

Seniors' Transportation Information Guide



RED DEER AND DISTRICT



About Us

In January of 2011, The City of Red Deer approached the Alberta Motor Association to partner on the development of the Seniors' Transportation and Information Guide. The purpose of this publication is to assist the citizens of Red Deer and district by providing information on how seniors can maintain their independence and mobility. To create a comprehensive document, The City of Red Deer approached members of senior-serving organizations in the community, who then joined together to collaborate on this project. The publication team for Seniors' Transportation and Information Guide includes: The City of Red Deer, Alberta Motor Association, Family Services of Central Alberta and Golden Circle Senior Resource Centre

Looking to the future, we want to ensure that this document is a useful tool for citizens. We will rely on organizations and businesses to help us keep the directory current and comprehensive. For information on how to add or update your organization's program listing, please call 780-430-4856.

Additionally, please note that the listings provided in this guide are for information purposes only and should not be interpreted as recommendations. Please contact the Better Business Bureau of Central and Northern Alberta at 780-482-2341 to inquire about the reputation of service providers; references may be available for specific customer service inquiries.

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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 to 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 and friend 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

- AMA's Tips for Aging Drivers booklet – ama.ab.ca/AgingDrivers or any AMA location
- The Hartford – www.thehartford.com/talkwitholderdrivers
- Older Drivers in Canada – www.olderdriversafety.ca

Pedestrian Safety

Relying on a personal vehicle for mobility typically means that people are less active. As you begin trying out different transportation options in your community, you may find that you are walking more frequently than before. Whether you are walking to a transit stop, to your neighbour's or to the corner store, this increased activity can become a healthy part of your daily routine.

Before you head out the door, consider the following pedestrian safety tips to ensure that you arrive at your destination – and back home – safely.

1. Be visible to others: wear bright or light-coloured clothing or reflective strips when walking in dark or low-light conditions.
2. Cross streets safely: obey all traffic signs and signals; only cross streets at corners and crosswalks, preferably at intersections with traffic lights. If the light changes to "Don't Walk" while you are in the crosswalk, continue to cross the street.
3. Stop and look: remember to look left, right, and left again before proceeding to cross the road; make eye contact with drivers in each lane you cross to ensure you are seen.
4. Choose a safe path: walk on sidewalks whenever possible; if there are no sidewalks, walk on the side of the road facing traffic.
5. Walk with a friend: this will help to ensure everyone arrives at their destinations safely.
6. Choose proper footwear: ensure that you have adequate footwear for all weather conditions. Boots should have non-slip soles, and additional safety devices, such as ice-gripping enhancements, may be needed for extra traction in the winter months.

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.

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, Driver 55 Plus Program

Phone: 1-800-642-3810

Website: AMADriverEducation.ca/MatureDriverCourse

Offers classroom sessions and workshops 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-assessment kit. Also offers in-car refresher lessons.

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

Phone: 780-427-8901

Website:

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

Red Deer Transit – Conventional Bus Service

Monday through Saturday – 6:15 a.m.

and every 30 minutes to 11:15 p.m.

Sundays and holidays – 8:45 a.m.

and every 30 minutes to 6:45 p.m.

Regular routes provide coordinated transfers at the downtown Sorensen Station.

Accessibility

All Red Deer Transit buses are low-floor, with no steps and easier boarding for persons with limited mobility. All buses also have space reserved at the front for wheelchairs or other mobility devices. At Red Deer Transit, we know that people with wheelchairs or other mobility devices have the same travel needs as anyone – the freedom to go wherever life takes you.

Fares

Seniors who are receiving the federal Guaranteed Income Supplement (GIS) are eligible to receive a half-price discount on seniors' monthly bus passes. With documentation from the federal government verifying GIS enrolment, a GIS photo ID card

can be obtained from Transit Customer Service. Applicants may then use the GIS photo ID card to purchase subsidized transit passes at Transit Customer Service. Seniors who are not enrolled in the GIS can buy reduced price monthly passes, reduced fare tickets, or pay reduced cash fare. Please refer to the Transit Ride Guide for current fare information.

Transit Customer Service – Sorensen Station

Location: 49 Street and 49 Avenue

Phone: 403-342-8225

Email: transit@reddeer.ca

Website: www.reddeer.ca/transit

Hours: 8:00 a.m. to 4:30 p.m., Monday to Friday

Our Bus Operators are trained:

- *To have respect and be welcoming to all our patrons*
- *To listen carefully and be patient*
- *To ensure that your travel experience is a good one*

Red Deer Transit – Action Bus Service

The Red Deer Transit Action Bus provides door-to-door transportation services for individuals in Red Deer who cannot use regular transportation with dignity because of a disability or physical need. Action Bus passengers must apply and register for this service. Application forms are available at the Transit Customer Service Centre or online at www.reddeer.ca/transit.

For Action Bus clients who require assistance beyond the service that the Operator can provide, Red Deer Transit offers support by allowing attendants to ride the Action Bus at no additional charge. Please note that attendants cannot be registered passengers or require assistance themselves. One attendant is allowed to travel with a registered passenger at no extra charge.

For more information, or if you require transportation, please call 403-309-8400.

Taxi Service

Alberta Gold Taxi

Phone: 403-341-7777

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers senior discounts.

Associated Cab

Phone: 403-343-3300

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers senior discounts and wheelchair accessible vehicles.

