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# Transportation Tool





# Resources to Improve / Maintain Driving Skills

## **Alberta Motor Association, Driver 55 Plus Program**

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

Fax: 780-474-8660

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

*Offers series of workshops, 10 hours in total, designed to keep drivers on the road as long and as safely as possible. The workshops include information on how aging impacts driving, tips and strategies for adjusting to changes in the driving environment, and a self-analysis kit. In-car refresher also available.*

Staying mobile is important to the lifestyle of today's aging population. Awareness of the changes we go through as we age is key to a long and safe driving career. Here are some tips to help keep you safe:

- ***Know the facts***  
Learn about the physical and mental changes that occur when we age and how these changes may affect our driving.
- ***Brush up on your driving knowledge and skills***  
Pick up a Basic License Driver's Handbook to review the rules of the road. Take a refresher class or brush up lessons to renew your awareness and sharpen your skills.
- ***Make a plan of action***  
Check out alternative forms of transportation in your community. Ideally, the transition from driver to passenger will occur gradually, allowing for time to practise and adjust to new mobility options.

## **Alberta Safety Council**

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

Fax: 780-462-7318

Email: [info@safetycouncil.ab.ca](mailto:info@safetycouncil.ab.ca)

Website: [www.safety-council.org](http://www.safety-council.org)

*Offers the Canada Safety Council's 55 Alive Driver Refresher Course, designed to help older adults maintain their independence and driving privileges.*



# Information About Driver Assessment

## **Alberta Transportation, Driver Fitness and Monitoring Branch**

Phone: 780-427-8230

Fax: 780-422-6612

Email: [driver.fitness@gov.ab.ca](mailto:driver.fitness@gov.ab.ca)

Website: [www.saferoads.com](http://www.saferoads.com) and [www.transportation.alberta.ca](http://www.transportation.alberta.ca)

*The branch 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

Fax: 780-433-1531

Email: [info@driveable.com](mailto:info@driveable.com)

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

*Provides 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 Evaluation and Training Service**

Phone: 780-735-7999

Fax: 780-735-7946

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

*Provides assessment, counseling and training for seniors with disabilities or health conditions that may affect their driving. Referral by a physician is required. Interpreter services are available on request.*

## **Medically At-Risk Driver Centre**

Phone: 780-492-6273

Fax: 780.492.8191

Email: [mard@med.ualberta.ca](mailto:mard@med.ualberta.ca)

Website: [www.mard.ualberta.ca](http://www.mard.ualberta.ca)

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

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# Support Groups for Driver Cessation

## **Medically At-Risk Driver Centre**

Phone: 780-492-6273

Fax: 780.492.8191

Email: mard@med.ualberta.ca

Website: www.mard.ualberta.ca

*Runs 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

*Potential resources that are not listed include family members, friends, neighbours and taxi services (inquire if they offer discounts to seniors). More information about options may also be available from seniors centres, churches and other agencies and organizations.*

## **Alberta Health Services Home Care**

Phone: 780-496-1300

Website: www.albertahealthservices.ca

*Rides provided to frail, elderly or disabled Home Care clients for medical appointments.*

## **Canadian Cancer Society**

Phone: 780-455-7181

Email: EdmVDP@cancer.ab.ca

Website: www.cancer.ca/Alberta-NWT

*Strives to provide access to safe and reliable transportation for people living with cancer receiving active treatment at approved cancer treatment facilities.*

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

Phone: 780-496-4567 for registration information

Fax: 780-496-1008

Email: dats@edmonton.ca

Website: www.takeETS.com/DATS

*Provides 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.*



### **Driving Miss Daisy**

Phone: 780-470-0123 or 1-877-613-2479

Phone: Edmonton - Downtown, 780-722-5565, email [susan@drivingmissdaisy.net](mailto:susan@drivingmissdaisy.net)

Phone: Edmonton - Northeast, 780-777-9196, email [pauline@drivingmissdaisy.net](mailto:pauline@drivingmissdaisy.net)

Phone: Edmonton - Southside/Beaumont, 780-462-4580, email [val@drivingmissdaisy.net](mailto:val@drivingmissdaisy.net)

Phone: Edmonton - Westend, 780-777-8813, email [jim@drivingmissdaisy.net](mailto:jim@drivingmissdaisy.net)

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

*Provides transportation, accompaniment and assistance to seniors and those with disabilities.*

