hours.*

Lifestyle Helping Hands Seniors Association

Phone: 780-450-2113

Email: lhhsa@telus.net

Offers a registry of screened service providers for odd jobs and housework. All service providers have undergone a security check. Clients must be registered members. Phone for service assessment.

Nurse Next Door

Phone: 1-877-588-8609

Website: www.nursenextdoor.com

*Offers housekeeping services.
Minimum two hours.*

Opening Doors Support Services

Phone: 780-239-2399

Website: www.openingdoorssupportsystems.com

Offers respite care and companionship support for community errands medical appointments and social and recreational activities.

Retire-At-Home Edmonton

Phone: 780 702 7900

Website: www.retireathomeedmonton.com

Email: Edmonton@retireathome.com

Offers a full range of medical and non medical services

Seniors Association of Greater Edmonton (SAGE) - Home Services

Phone: 780-701-9007 (for information) or

780-701-9011 (for requests)

Website: www.MySage.ca

Offers to link older adults to accredited Better Business Bureau companies that provide a wide variety of home maintenance, handyman, and housekeeping services. Workers are independent and set their own rates. Participant companies complete a rigorous application process.

Senior Homecare by Angels

Phone: 780 487 4256

Website: www.seniorhomecarebyangels.ca

Email: seniorhomecareangels@telus.net

Offers light housekeeping, minimum 4 hours.

Society of Seniors Caring About Seniors (SSCAS)

Phone: 780-465-0311

Website: www.sscas.com

Email: sscas@telus.net

Offers a registry of screened service providers for household maintenance, including: carpentry, basic electrical and plumbing, painting, and housekeeping. Clients must be registered members. Minimum two hours.

South East Edmonton Seniors Association (SEESA) – Home Services

Phone: 780-468-1985

Website: www.seesa.ca

Email: homeservices@seesa.ca

Offers assistance in locating responsible, reliable screened workers to help with interior home maintenance.

We Care Home Health Services

Phone: 780-468-4663

Website: www.wecare.ca

Email: edmonton@wecarecanada.com

*Offers light housekeeping services.
Minimum two hours.*

Westend Seniors Activity Centre

Phone: 780-483-1209

Offers a Home Help Registry of screened home helpers based on availability.

Laundry and Dry Cleaning

Gellibrand

Phone: 780-489-2558

Website: www.gellibrands.com

Email: info@gellibrands.com

*Offers shirt laundry and dry cleaning services.
Pick-up and delivery available on three day cycle.*

Page The Cleaner

Phone: 780-444-7243 or 1-888-452-4466

Website: www.pagethecleaner.com

Offers dry cleaning services. Free pick-up and delivery. Payment by credit card or cheque.

Library Services

Edmonton Public Library

Phone: 780-496-7047 for account and renewal information

Website: www.epl.ca

*Offers home service of library materials.
Carefully screened and trained volunteers deliver library materials to client's home.
Call 780-496-1888 for more information.*

Meal Delivery

Dial and Dine

Phone: 780-944-9933

Website: www.dialanddine.ca

Offers delivery from restaurants based on postal code.

Edmonton Meals on Wheels

Phone: 780-429-2020

Website: www.mealsonwheelsedmonton.org

Email: emow@mealsonwheelsedmonton.org

Chef's Choice® - Hot and Frozen Meals prepared locally by the chefs at Edmonton Meals on Wheels. Order on line or by phone. Tasty, healthy and affordable meal options delivered daily right to your home. Dietary choices include vegetarian, Halal, gluten free and texture modified meals .

PDG Hospitality

Phone: 780-988-0266

Email: pdgcorp@telus.net

Offers home delivery of fresh and frozen meals. Choice of full course (including soup and salad) and main course only. Minimum 3 full course order or 5 main course order. Place orders by phone one to two days in advance. Additional delivery fee applies.

SAGE Savories

Phone: 780-701-9022 (for information) or

780-701-9025 (for orders)

Website: www.MySage.ca

Offers home delivery of Home Style Frozen Meals, Soups and Desserts.

Medical Alarms

Bethany Lifeline

Phone: 1-800-338-1411

Website: www.bethanycare.com

Offers a 24-hour emergency response system that allows clients to call for assistance at the touch of a button.

DirectAlert

Phone: 1-877-491-1767

Website: www.directalert.ca

Email: info@directalert.ca

Offers a home alarm system that connects clients to a 24-hour emergency response centre.