Innisfail Taxi

Phone: 403-227-5249

Location: Innisfail

Serves: Innisfail and area

Owen's Taxi

Phone: 403-782-0271

Location: Lacombe

Serves: Lacombe and area

Alternative Transportation

Phone ahead for more information before trying to book a ride. Some organizations require an application process that must be completed before rides can be arranged.

Caregiver's Best Friend

Phone: 403-598-1798

Email: Colette@caregiversbestfriend.com

Website: www.caregiversbestfriend.com

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County, depending on the service required

Offers transportation to appointments, events and activities. Includes out-of-town trips.

Comfort Keepers

Phone: 403-347-3730

Website: www.comfortkeepers.ca

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers transportation to appointments, errands and other engagements.

Elnora Legion Community Bus

Phone: 403-773-2374

Location: Elnora

Serves: Elnora and area

Offers various scheduled trips.

Family and Community Support Services (FCSS) Office, Delburne

Phone: 403-749-3654

Location: Delburne

Serves: Delburne and area

Offers a community bus which makes two trips per month out of town; also offers volunteer drivers to help with errands in town.

Family and Community Support Services (FCSS) Office, Lacombe

Phone: 403-782-6637

Location: Lacombe

Serves: Lacombe and area

Offers the Lacombe Connex van which transports qualifying seniors locally and out of town (on a case-by-case basis).

Golden Circle Senior Resource Centre

Phone: 403-343-6074

Email: info@goldencircle.ca

Website: www.goldencircle.ca

Location: Red Deer

Serves: Red Deer

Offers rides to qualifying seniors to medical appointments and to the Seniors' Lunch Express at the Golden Circle.

Helping Hands Home Support Services Limited

Phone: 403-346-7777

Email: helping2@netago.ca

Website: www.helpinghandshomesupport.com

Location: Red Deer

Serves: Red Deer

Offers weekly transportation for errands and activities.

St. Andrew's United Church

Phone: 403-782-3148

Website: www.lacombeunitedchurch.ca

Location: Lacombe

Serves: Lacombe

Offers transportation to worship services; includes wheelchair accessible vehicles.

Lacombe and District Volunteer Link

Phone: 403-786-0110

Location: Lacombe

Serves: Lacombe and some rural residences in the area

Offers volunteers who take seniors to medical appointments in Lacombe and out of town (on a case-by-case basis).

Red Deer Action Group Society Subsidy Ride Program

Phone: 403-343-1198

Email: rdag@telus.net

Website: www.rdactiongroup.ca

Location: Red Deer

Serves: Red Deer

Offers a subsidy for medical, social and educational trips to qualifying seniors. An application form is available on the website or by phone.

Sunnybrook United Church

Phone: 403-347-6073

Website: www.sunnybrookunited.org

Location: Red Deer

Serves: Red Deer

Offers transportation to worship services. Includes wheelchair accessible vehicles.

Sylvan Lake Senior Citizens' Association Bus

Phone: 403-887-4579 (for Red Deer trips)

or 403-887-2482 (for special trips)

Location: Sylvan Lake

Serves: Sylvan Lake

Offers home pick-up for group trips to Red Deer every Thursday for errands and appointments; trips to other places are scheduled at random.

Town of Innisfail Handi-Van

Phone: 403-227-3622 (Innisfail Legion)

Location: Innisfail

Serves: Innisfail and area

Offers transportation for appointments and errands, including out of town trips. Call to book ahead; there is a set fee per trip.

We Care Home Health Services

Phone: 403-342-1500

Email: shauna_hubel@wecare.ca

Website: www.wecare.ca

Location: Red Deer

Serves: Red Deer and some rural residences depending on the service required

Offers transportation to personal or doctor appointments, religious or cultural events, shopping or unplanned outings.

Affordable Housing

Alberta Senior Citizens Housing Association (ASCHA)

Website: www.ascha.com

Offers information on seniors living options in Alberta.

Golden Circle Senior Resource Centre

Phone: 403-343-6074

Email: info@goldencircle.ca

Website: www.goldencircle.ca; click on 'Resource Directories' to view the Central Alberta Seniors' Housing Directory

Location: Red Deer

Serves: Central Alberta

Offers comprehensive information on seniors' housing options across Central Alberta.

Lacombe Foundation

Phone: 403-782-4118

Website: www.lacombefoundation.ca

Location: Lacombe

Serves: Bentley, Alix, Blackfalds, Eckville, Elnora, Lacombe and Mirror

Offers affordable housing and support to seniors in the communities of Lacombe County.

Mountain View Seniors' Housing

Phone: 403-335-8404

Website: www.mvsh.ca

Location: Didsbury

Serves: Carstairs, Cremona, Didsbury, Olds and Sundre

Offers affordable and low-income housing for seniors and families. Housing includes lodges, self contained manors, community housing and life leases.

Parkland Foundation

Phone: 403-224-2691

Website: www.parklandfoundation.ca

Location: Bowden

Serves: Bowden, Innisfail and Penhold

Offers affordable housing and supports to Central Alberta seniors.

Piper Creek Foundation

Phone: 403-343-1077

Website: www.pipercreek.ca

Location: Red Deer

Serves: Red Deer

Offers seniors subsidized housing in six apartment buildings, three lodges and affordable housing apartments. Applications and medical report forms are available online.

Sylvan Lake Manor

Phone: 403-887-2555

Email: carolsylvan@shaw.ca

Offers housing for low to moderate income seniors.