*Accepts wheelchairs and walkers.*

### **Edmonton Seniors Coordinating Council**

Phone: 780-423-5635

Fax: 780-428-1930

Email: [rich@seniorscouncil.net](mailto:rich@seniorscouncil.net) or [sheila@seniorscouncil.net](mailto:sheila@seniorscouncil.net)

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

*To locate the service provider that best suits your needs, visit the website and click on Find a Ride.*

### **Edmonton Transit System**

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: 780-496-1611 for customer information

Phone: 780-496-1665 for customer service

Phone: 780-496-3000 for mobility choices travel training

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

*Entire fleet of buses are now low floor vehicles, enabling seniors in wheelchairs and those 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.*

### **Lifestyle Helping Hands Seniors Association**

Phone: 780-450-2113

Email: [lhhsa@telus.net](mailto:lhhsa@telus.net)

*Transportation provided by volunteer drivers for frail seniors in southwest Edmonton.*

### **Operation Friendship Seniors Society**

Phone: 780-429-2626

Fax: 780-429-2629

Email: [info@ofss.org](mailto:info@ofss.org)

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

*Staff drivers provide transportation for medical and dental appointments, accompany inner city seniors on shopping trips, or shop for them if needed. Must live south of 118 Avenue, east of 101 Street, north of the river and west of 82 Street. Wheelchairs accepted.*

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### **Senior Citizen Opportunity Neighbourhood Association (SCONA) Drop-in Centre**

Phone: 780-433-5377

Fax: 780-433-8703

Email: [scona84th@shaw.ca](mailto:scona84th@shaw.ca)

*Offers free rides to residents living on the south side of Edmonton.*

### **Seniors Assisted Transportation Society of Greater Edmonton (SATS)**

Phone: 780-732-1221

Fax: 780-732-1227

Email: [info@satsofedmonton.org](mailto:info@satsofedmonton.org)

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

*Volunteer driving service to get frail, elderly seniors to and from their vital appointments (takes walkers but not wheelchairs) anywhere in Edmonton. An assessment of need is required and an application must be completed prior to the first service.*

### **Seniors Outreach Network Society**

Phone: 780-451-4589

Fax: 780-944-2566

Email: [outreach@shaw.ca](mailto:outreach@shaw.ca)

*Provides door through door service to isolated, low income seniors living north of the North Saskatchewan River.*

### **Society of Seniors Caring About Seniors (SSCAS)**

Phone: 780-465-0311

Fax: 780-461-7809

Email: [sscas@telus.net](mailto:sscas@telus.net)

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

*Offers services to low income older adults living on the south side of Edmonton who are over age 65. Must be a society member to receive services. Memberships are \$10 each. Transportation is provided to help members get to and from appointments and run errands. Wheelchairs not accepted.*



# Resources That Deliver Services To Your Home

*The following listings are intended for information purposes only. The businesses and services mentioned below are representative of those that are available but may not include all that are available. The information was current at the time the source directories were compiled but may in some instances no longer apply due to market and other conditions. Check phone and business directories for additional information.*

## AUDIOLOGISTS AND HEARING AID PRACTITIONERS

### **Alberta Hearing Services**

Phone: 780-423-0886

Fax: 780-420-6135

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

*Provides in-home service in Edmonton under special circumstances.*

### **Better Hearing Centre Inc.**

Phone: 780-423-2116

*Provides in-home service in Edmonton, Sherwood Park and, under certain circumstances, St Albert for seniors who are unable to leave their homes.*

### **Downtown Hearing Centre Ltd.**

Phone: 780-422-6641

*Provides in-home service in Edmonton, St Albert and Sherwood Park.*

### **Professional Hearing Clinic Inc.**

Phone: 780-413-7590 or 780-413-1784

*Provides in-home service in the west end and south side of Edmonton.*

## BANKING

### **Alberta Treasury Branch**

Phone: 780-422-2652 or 1-800-332-8383

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

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

### **Bank of Montreal**

Phone: 780-428-7201

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

*Offers 24-hour telephone banking and web banking.*

### **Canadian Imperial Bank of Commerce (CIBC)**

Phone: 780-429-7744

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

*Offers telephone and web banking. Branches offer 15-20 minute courses on how to use these services.*

### **Canadian Western Bank**

Phone: 780-424-4846

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

*Offers telephone banking. Special services are offered for those 57 years or older.*

### **Servus Credit Union**

Phone: 780-496-2151

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

*Offers telephone banking and web banking, along with personal service to anyone who requests it. Personnel in some branches also go out to nursing homes to speak with members.*

### **Royal Bank**

Phone: 1-800-769-2511

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

*Offers telephone banking and web banking, along with personal service to anyone who requests it.*