The Good Samaritan TeleCare

Phone: 780-497-3630

Website: www.telecarehomemonitoring.com

Email: telecareinfo@gss.org

Offers a nationally accredited 24-hour emergency response and telephone support service, including reminders for medication, meals, and appointments.

LifeCall Personal Alarm

Phone: 1-800-661-5433

Website: www.lifecall.ca

Offers a senior monitoring system that allows clients to receive 24-hour emergency aid at the push of a button and programmed medication reminders.

Lifeline Medical Alert

Phone: 1-866-832-5426

Website: www.lifeline.ca

Offers a personal alarm service that connects clients to a 24-hour response centre.

Occupational Therapy

Contact Alberta Health Services or your physician for further information and referrals.

Klassen Rehabilitation Consulting

Phone: 780-904-4669

Website: www.saot.ca

Email: klassenrehab@shaw.ca

Offers in-home cognitive perceptual and capacity assessments. Special interest in complex chronic conditions, pain related issues, recovery of function and quality of life.

MCILROY Occupational Therapy Consulting

Phone: 780-467-2708

Email: mcilroy@xplornet.com

Offers in-home occupational therapy. Fees apply.

Pharmacy and Prescription Delivery

Many pharmacies offer delivery services - check with your local pharmacy for delivery options. If there are currently no delivery services available, ask to speak with the pharmacy manager to voice your need for a helpful service.

Care Plus Pharmacy

Phone: 780-484-9595

Offers free home delivery of prescriptions throughout Edmonton.

Dispensaries (1991) Ltd.

Phone: Call nearest location

Offers home delivery of prescriptions.

DRUGStore Pharmacy

Phone: Call nearest location

Website: www.superstore.ca

Offers home delivery of prescription refills for a nominal delivery fee. Availability of delivery service varies by store.

Hawkstone Home Health Care Pharmacy

Phone: 780-433-3413

Offers free home delivery of prescriptions throughout Edmonton.

Kennedale Drug Mart

Phone: 780-476-9028 or 780-476-1696

Offers free home delivery of prescriptions in northeast Edmonton.

Rexall Direct

Phone: 1-888-792-3667

Website: www.rexalldirect.ca

Offers prescription delivery to home or workplace. Order prescriptions by phone, email or online. All are available 24/7.

Yard Work/Snow Shoveling

Although yard work and snow shoveling are not related to transportation, these services can help maintain the ability to live independently in the community.

Home Care Network Inc.

Phone: 780-483-6550

Website: www.homecarenetworkinc.com

Email: hcn@homecarenetworkinc.com

Offers lawn cutting, flower care, and snow removal.

Lifestyle Helping Hands Seniors Association

Phone: 780-450-2113

Email: lhhsa@telus.net

Offers a registry of screened service providers for yard work and snow removal. All service providers have undergone a security check. Clients must be registered members and live in southwest Edmonton. Phone for service assessment (Monday through Friday 11:00am to 3:00pm).

Seniors Association of Greater Edmonton (SAGE) - Home Services

Phone: 780-701-9007 (for information) or
780-701-9011 (for requests)

Website: www.MySage.ca

Offers to link older adults to accredited Better Business Bureau companies to assist with yard work and snow removal. Workers are independent and set their own rates. SAGE's Snow Buster program connects seniors with Community Leagues and local groups who provide seniors with affordable snow removal where available.

Shape Scapes Landscaping

Phone: 780-340-8483 (Travis)

Offers yard work and landscaping. Senior discount available.

Society of Seniors Caring About Seniors (SSCAS)

Phone: 780-465-0311

Website: www.sscas.com

Email: sscas@telus.net

Offers a registry of screened service providers for yard work and snow removal. Clients must be registered members and live in South Edmonton. Minimum one hour.

South East Edmonton Seniors Association (SEESA) – Home Services

Phone: 780-468-1985

Website: www.seesa.ca

Email: homeservices@seesa.ca

Offers assistance in locating responsible, reliable screened workers to help with yard work and snow removal.

Westend Seniors Activity Centre

Phone: 780-483-1209

Offers a Home Help Registry of screened contractors for lawn care and snow removal. Services are dependent on availability of individual contractors.

Help a Senior today.

Become a Volunteer Driver.



2010 CAA Best Practice
Award Winner

Seniors in your community need help getting to medical appointments, running errands and travelling to social activities.

Volunteer to drive a senior and become a Driving Angel today.



ama.ab.ca/AgingDrivers

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