

# Seniors' Transportation Information Guide



EDMONTON



## About Us

The Seniors Transportation Information Guide is intended to assist seniors to stay healthy, active and mobile. Packed with resources and information, this Guide offers a comprehensive directory of helpful services to get seniors where they need to go and in-home services within Edmonton so that seniors remain mobile and connected to the community. The listings are provided for information purposes only and not interpreted as a recommendation. Please contact the Better Business Bureau of Central Alberta and Northern Alberta at 780-482-2341 to check on the reputation of service providers. We consulted the Seniors Association Greater Edmonton - Directory of Senior Services and the Medically - at Risk Driver Centre: A Guide to Mobility and Independence in creating this guide.

We also rely on organizations and businesses to help us keep the directory current and comprehensive. To add or update your organizations listing, please call 780-430-5685.

## The Edmonton Seniors Coordinating Council

Edmonton Seniors Coordinating Council (ESCC) is a communication hub in the seniors sector. ESCC has become a trusted voice and resource for organizations that provide services to seniors. The Council facilitated the development of a Vision for an Age-Friendly Edmonton Action Plan which identifies gaps in key areas and makes recommendations for actions that will address those gaps. The ESCC co-leads the implementation of this plan along with the City of Edmonton in an effort to address key factors that contribute to healthy, active, creative aging in Edmonton.

## Alberta Motor Association

As our population ages, studies show that seniors who stay active live longer, healthier and happier lives. Maintaining that sense of independence, even after retiring from driving, is critical. The Alberta Motor Association is a strong advocate for improving seniors transportation and ensuring that seniors have choices for their mobility needs. The AMA is working to raise awareness and to educate seniors and their families on the importance of planning ahead to the day they decide to retire from driving. Working with committed partners, AMA organizes community roundtables and transportation forums across the province. From our mature driver education courses to encouraging volunteer driving, we are focused on solutions that promote independence.

# Table of Contents

Introduction.....	2
Planning Ahead .....	4
Further Useful Resources.....	5
Resources to Maintain/Improve Driving Skills .....	6
Support Groups for Driver Cessation .....	6
Transportation Options for People Who No Longer Wish to Drive .....	6
Public Transportation.....	6
Alternative Transportation Options.....	7
Not For Profit Organizations .....	7
For Profit Organizations.....	8
Taxi .....	8
Resources that Deliver Services to Your Home .....	9
Audiologists and Hearing Aid Practitioners .....	9
Banking .....	9
Dental.....	10
Denturists .....	10
Registered Dieticians .....	11
Friendly Visits .....	11
Grocery Shopping and Delivery .....	12
Hairstyling.....	12
Home and Respite Care.....	13
Housekeeping .....	15
Laundry and Dry Cleaning .....	16
Library Services.....	16
Meal Delivery .....	16
Medical Alarms .....	16
Occupational Therapy .....	17
Pharmacy and Prescription Delivery.....	17
Yard Work/Snow Shoveling .....	18

# 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](http://www.seniorscouncil.net)
- AMA's Tips for Aging Drivers booklet - [www.ama.ab.ca/AgingDrivers](http://www.ama.ab.ca/AgingDrivers) or any AMA location
- The Hartford - [www.thehartford.com/talkwitholderdrivers](http://www.thehartford.com/talkwitholderdrivers)
- Older Drivers in Canada - <http://www.olderdriversafety.ca/>



## Information About Driver Assessment

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

Phone: 780-427-8230

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

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### **DriveABLE Assessment Centres Inc.**

Phone: 780-433-1494

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

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### **Glenrose Rehabilitation Hospital, Driver Training Service**

Phone: 780-735-7999

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

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

Phone: 780-492-6273

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

Email: [mard@med.ualberta.ca](mailto: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](http://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](http://www.safetycouncil.ab.ca)

Email: [info@safetycouncil.ab.ca](mailto: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](http://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](http://www.mard.ualberta.ca)

Email: [mard@med.ualberta.ca](mailto: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](http://www.takeETS.com/DATS)

Email: [dats@edmonton.ca](mailto: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](http://www.takeETS.com)

Email: [311@edmonton.ca](mailto: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](mailto: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](http://www.ofss.org)

Email: [info@ofss.org](mailto: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](http://www.satsofedmonton.org)

Email: [info@satsofedmonton.org](mailto: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](http://www.sscas@telus.net)

Email: [sscas@telus.net](mailto: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](http://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](http://www.cancer.ca)

Email: [katyt@cancer.ab.ca](mailto: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](http://www.careforaride.com)

Email: [careforaride@hotmail.com](mailto: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](http://www.drivingmissdaisy.net)

Locations:

Edmonton Downtown: 780-722-5565 or

Email: [susan@drivingmissdaisy.net](mailto:susan@drivingmissdaisy.net)

Edmonton Northeast: 780-777-9196 or

Email: [pauline@drivingmissdaisy.net](mailto:pauline@drivingmissdaisy.net)

Southside: 780-462-4580 at

Email: [val@drivingmissdaisy.net](mailto:val@drivingmissdaisy.net)

Edmonton Westend 780 777-8813 or

Email: [jim@drivingmissdaisy.net](mailto:jim@drivingmissdaisy.net)

### **Keeping Seniors Mobile**

Phone: 780-758-6565

Website: [www.keepingseiniormobile.com](http://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](http://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](http://www.barreltaxi.com)

### **Checker/Prestige Cabs**

Phone: 780-462-4444

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

### **Yellow Cabs**

Phone: 780-462-3456

Website: [www.edmontonyellowcab.com](http://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](http://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](http://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](http://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](http://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](mailto: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](http://www.betterhearingcentre.com)