Resources that Deliver Services to Your Home

Audiologists and Hearing Aid Practitioners/ Vision Services

A&E Hearing

Phone: 403-347-2202

Location: Red Deer

Serves: Innisfail, Lacombe, Red Deer and Sylvan Lake

Offers scheduled in-home hearing tests and hearing aid fittings in Red Deer. Hearing aids can also be checked and repaired if they are dropped off at the office. Testing outside Red Deer is held at a set location in each town or city.

Visually Sound Optical and Hearing Clinic

Phone: 403-887-5073

Email: visuallysound@live.com

Location: Sylvan Lake

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County depending on the service required

Offers in-home visits for hearing tests, hearing aids and visual products. Direct billing is available to insurance companies.

Banking

ATB Financial

Phone: 1-800-332-8383

Bowden: 403-224-2180

Delburne: 403-749-3633

Innisfail: 403-227-3350

Lacombe: 403-782-3550

Red Deer: 403-357-3023

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: 1-877-225-5266

Lacombe: 403-782-3356

Red Deer: 403-340-4600

Website: www.bmo.com

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

Canadian Imperial Bank of Commerce (CIBC)

Phone: 1-800-465-2422

Lacombe: 403-782-4501

Red Deer: 403-340-4549

Sylvan Lake: 403-887-2237

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: 403-341-4000

Location: Red Deer

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: 1-800-769-2511

Website: www.royalbank.com

Offers 24-hour Internet banking and telephone banking.

Scotia Bank

Phone: 1-800-472-6842

Innisfail: 403-227-3321

Lacombe: 403-782-3321

Red Deer: 403-340-4780

Sylvan Lake: 403-887-1340

Website: www.scotiabank.com

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

Servus Credit Union

Phone 1-877-378-8728

Blackfalds: 403-885-5001

Delburne: 403-749-3937

Innisfail: 403-227-3317

Lacombe: 403-782-3387

Red Deer: 403-342-7222

Sylvan Lake: 403-887-3353

Website: www.servuscu.ca

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

Toronto Dominion Bank

Phone: 1-866-222-3456

Lacombe: 403-782-6687

Red Deer: 403-340-7400

Website: www.td.com

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

Computer Repair and Services

Computer Help Inc.

Phone: 403-352-8802

Email: mark.chi@telus.net

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers in-home computer repairs, virus removal and protection, data recovery and computer sales. Fee depends on location.

Compu 911

Phone: 403-352-3858

Email: info@compu911.ca

Website: www.compu911.ca

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers all types of in-home computer services including tune-up, repair, hardware upgrade, computer training. Free pick-up and delivery to Innisfail, Lacombe, Penhold, Springbrook, Sylvan Lake and rural residences in that radius; fees vary outside of that area.

Dan's Computer Services

Phone: 403-896-2841

Email: info@dans-computer-services.com

Website: www.dans-computer-services.com

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers in-home visits for home and small business computer needs including repair, diagnostics, virus removal and data recovery.

Geeks on the Way

Phone: 403-347-1727

Website: www.geeksontheway.com

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers in-home services for desktop computer repairs (not laptop repairs), email and hardware issues; offers remote service if necessary.

Courier and Delivery Services

Central Home Delivery

Phone: 403-342-0457

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers pick-up and delivery of household items and house moves.

Direct Courier

Phone: 403-348-3480

Location: Springbrook

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County excluding Bowden

Offers pick-up and delivery of furniture and other household items.

Denturists

Bowmont Denture Clinic

Phone: 403-346-5845 or 1-877-346-5845

Location: Red Deer

Serves: Red Deer

Offers in-home denture service and complimentary door-to-door shuttle service for seniors. Provides complete and partial dentures, implant dentures, soft liners, relines and repairs.

Dwight Roux

Phone: 403-896-0758

Email: compassionate5@msn.com

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County, including rural residences

Offers in-home consultations for new complete upper and lower dentures, relining and repairs, and teeth whitening. Often same-day service on relining and repairs.

Red Deer's Mobile Denture Service (JAG Prosthetic Contracting)

Phone: 403-350-8819

Location: Red Deer

Serves: Lacombe, Red Deer, Sylvan Lake and rural residences in that area

Offers fully mobile denture services including new dentures, relines and repairs. Free consultations.

Dry Cleaning

Classic Cleaners

Phone: 403-347-5959

Website: www.classiccleaners.ca

Location: Red Deer

Serves: Red Deer

Offers pick-up and delivery for dry cleaning. Senior discount available for those age 65 and older.

Sterling Cleaners

Phone: 403-346-4055

Location: Red Deer

Serves: Red Deer

Offers pick-up and delivery of dry cleaning (and limited laundry service). Senior discount is available.

Foot Care

Edith's Foot Care

Phone: 403-227-7281

Location: Innisfail

Serves: Bowden, Innisfail, Penhold, Springbrook and rural residences in that area

Offers in-home foot care including pedicures, corn removal and foot massage.

Foot Care for Seniors

Phone: 403-885-4979 or 403-342-1434

(Millerdale Pharmacy)

Location: Blackfalds

Serves: Blackfalds and Red Deer

Offers in-home foot care services including toenail trimming, reducing thick toenails, corn and callous removal, diabetic foot care and gentle massage.

We Care Home Health Services

Phone: 403-342-1500

Email: shauna_hubel@wecare.ca

Website: www.wecare.ca

Location: Red Deer

Serves: Red Deer and some rural residences depending on the service required

Offers advanced in-home foot care by nursing staff.

Friendly Visiting and Companionship

Caregiver's Best Friend

Phone: 403-598-1798

Email: Colette@caregiversbestfriend.com

Website: www.caregiversbestfriend.com

Location: Red Deer

Serves: Red Deer and area, depending on the service required

Offers visits and companionship.