## BANKING (CONTINUED)

### Scotia Bank

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

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

*Offers telephone and web banking. Customers with investments at Scotia Bank can be visited at home.*

### Toronto Dominion Bank

Phone: 780-448-8000 or toll free 1-866-222-3456

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

*Offers telephone banking with an automatic demonstration system, and web banking. They also offer personalized assistance to those learning or having problems with any of their systems.*

## DENTURISTS

### AquaSeal In-Home Dentures

Phone: 780-457-5841

Fax: 780-457-3357

E-mail: [aquasealdentures@shaw.ca](mailto:aquasealdentures@shaw.ca)

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

*Offers in-home service. Initial consultation is free.*

### Jasper Place Denture Clinic

Phone: 780-481-5900

Fax: 780-484-9836

*Provides in-home service on the west and south side of Edmonton and St Albert. Evening and weekend visits by appointment only.*

### Cadrin Denture Clinic

Phone: 780-439-6189 or 780-465-3533 after hours

*Offers in-home service in Edmonton. Evening and weekend visits by appointment only.*

### King Mobile Denture Clinic

Phone: 780-433-7413

*Provides in-home service in Edmonton, St Albert, Sherwood Park, and Beaumont. Evening and weekend visits by appointment only.*

### Grandview Denture Clinic

Phone: 780-413-6126

*Offers in-home service in Edmonton. Evening and weekend visits by appointment only.*

### Millwoods Denture Clinic Ltd.

Phone: 780-462-7052

*Provides in-home service mainly on Thursday and every second Friday in Edmonton (mostly on the southside) and Sherwood Park. Weekend visits by appointment only.*

### Hayes Denture Clinic

Phone: 780-960-0227

*Offers in-home service in Edmonton and Spruce Grove. Evening and weekend visits by appointment only.*

### Wright Denture Clinic

Phone/Fax: 780-454-2222

*Provides in-home service in Edmonton, St Albert, Sherwood Park, Stony Plain and Drayton Valley. Evening and weekend visits by appointment only. Also provides transportation to and from the clinic to those in need.*

### Holyk's Denture Clinic

Phone: 780-477-3674 or 780-479-5008 after hours

*Offers in-home service in Edmonton. Evening and weekend visits by appointment only.*

## DIETICIAN

### Tri-Nutrition Consulting

Phone: 780-449-3345

*The initial assessment occurs over the phone or by mail. In-home services provided in Edmonton and Sherwood Park.*



## GROCERY SHOPPING & DELIVERY

### **Canada Safeway Limited**

Phone: Call the nearest store

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

*Delivers groceries same day, following in-store purchases.*

### **Dairyland Home Service**

Phone: 1-800-667-1228

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

*Offers free delivery of Dairyland products during the evening. Call during business hours or order online.*

### **Driving Miss Daisy**

Phone: 780-462-4580

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

*Accompanies clients on shopping trips, helps them to their residence with groceries, and assists in putting groceries away.*

## HAIRSTYLING

### **Dwayne's Home Hair Care Ltd.**

Phone: 780-460-8510

*Provides in-home hairstyling in Edmonton, St Albert, and Sherwood Park. Please leave your name and phone number on the answering machine.*

### **Happy Hairdo: Mobile Hair Care**

Phone: 780-475-1903

*Tries to accommodate various requests and will travel to the home.*

## HOME & RESPITE CARE

### **Alberta Health Services Home Care Program**

Phone: 780-496-1300 (24 hours)

*Determines eligibility for home and respite care services and arranges a needs assessment.*

### **Alberta Male Nursing Service**

Phone: 78- 443-2601

*Provides in-home care during daytime hours.*

### **Shop For You**

Phone: 780-487-7745

*Independent shopping/delivery service for groceries, pharmacy/drug store items, dry cleaning, etc.*

### **Sunterra Market**

Phone: 780-436-2610

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

*Call to check on minimum purchase and delivery charges.*

### **Westend Seniors Activity Centre**

Phone: 780-483-1209

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

*Grocery and pet supplies pickup and delivery to seniors living west of 142 Street to the city limits.*

### **In Motion Style Group**

Phone: 780-439-4061

*Provides in-home hairstyling and makeup in Edmonton, St Albert, and Sherwood Park. Evening and weekend visits by appointment.*

### **Alberta Region We Care Home Health Services**

Phone: 780-468-4663

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

*Provides 24 hour in-home services specializing in Alzheimer and Parkinson care, palliative care, foot care and acquired brain injury care.*