Email: [inquiry@betterhearingcentre.com](mailto:inquiry@betterhearingcentre.com)

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

**Downtown Hearing Centre Ltd.**

Phone: 780-422-6641

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

Email: [info@downtownhearingcentre.ca](mailto: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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](http://www.aquasealdentures.ca)

Email: [aquasealdentures@shaw.ca](mailto: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](http://www.revivenutrition.com)

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

*Offers in-home service.*

*Additional charges may apply.*

### **Wholesum Nutrition Consulting**

Phone: 780-221-3438

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

Email: [maricelr@wholesumnutrition.com](mailto: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](http://www.cnib.ca)

Email: [alberta@cnib.ca](mailto: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](http://www.edmontonseniorscentre.ca)

Email: [executive@edmontonseniorscentre.ca](mailto: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](mailto: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](http://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](http://www.ofss.org)

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

*Offers friendly in-home visits to inner city residents.*

### **Seniors Outreach Network Society**

Phone: 780-451-4589

Email: [outreach@shaw.ca](mailto: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](http://www.seesa.ca)

Email: [outreach@seesa.ca](mailto: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](http://www.seniorcentre.org)

Email: [senctr@telus.net](mailto: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](http://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](http://www.careforaride.com)

Email: [careforaride@hotmail.com](mailto: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](http://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](http://www.mealsonwheelsedmonton.org)

Email: [emow@mealsonwheelsedmonton.org](mailto: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](http://www.theorganicbox.ca)

Email: [info@theorganicbox.ca](mailto: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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://www.caregivershomehealthcare.com)

Email: [caregvr@telusplanet.net](mailto: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/](http://www.cbi.ca/homehealth/)

*Offers medical and non-medical home and respite care.*

### **Classic Life Care**

Phone: 780-428-2750

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

Email: [edmonton@classiclifecare.com](mailto: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](http://www.comfortkeepers.ca)

Email: [edmonton@comfortkeepers.ca](mailto: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](http://www.capitalcare.net/programs/choice.html)  
or [www.gss.org](http://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](http://www.the-family-centre.com)

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

Email: [hcn@homecarenetworkinc.com](mailto: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](http://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](http://www.myhomehealthcare.ca)

Email: [info@myhomehealthcare.ca](mailto: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](http://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](http://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/](http://www.paramed.com/homecare/)

Email: [info@paramed.com](mailto: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](http://www.pilgrimshospice.ca)

Email: [debbien@pilgrimshospice.ca](mailto: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](http://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](http://www.reveraliving.com)

Email: [RHS-Edmonton@reveraliving.com](mailto: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](http://www.retireathomeedmonton.com)

Email: [Edmonton@retireathome.com](mailto: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](mailto:seniorhomecareangels@telus.net)

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

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

#### **We Care**

Phone: 780-468-4663

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

Email: [Edmonton@wecarecanada.com](mailto: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](http://www.wildrosecaregivers.com)

Email: [info@wildrosecaregivers.com](mailto: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](http://www.classiclifecare.com)

Email: [edmonton@classiclifecare.com](mailto:edmonton@classiclifecare.com)

*Offers light housekeeping services.  
Minimum two hours.*

## **Comfort Keepers**

Phone: 780-465-4665

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

Email: [edmonton@comfortkeepers.ca](mailto:edmonton@comfortkeepers.ca)

*Offers a full range of in home services*

## **The Family Centre**

Phone: 780-917-8248

Website: [www.the-family-centre.com](http://www.the-family-centre.com)

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

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

*Offers housekeeping services.  
Minimum two hours.*

## **Lifestyle Helping Hands Seniors Association**

Phone: 780-450-2113

Email: [lhhsa@telus.net](mailto: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](http://www.nursenextdoor.com)

*Offers housekeeping services.  
Minimum two hours.*

## **Opening Doors Support Services**

Phone: 780-239-2399

Website: [www.openingdoorssupportsystems.com](http://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](http://www.retireathomeedmonton.com)

Email: [Edmonton@retireathome.com](mailto: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](http://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](http://www.seniorhomecarebyangels.ca)

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

*Offers light housekeeping, minimum 4 hours.*

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

Phone: 780-465-0311

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

Email: [sscas@telus.net](mailto: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](http://www.seesa.ca)

Email: [homeservices@seesa.ca](mailto: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](http://www.wecare.ca)

Email: [edmonton@wecarecanada.com](mailto: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](http://www.gellibrands.com)

Email: [info@gellibrands.com](mailto: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](http://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](http://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](http://www.dialanddine.ca)

*Offers delivery from restaurants based on postal code.*

### **Edmonton Meals on Wheels**

Phone: 780-429-2020

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

Email: [emow@mealsonwheelsedmonton.org](mailto: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](mailto: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](http://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](http://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](http://www.directalert.ca)

Email: [info@directalert.ca](mailto: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](http://www.telecarehomemonitoring.com)

Email: [telecareinfo@gss.org](mailto: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](http://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](http://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](http://www.saot.ca)

Email: [klassenrehab@shaw.ca](mailto: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](mailto: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](http://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](http://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](http://www.homecarenetworkinc.com)

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

*Offers lawn cutting, flower care, and snow removal.*

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

Phone: 780-450-2113

Email: [lhhsa@telus.net](mailto: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](http://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](http://www.sscas.com)

Email: [sscas@telus.net](mailto: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](http://www.seesa.ca)

Email: [homeservices@seesa.ca](mailto: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.



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](http://ama.ab.ca/AgingDrivers)



## Notes

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

2nd Edition, December 2012



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