Comfort Keepers

Phone: 403-347-3730

Website: www.comfortkeepers.ca

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers in-home conversation and companionship services.

Companions for Seniors

Phone: 403-347-9705

Email: harrietsm@yahoo.ca

Location: Red Deer

Serves: Red Deer

Offers in-home companionship services or accompaniment to appointments and activities. Does not include personal care services.

Golden Circle Senior Resource Centre

Phone: 403-343-6074

Email: info@goldencircle.ca

Website: www.goldencircle.ca

Location: Red Deer

Serves: Red Deer

Offers friendly visiting to qualifying seniors. Volunteers will come to the client's home to spend some time one on one. Visiting, going for walks, playing games and reading are some of the activities that the volunteer may do.

Nannies for Grannies

Phone: 403-391-3109

Email: nanniesforgrannies@shaw.ca

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers daytime companionship services that can fill in between home care visits. Staff are certified health care aides or nurses who help with personal care and grooming but do not give medications or insulin. Provides transportation and/or accompaniment to errands and appointments as part of companionship services.

Sunnybrook United Church

Phone: 403-347-6073

Website: www.sunnybrookunited.org

Location: Red Deer

Serves: Red Deer

Offers in-home visits for seniors.

We Care Home Health Services

Phone: 403-342-1500

Email: shauna_hubel@wecare.ca

Website: www.wecare.ca

Location: Red Deer

Serves: Red Deer and some rural residences, depending on the service required

Offers companion services for visiting, playing cards, reading a book, sharing a hobby or accompaniment to appointments.

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.

Caregiver's Best Friend

Phone: 403-598-1798

Email: Colette@caregiversbestfriend.com

Website: www.caregiversbestfriend.com

Location: Red Deer

Serves: Red Deer and area, depending on the service required

Offers grocery shopping and delivery.

Comfort Keepers

Phone: 403-347-3730

Website: www.comfortkeepers.ca

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers grocery shopping and delivery, including the use of coupons.

Family and Community Support Services (FCSS) Office, Lacombe

Phone: 403-782-6637

Location: Lacombe

Serves: Lacombe and area

Offers the Lacombe Connex van, which delivers grocery orders from Co-op to seniors on Wednesdays.

Family Services of Central Alberta (FSCA)

Phone: 403-343-6400

Email: fsca@fsca.ca

Website: www.fsca.ca

Location: Red Deer

Serves: Bowden, Delburne, Elnora, Penhold, Red Deer, Red Deer County and Springbrook, including rural residences

Offers grocery shopping and delivery for Home Support clients.

Golden Circle Senior Resource Centre

Phone: 403-343-6074

Email: info@goldencircle.ca

Website: www.goldencircle.ca

Location: Red Deer

Serves: Red Deer

Offers weekly grocery delivery to qualifying seniors in Red Deer. The cost for this service is the groceries ordered from the downtown Co-op plus a set fee to cover the fuel costs for the volunteer. Contact the Golden Circle Outreach Coordinator for more details.

Grocery Girl

Phone: 403-302-0529

Email: thegrocerygirl@shaw.ca

Location: Red Deer

Serves: Red Deer

Offers home visits to determine needs, shopping at the store of your choice with special instructions and prompt return with your items, which are put away in an orderly fashion.

Red Deer AG Foods

Phone: 403-346-2637

Location: Red Deer

Serves: Red Deer

Offers same day delivery of grocery phone orders for a set fee.

Red Deer Co-op Limited

Phone: 403-309-8906

Location: Red Deer

Serves: Red Deer

Offers same-day grocery delivery for a set fee.

Sobeys (Eastview)

Phone: 403-343-9505

Location: Red Deer

Serves: Red Deer

Offers same-day delivery of grocery orders for a set fee.

Sobeys (Gaetz South)

Phone: 1-800-608-5373 (Go-ceries Delivery Service)

Website: www.go-ceries.ca

Location: Red Deer

Serves: Red Deer

Offers grocery delivery for orders placed online with Go-ceries Delivery Service. Sobeys fills the order and calls the delivery company that delivers it to the home for a set fee.

Hairstyling

Arlene Johnston

Phone: 403-307-4448

Email: arlejohn@telus.net

Location: Red Deer

Serves: Red Deer

Offers in-home hairstyling and beauty treatments on evenings and weekends by appointment.

Home Care and Respite Care

Alberta Health Services – Home Care

Elnora: 403-773-3636

Innisfail: 403-227-7820

Lacombe: 403-782-3218

Red Deer: 403-341-2100

Serves: All of Central Alberta

Offers medical and personal care in the home.

CBI Home Health

Lacombe: 403-782-6535

Red Deer: 403-314-9213

Website: www.cbi.ca

Offers medical and non-medical home and respite care.

Comfort Keepers

Phone: 403-347-3730

Website: www.comfortkeepers.ca

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers home support services of regular visits or 24-hour care. Includes grooming guidance, medication reminders, mobility assistance, dementia care, end-of-life care, Veterans Care Programs and recovery and vision loss services. Also offers respite care

Family Services of Central Alberta (FSCA)

Phone: 403-343-6400

Email: fsca@fsca.ca

Website: www.fsca.ca

Location: Red Deer

Serves: Bowden, Delburne, Elnora, Penhold, Red Deer, Red Deer County and Springbrook, including rural residences

Offers Home Support Services to qualifying seniors. Includes practical in-home help in times of illness or disability; respite care is available so that full-time caregivers can have a break or attend appointments (does not include personal or nursing care).

Nannies for Grannies

Phone: 403-391-3109

Email: nanniesforgrannies@shaw.ca

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers daytime respite care.

Nurse Next Door

Phone: 403-506-3304

Email: reddeer@nursenextdoor.com

Website: www.nursenextdoor.com

Location: Red Deer

Serves: Red Deer and area, depending on the service required

Offers a variety of in-home care including personal and palliative care, Alzheimer's and dementia care.

We Care Home Health Services

Phone: 403-342-1500

Email: shauna_hubel@wecare.ca

Website: www.wecare.ca

Location: Red Deer

Serves: Red Deer and some rural residences, depending on the service required

Offers personal care services such as bathing, hygiene and grooming, nursing care, live-in care and respite care.

Housekeeping and Home Maintenance

Caregiver's Best Friend

Phone: 403-598-1798

Email: Colette@caregiversbestfriend.com

Website: www.caregiversbestfriend.com

Location: Red Deer

Serves: Red Deer and area, depending on the service required

Offers light housekeeping duties including laundry and meal preparation. Also offers light household maintenance.

Cinderella Cleaning

Phone: 403-346-1536

Email: Cinderella.cleaning@hotmail.com

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers weekly, bi-weekly or one-time cleaning. Specializes in move outs.

Clarion Quality Janitorial

Phone: 403-341-5720

Email: clarion.janitorial@gmail.com

Location: Red Deer

Serves: Blackfalds, Innisfail, Red Deer and rural residences in between

Offers light housekeeping services.

Comfort Keepers

Phone: 403-347-3730

Website: www.comfortkeepers.ca

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers light housekeeping services including laundry and meal preparation.

Family and Community Support Services (FCSS) Offices

Innisfail

Phone: 403-227-7744

Serves: Innisfail and area

Offers light housekeeping for qualifying seniors as part of Home Support services.

Lacombe

Phone: 403-782-6637

Location: Lacombe

Serves: Lacombe and area

Offers light housekeeping for qualifying seniors as part of Home Support services.

Sylvan Lake

Phone: 403-887-1137

Serves: Sylvan Lake and area

Offers light housekeeping for qualifying seniors as part of Home Support services.

Family Services of Central Alberta (FSCA)

Phone: 403-343-6400

Email: fsca@fsca.ca

Website: www.fsca.ca

Location: Red Deer

Serves: Bowden, Delburne, Elnora, Penhold, Red Deer, Red Deer County and Springbrook, including rural residences

Offers light housekeeping, laundry, meal planning and basic meal preparation in times of illness or disability and for seniors experiencing challenges in maintaining their own home. The cost of this subsidized service is dependent on household income.

Golden Circle Senior Resource Centre

Phone: 403-343-6074

Email: info@goldencircle.ca

Website: www.goldencircle.ca

Location: Red Deer

Serves: Red Deer

Offers light housekeeping, minor handyman services, painting and one-time cleaning to qualifying seniors in Red Deer.

Grocery Girl

Phone: 403-302-0529

Email: thegrocerygirl@shaw.ca

Location: Red Deer

Serves: Red Deer

Offers menu planning and in-home meal preparation.

Helping Hands Home Support Services Limited

Phone: 403-346-7777

Email: helping2@netago.ca

Website: www.helpinghandshomesupport.com

Location: Red Deer

Serves: Red Deer

Offers light housekeeping services including meal preparation and laundry.

Hestia Interiors

Phone: 403-350-1220

Email: heather@inspiredshelter.com

Website: inspiredshelter.com

Location: Red Deer

Serves: Red Deer

Offers de-cluttering, time management and interior design services.

Honey Do Handyman

Phone: 403-896-9553

Email: kevin@rmhf.ca

Location: Sylvan Lake

Serves: Blackfalds, Innisfail, Lacombe, Penhold, Red Deer, Springbrook, Sylvan Lake and rural residences in that area

Offers renovations, additions, deck building, painting and smaller handyman jobs as well.

Merry Maids

Phone: 403-343-2398

Website: www.mm8043.isiedge.com

or www.merrymaids.com

Location: Red Deer

Serves: Blackfalds, Innisfail, Lacombe, Penhold, Red Deer, Sylvan Lake and rural residences in that area

Offers light housekeeping services.

Nurse Next Door

Phone: 403-506-3304

Email: reddeer@nursenextdoor.com

Website: www.nursenextdoor.com

Location: Red Deer

Serves: Red Deer and area, depending on the service required

Offers light housekeeping and meal preparation.

We Care Home Health Services

Phone: 403-342-1500

Email: shauna_hubel@wecare.ca

Website: www.wecare.ca

Location: Red Deer

Serves: Red Deer and some rural residences, depending on the service required

Offers light housekeeping, laundry and meal preparation.

House Sitting and Pet Care

Cinderella Cleaning

Phone: 403-346-1536

Email: Cinderella.cleaning@hotmail.com

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers house sitting and pet sitting services.

Doggy Doos and Kitties Too

Phone: 403-346-4633

Email: doggydoosandkittiestoo@hotmail.com

Website: www.doggydoosandkittiestoo.ca

Location: Red Deer

Serves: Red Deer

Offers pick up and drop off pet shuttle for grooming, day care and boarding.

Lunder's Lakeside Kennels

Phone: 403-343-6416

Email: dogman@telusplanet.net

Location: Delburne

Serves: Delburne and Red Deer, including rural residences in between

Offers kennel pick-up and delivery service for dogs.

We Care Home Health Services

Phone: 403-342-1500

Email: shauna_hubel@wecare.ca

Website: www.wecare.ca

Location: Red Deer

Serves: Red Deer and some rural residences, depending on the service required

Offers in-home pet care and walks.

Library Services

Mary C. Moore Public Library

Phone: 403-782-3433

Website: www.lacombelibrary.org

Location: Lacombe

Serves: Lacombe

Offers book delivery on a case-by-case basis, including access to CNIB materials, audio books, Daisy books and Daisy book readers.

Red Deer Public Library

Phone: 403-342-9110, ask for Homebound Readers' Service Coordinator

Email: dstewart@rdpl.org

Website: www.rdpl.org

Location: Red Deer

Serves: Red Deer

Offers a free, personalized selection and home delivery service for qualifying library members who cannot visit the library due to age, illness or disability.

Massage Therapy

In Touch with You II

Phone: 403-350-9151

Location: Red Deer

Serves: Penhold, Red Deer, Springbrook and other locations on a case-by-case basis

Offers in-home therapeutic massage, relaxation therapy, craniosacral massage and reflexology.

JEM Massage

Phone: 403-391-9778

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers in-home massage and relaxation therapy.

Meal Delivery

Golden Circle Senior Resource Centre

Phone: 403-343-6074

Email: info@goldencircle.ca

Website: www.goldencircle.ca

Location: Red Deer

Serves: Red Deer as delivery; Blackfalds, Lacombe and Red Deer County if meals are picked up

Offers home-style, health meals frozen for your convenience that are delivered within Red Deer but can be picked up at the centre if living outside of the delivery area. Order from our menu by Wednesday and meals are available the following Wednesday for delivery or pickup. This service is available for qualifying individuals.

Meals on Wheels

Blackfalds

Phone: 403-885-4677 – Family and Community Support Services (FCSS) Office

Serves: Blackfalds

Offers home delivery of frozen meals at a set cost per meal.

Delburne

Phone: 403-749-3654

Serves: Delburne and area

Offers home delivery of hot meals on Mondays, Wednesdays and Fridays (excluding statutory holidays) to those who cannot provide for themselves at a set cost per meal. Out-of-town clients can pickup the meals in town.

Elnora

Phone: 403-773-3920

Serves: Elnora and area

Offers home delivery of hot meals two times per week at a set cost per meal.

Innisfail

Phone: 403-227-4605

Serves: Innisfail (town only)

Offers home delivery of a hot supper Monday through Friday (excluding statutory holidays) at a set cost per meal; delivery includes lunch for the next day.

Lacombe

Phone: 403-782-6637 – Family and Community Support Services (FCSS) Office
Location: Lacombe
Serves: Lacombe and area

Offers delivery of Hot Meals on Wheels Monday through Friday (excluding statutory holidays), or Frozen Meals on Wheels once per month at a set cost per meal for qualifying seniors.

Red Deer

Phone: 403-340-2511
Email: rdmealsonwheels@shaw.ca
Website: www.reddeermealsonwheels.com
Serves: Red Deer

Offers nutritionally-balanced meals delivered hot to your door at noon Monday through Friday (excluding statutory holidays); some special diets are available. There is a set cost per meal.

Sylvan Lake

Phone: 403-887-2555 (Sylvan Lake Seniors' Lodge)
Serves: Sylvan Lake

Offers home delivery of a hot lunch Monday through Friday (excluding statutory holidays) at a set cost per meal.

Medical Alarm Systems

Comfort Keepers

Phone: 403-347-3730
Website: www.comfortkeepers.ca
Location: Red Deer
Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers personal emergency response systems, including video camera service and help lines.

Family and Community Support Services (FCSS) Office, Lacombe

Phone: 403-782-6637
Location: Lacombe
Serves: Lacombe and area

Offers Life Line services for qualifying seniors.

Life Call

Phone: 1-800-661-5433
Website: www.lifecall.ca
Location: Canada-wide
Serves: Canada-wide

Offers personal medical alarms with 24-hour service.

Lifeline Medical Alert

Phone: 1-866-656-4088
Website: www.lifeline.ca
Location: Canada-wide
Serves: Canada-wide

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

Mobility Aids and Lifts

MediChair

Phone: 403-342-7300
Email: reddeer@medichair.ca
Website: www.reddeer.medichair.com
Location: Red Deer
Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers in-home assessments for lifts and installations.

Shoppers Home Health Care

Phone: 403-342-4460
Location: Red Deer
Email: rhagan@shoppershomehealthcare.ca
Website: www.shoppershomehealthcare.ca
Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers in-home consultation for mobility aids such as canes and walkers, scooters, wheelchairs, wheelchair vans, ramps, lifts and stair lifts.

Moving Companies

Transitions

Phone: 403-391-9674
Email: transitions.diane@shaw.ca
Location: Red Deer
Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers moving services specializing in the needs of senior citizens. Includes a draft of a floor plan for the new location, oversight of packing and movers, set up of new residence, connection/disconnection of utilities, cleaning of residence, preparing the home for sale, organizing and host content sales, removal of garbage, coordination of items to be disbursed to family members and assistance with finding suitable senior housing accommodations.

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 helpful service.

Apple Drugs

Phone: 403-347-4008

Location: Red Deer

Serves: Red Deer and Penhold

Offers free prescription delivery.

Caregiver's Best Friend

Phone: 403-598-1798

Email: Colette@caregiversbestfriend.com

Website: www.caregiversbestfriend.com

Location: Red Deer

Serves: Red Deer and area, depending on the service required

Offers prescription delivery.

Drugstore Pharmacy

Phone: 403-227-5037

Location: Innisfail

Serves: Innisfail

Offers prescription delivery for prescriptions that are dropped off or faxed into the pharmacy.

Hilltop IDA Pharmacy

Phone: 403-341-4488

Location: Red Deer

Serves: Red Deer; outside city on a case-by-case basis

Offers free prescription delivery.

Jackson's Pharmasave

Phone: 403-227-3500

Location: Innisfail

Serves: Innisfail and area

Offers prescription delivery.

Medicine Shoppe Pharmacy

Phone: 403-343-8088

Email: ms0251@store.medicineshoppe.ca

Website: www.medicineshoppe.ca

Location: Red Deer

Serves: Red Deer; outside city on a case-by-case basis

Offers free prescription delivery, in-home visits and in-home medication consultations.

Millerdale Pharmacy

Phone: 403-342-1434

Location: Red Deer

Email: mw@millerdalepharmacy.ca

Website: www.mdrx.ca

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers delivery of prescriptions and all items in the pharmacy including bath and walk aids and diabetic supplies.

Pharmasave

Phone: 403-782-3999

Location: Lacombe

Serves: Lacombe

Offers free delivery of prescriptions and other home health care items.

Red Deer Value Drug Mart

Phone: 403-341-3166

Location: Red Deer

Serves: Red Deer

Offers free prescription delivery including free blister packs.

Rexall Drug Store

Phone: 403-782-0667

Location: Lacombe

Serves: Lacombe

Offers free prescription delivery and in-home stocking fittings.

Rexall IDA

Phone: 403-340-3784

Location: Red Deer

Serves: Red Deer

Offers free prescription delivery including free blister packs.

Ross Street IDA

Phone: 403-340-1800

Location: Red Deer

Serves: Blackfalds, Red Deer, Lacombe, Penhold, Springbrook and Sylvan Lake

Offers delivery of prescriptions, including free blister packs, medication utilization reviews and information pictures.

Shoppers Drug Mart

Phone: 403-782-3220

Location: Lacombe

Serves: Lacombe

Offers free prescription delivery, free blister packs and delivery of supplies through the Alberta Aids to Daily Living program

Sproule's Mountview IDA

Phone: 403-347-2345

Location: Red Deer

Serves: Red Deer

Offers free prescription delivery including free blister packs.

Sylvan Lake Value Drug Mart

Phone: 403-887-4200

Location: Sylvan Lake

Serves: Sylvan Lake; some rural residences on a case-by-case basis

Offers free prescription delivery and delivery of other pharmacy supplies. Also offers in-home injections for those registered with Alberta Aids for Daily Living.

West Park IDA Drugs

Phone: 403-346-8809

Location: Red Deer

Serves: Red Deer

Offers free prescription delivery including free blister packs. Also delivers some other pharmacy supplies. Offers charge accounts.

Rehabilitation Therapy

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

Comfort Keepers

Phone: 403-347-3730

Website: www.comfortkeepers.ca

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers in-home rehabilitation therapy.

Respiratory Care

Parkland Respiratory Care Ltd

Phone: 403-342-5823 or 1-800-272-8861

Email: parkcar1@telus.net

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers in-home oxygen therapy and case-by-case CPAP set-up; need prescription from doctor and qualification for funding can be obtained through Alberta Aids for Daily Living.

VitalAire Healthcare

Phone: 403-347-4245

Website: www.vitalaire.com

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers in-home respiratory assessments, home oxygen services and sleep apnea testing and treatment.

Yard Work and Snow Removal

Caregiver's Best Friend

Phone: 403-598-1798

Email: Colette@caregiversbestfriend.com

Website: www.caregiversbestfriend.com

Location: Red Deer

Serves: Red Deer and area, depending on the service required

Offers light yard work.

**Family and Community Support Services (FCSS)
Office, Blackfalds**

Snow Angels Program

Phone: 403-885-4677

Location: Blackfalds

Serves: Blackfalds

Offers snow removal for those age 55 and over who are unable to shovel their sidewalks.

**Family and Community Support Services (FCSS)
Office, Lacombe**

Phone: 403-782-6637

Location: Lacombe

Serves: Lacombe and area

Offers snow shoveling for qualifying seniors.

Golden Circle Senior Resource Centre

Phone: 403-343-6074

Email: info@goldencircle.ca

Website: www.goldencircle.ca

Location: Red Deer

Serves: Red Deer

Offers light lawn and garden work and snow shoveling to qualifying seniors within the city of Red Deer.

Other Resources

Alberta Food Banks

Blackfalds Food Bank

Phone: 403-885-0119 (Neighbourhood Place)

Delburne Food Bank

Phone: 403-749-3654 (FCSS Office)

Innisfail Food Bank

Phone: 403-227-0600

Lacombe Food Bank and Clothing Centre

Phone: 403-782-6777

Red Deer Food Bank

Phone: 403-346-1505

Sylvan Lake SDA Church Food Bank

Phone: 403-887-4534

Offer food requirements for those in need.

Caregiver's Best Friend

Phone: 403-598-1798

Email: Colette@caregiversbestfriend.com

Website: www.caregiversbestfriend.com

Location: Red Deer

Serves: Red Deer and area, depending on the service required

Offers advocacy and transition coaching.

**Central Alberta Refugee Effort (C.A.R.E.)
Immigrant Seniors Program**

Phone: 403-346-8818

Location: Red Deer

Serves: Anyone

Offers immigrant seniors and refugee seniors the opportunity to socialize in a community setting.

Family and Community Support Services (FCSS) Offices

Blackfalds

Phone: 403-885-4677

Website: www.blackfalds.com

Serves: Blackfalds and area

Offers general information on seniors' services in the area.

Bowden

Phone: 403-224-2207

Website: www.town.bowden.ab.ca/services.html

Serves: Bowden and area

Offers general information on seniors' services in the area.

Delburne

Phone: 403-749-3654

Serves: Delburne and area

Offers emergency food bank, Life Line and various programs including out-of-town adventures. Also offers general information on seniors' services in the area.

Elnora

Phone: 403-773-3920

Website: www.villageofelnora.com/images/events.htm

Serves: Elnora and area

Offers general information on seniors' services in the area.

Innisfail

Phone: 403-227-7744

Serves: Innisfail and area

Website: www.townofinnisfail.com/ms_fcsc.htm

Offers general information on seniors' services in the area.

Lacombe

Phone: 403-782-6637

Serves: Lacombe and area

Website: www.lacombefcsc.net

Offers help with income tax and completing government forms for qualifying seniors, and provides general information on seniors' services in the area.

Penhold

Phone: 403-886-5464, ask for Community Services

Serves: Penhold and area

Website: www.townofpenhold.ca/documents/fcsc.html

Offers general information on seniors' services in the area and various other services as necessary.

Red Deer

Phone: 403-342-8100 (Social Planning Department)

Serves: Red Deer and Red Deer County

Website: www.reddeer.ca/socialplanning

Offers general information on seniors' services in the area.

Springbrook

Phone: 403-350-9533 (District Community Worker)

Serves: Red Deer County

Offers general information on seniors' services in the area.

Sylvan Lake

Phone: 403-887-1137

Serves: Sylvan Lake and area

Website: www.sylvanlake.ca/csd-fcsc-programs.htm

Offers general information on seniors' services in the area.

West Red Deer County

Phone: 403-505-9091 (District Community Worker)

Serves: West Red Deer County

Offers general information on seniors' services in the area.

Family Services of Central Alberta (FSCA)

Phone: 403-343-6400

Email: fsca@fsca.ca

Website: www.fsca.ca

Location: Red Deer

Serves: Bowden, Delburne, Elnora, Penhold, Red Deer, Red Deer County and Springbrook, including rural residences

Offers an Adult Day Support Program to qualifying seniors, which is an activity group for persons with memory loss, dementia or Alzheimer's Disease and their caregivers. Also offers "Caregiver Connection" and "Take Care," educational, supportive and connecting programs for adults caring for another adult.

Golden Circle Senior Resource Centre

Phone: 403-343-6074

Email: info@goldencircle.ca

Website: www.goldencircle.ca

Location: Red Deer

Serves: Golden Circle members

Offers regular activities, classes and clubs, referrals, resource lists, elder abuse resources, assistance with forms, foot clinic, lunch Monday through Friday at the Golden Circle (cost). Please call for more information about how to access our programs and a schedule of events.

Government of Alberta Rite Line

Phone: 403-310-0000

Innisfail Seniors' Drop In Centre

Phone: 403-227-6601

Location: Innisfail

Serves: Innisfail and area

Offers weekly social activities.

Kozy Korner Seniors' Community Centre

Phone: 403-782-6216

Location: Lacombe

Serves: Anyone

Offers drop-in times and social activities including weekly dinners.

Lending Cupboard

Phone: 403-356-1678

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers free use of new and used medical equipment with no qualifying process.

Canadian Paraplegic Association

Phone: 403-341-5060

Website: www.cpa-ab.org/

Location: Red Deer

MediChair

Phone: 403-342-7300

Email: reddeer@medichair.ca

Website: www.reddeer.medichair.com

Location: Red Deer

Serves: Blackfalds, Lacombe, Red Deer and Red Deer County

Offers home health care supplies and scooter sales.

Neighbourhood Places

Blackfalds Neighbourhood Place

Phone: 403-885-0119

Offers resource, referral and food bank services.

Delburne Neighbourhood Place

Phone: 403-749-3380

Offers resource and referral services.

Lacombe Neighbourhood Place

Phone: 403-782-0886

Location: Lacombe

Offers resource and referral services.

Pioneer Club Drop-in Centre

Phone: 403-773-2265

Location: Elnora

Serves: Elnora and area

Offers scheduled social events and drop-in social times.

Senior Citizen's Downtown House

Phone: 403-346-4043

Location: Red Deer

Serves: anyone

Offers a drop-in centre with a variety of activities such as carpet bowling, bingo, cards, dances, jam sessions and potluck suppers. Kitchen is open over lunch time with lunch available for a set fee.

Sylvan Lake Seniors' Centre

Phone: 403-887-5428

Location: Sylvan Lake

Serves: Sylvan Lake

Offers community support services with information on government services and help with filling out forms; also offers social events and free lunch on Wednesdays.

We Care Home Health Services

Phone: 403-342-1500

Email: shauna_hubel@wecare.ca

Website: www.wecare.ca

Location: Red Deer

Serves: Red Deer and some rural residences, depending on the service required

Offers wellness clinics such as diabetes awareness, cardio awareness and osteoporosis screening at various locations in the community.

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



ama.ab.ca