### **Bayshore Home Health**

Phone: 780-436-8484

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

*Provides home nursing, personal support, homemaking and funding investigations. Free assessments, 24-hour service.*

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## HOME & RESPITE CARE (CONTINUED)

### Care Givers Home Health Care Inc.

Phone: -780-406-0678

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

*Provides in-home, 24-hour service in Edmonton and area, specializing in care of Alzheimer and palliative care patients.*

### Edmonton Home Service

Phone: 780-488-7282

Fax: 780-488-7321

*Provides service including nursing, homemaking and personal care. Can provide staff trained in caring for dementia and palliative care patients. Services provided on an hourly and 24-hour basis.*

### The Family Centre

Phone: 780-423-2831 or 780-917-8226 to reach the seniors' services intake team

Fax: 780-426-4918

Email: [home.support@the-family-centre.com](mailto:home.support@the-family-centre.com)

Website: <https://the-family-centre.com/>

*Provides 24-hour service in Edmonton and outlying areas, including housekeeping, meal preparation, laundry, companionship and emotional support, as well as transportation to appointments or shopping.*

## LIBRARY SERVICES

### Edmonton Public Library

Phone: 780-496-7047 to discuss your account and to renew borrowed materials

Phone: 780-496-7090 for Calder Branch

Phone: 780-496-1802 for Capilano Branch

Phone: 780-496-1804 for Castle Downs Branch

Phone: 780-248-1662 for U of A - Cameron Branch

Phone: 780-496-1806 for Highlands Branch

Phone: 780-496-1808 for Idylwyld Branch

Phone: 780-496-1810 for Jasper Place Branch

Phone: 780-442-0888 for Lois Hole Branch

Phone: 780-496-1814 for Londonderry Branch

### Home Care Network Inc.

Phone: 780-483-6550

Fax: 780-487-1872

Email: [hcn@homecarenetworkinc.com](mailto:hcn@homecarenetworkinc.com)

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

*Provides home care services in Edmonton and area.*

### Paramed Home Health Care

Phone: 780-482-3370

Fax: 780-482-3435

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

*Provides foot care in the home and companion and live-in services in a number of languages. Care workers have special training in working with people who have a dementia or brain injuries, as well as palliative care patients. A complimentary needs consultation is offered.*

### Victorian Order of Nurses

Phone: (780) 466-5151

Fax: (780) 463-5629

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

*Home health care services include palliative care, help in learning to care for an ostomy following surgery, respiratory care, volunteer visiting of seniors who have been diagnosed with long-term mental health issues (companionship through regular visits for two or three hours a week), foot care and more. VON also offers a range of home support services.*

Phone: 780-496-1818 for Mill Woods Branch

Phone: 780-496-7839 for Penny McKee Branch - Abbotsfield

Phone: 780-944-5311 for Riverbend Branch

Phone: 780-496-7099 for Sprucewood Branch

Phone: 780-496-7000 for Stanley A. Milner Branch

Phone: 780-496-1828 for Strathcona Branch

Phone: 780-496-1822 for Whitemud Crossing Branch

Phone: 780-496-1830 for Woodcroft Branch

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

*Many branches offer home service to people who are unable to come to the library. Carefully screened and trained volunteers select and deliver materials to the individual's home.*



## MEAL DELIVERY

### **Dial and Dine**

Phone: 780-944-9933

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

*Provides delivery from restaurants based on postal code.*

### **Edmonton Meals on Wheels**

Phone: 780-429-2020

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

*Hot meals program provides same day delivery for orders placed before 9:30 a.m.*

### **PDG Home Meal Service**

Phone: 780-988-0266

*Delivers meals seniors can heat up when they're hungry. The seniors choose all items.*

## MEDICAL ALARM SYSTEMS

### **Bethany Lifeline**

Phone: 1-800-338-1411

*Provides personal response and support services for seniors throughout Alberta. Services available in more than 140 languages.*

### **DirectAlert**

Phone: 1-877-4911

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

*Provides an alarm system that connects seniors with 24-hour emergency response.*

### **Lifeline Medical Alert**

Phone: 1-866-832-5426

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

*Provides 24-hour emergency response.*

### **The Good Samaritan TeleCare**

Phone: 780-431-3630 or 1-800-676-8397

*Provides 24-hour personal emergency response and telephone support services throughout Alberta, including medication reminders and daily social calls.*





This booklet was produced by the Edmonton Seniors Coordinating Council with information obtained from the following sources:

