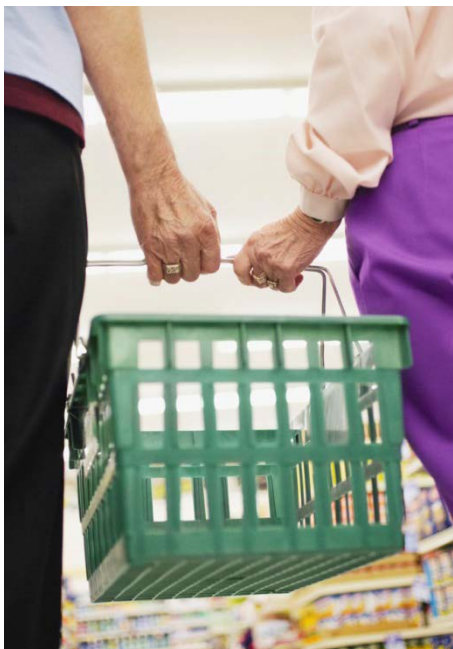


A Guide to Mobility and Independence



A Comprehensive Listing of
Essential Services and Transportation
Providers in Edmonton and Outlying
Communities
(7th Edition)
2016

A Guide to Mobility and Independence

A Comprehensive Listing of Essential Services and Transportation Providers in Edmonton and Outlying Communities (7th Edition)

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This Guide has been developed with support from Age Friendly Edmonton™. Edmonton is part of a global movement to make cities friendlier for people of all ages. Age Friendly Edmonton™ is a local initiative to build a city that values, respects, and actively supports the well-being of its seniors. For more information, please visit www.agefriendlyedmonton.ca



Message from the Authors

Mobility is important to an individual's health and independence. However, sometimes health conditions and other circumstances limit mobility. When that happens, it is necessary to find alternative ways of accessing services that are important to an individual's health and well-being.

To assist in this effort we have put together a listing of organizations and businesses that provide essential services and transportation in Edmonton and surrounding area. All of the organizations and businesses listed in this Guide were contacted or identified through web-based searches. As well, a majority of the organizations listed in this Guide have a focus on seniors, offer in-home services, or offer seniors a discount toward their services.

Although our searches were comprehensive, it is possible that we may have missed some organizations and/or businesses providing services to seniors. If so, we apologize in advance and request that those organizations and/or businesses contact us to enable the addition of their organization in this Guide. As well, for some sections of this Guide (e.g., Housekeeping, Dental, Home, & Respite Care, etc.), many businesses exist in Edmonton and surrounding area. In these cases, we randomly selected businesses to be called and included in the Guide. Our aim was to provide a representative, rather than an exhaustive, listing of the services that are available in Edmonton and surrounding area.

If you require further information or more copies of this Guide, please call the Medically At-Risk Driver Centre at (780) 492-6273. You also can access a version (PDF format) of this document by going to the following website: www.mard.ualberta.ca

Disclaimer

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Household Services



Meal Delivery

Prepared Meal Delivery

Edmonton Meals on Wheels

11111-103 Ave, Edmonton, AB T5K 2P1

Phone: (780) 429-2020

Website: www.mealsonwheeledmonton.org

Chef's Choice Hot Meals Program

Provides hot meal delivery between 10:30am and 1:00pm Monday through Friday. Delivery can be scheduled for the next business day. Weekend and holiday meals are delivered frozen on Friday or the day before the holiday. Meals also are available for pick-up – please contact Edmonton Meals on Wheels to set up a time.

Edmonton Meals on Wheels

11111-103 Ave, Edmonton, AB T5K 2P1

Phone: (780) 429-2020

Website: www.mealsonwheeledmonton.org

Chef's Choice Frozen Meals Program

Frozen meals are available for purchase at a variety of locations in the Edmonton area or available for order online or by phone. Meals are delivered between 4:30pm and 7:00pm Wednesday and Thursday or can be picked up at Meals on Wheels between 9:00am and 3:00pm Monday through Friday. However alternate delivery/pick-up arrangements can be made – please contact Edmonton Meals on Wheels to set up a time.

IVC – Information Volunteer Centre for Strathcona County

100 Ordze Ave, Sherwood Park, AB T8B 1M6

Phone: (780) 464-4242

Website: www.ivcstrathcona.org/projects/chefs-choice-frozen-meals/

Chef's Choice Frozen Meals Program

IVC, in conjunction with Edmonton Meals on Wheels, offers residents of Sherwood Park and Strathcona County frozen meal combinations available for purchase. Orders can be placed over the phone or by dropping in to the Centre. Meals are available for pick-up between 8:30am and 4:30pm Monday through Friday.

Leduc Meals on Wheels

Phone: (780) 980-7109

Website: www.leduc.ca/page85.aspx

Provides hot meal delivery once per day (between 11:30am and 1:00pm) Monday through Friday. Offers same day delivery for orders placed before 10:00am.

PDG Hospitality Corporation

Phone: (780) 455-5620

Provides food services to care facilities, retirement facilities, and to individuals living in Edmonton. Delivery occurs between 2:00pm and 4:00pm Monday, Tuesday, and Thursday. Request that orders be placed 1-2 business days in advance. Call for more details.

SAGE Savories

Phone: (780) 701-9025 or (780) 423-5510

Website: www.mysage.ca/at-sage/food-services/sage-savories

Provides frozen meal delivery between 12:00pm and 3:00pm, Monday through Thursday to individuals living in Edmonton. Meals also are available for pick-up between 8:00am and 3:00pm Monday through Friday at the Sunshine Café (15 Sir Winston Churchill Square, Edmonton). Many meal choices have been Health Check™ certified by the Heart and Stroke Foundation.

Sherwood Park Meals on Wheels

2020 Brentwood Blvd North, Sherwood Park, AB T8A 0V8 (Sherwood Care)

Phone: (780) 467-2281

Website: www.sherwoodcare.com/explore-our-facilities/magic-of-mealtime/

Chef's Choice Hot Meals Program

Provides nutritious meals to individuals living in Sherwood Park and Strathcona County who are unable to manage meal preparation due to illness, injury, or other circumstances. Hot meal delivery is provided once per day (between 10:45am and 12:30pm) Monday through Friday.

St. Albert Seniors Association – Meals on Wheels

Phone: (780) 459-0433 (ext. 3)

Website: www.stalbert50plusclub.wildapricot.org/meals-on-wheels

Provides hot meal delivery once per day (between 11:15am and 1:30pm) Monday through Friday to individuals living in St. Albert who are unable to manage meal preparation due to illness, injury, or other circumstances. Frozen entrees are available for purchase as well.

Restaurant Meal Delivery

Dial and Dine

Phone: (780) 944-9933

Website: www.dialanddine.ca

Provides delivery to individuals living in Edmonton from certain restaurants based on postal code. Hours of operation are 5:00pm to 10:00pm Wednesday through Saturday and 5:00pm to 9:00pm Sunday through Tuesday and on holidays.

Just Eat Edmonton

Website: www.just-eat.ca/delivery/edmonton

An online service that provides food delivery to individuals living in Edmonton from select restaurants. Delivery is available 24 hours a day, 7 days a week however, restrictions based on restaurant service hours may apply. All inquiries about the status of a delivery are made through the restaurant that was ordered from.

Uber Eats

Website: www.ubereats.com/edmonton/

An app-based online service that provides food delivery to individuals living in Edmonton from select restaurants 24 hours a day, 7 days a week however, restrictions based on restaurant service hours may apply.



Grocery Shopping & Delivery

Click E Mart

Phone: (587) 708-6666

Website: www.clickemart.ca

Click E Mart is an online grocery service for Edmonton and surrounding area that delivers groceries from Lucky Supermarket. Hours of operation are 10:00am to 9:00pm 7 days a week. Contact for more information about discounted rates for low-mobility individuals.

Edmonton Meals on Wheels

Phone: (780) 429-2020

Website: www.mealsonwheeledmonton.org/grocery-bag-delivery/

Store-to-Door Delivery Program

Clients are matched with screened volunteer shoppers who provide personalized grocery shopping. Shopping trip times are flexible. There is a \$40.00 minimum grocery order with a \$125.00 maximum order and there is a \$7.00 service fee.

Edmonton Meals on Wheels

Phone: (780) 429-2020

Website: www.mealsonwheeledmonton.org/grocery-bag-delivery/

The Grocery Bag/Grocery Delivery

The Grocery Bag, in partnership with Save-On-Foods, offers a wide variety of foods. Groceries are delivered by Meals on Wheels volunteers. Orders can be placed online or by phone until noon on Tuesday for delivery on Wednesday and Thursday between 4:30pm and 7:00pm. However alternate delivery/pick-up arrangements can be made – please contact Meals on Wheels to set up a time. There is a \$15.00 minimum grocery order with a \$40.00 maximum order and there is a delivery fee of \$5.00.

JY Grocery Delivery

Phone: (780) 217-6360

Website: www.jygrocerydelivery.com

JY Grocery Delivery is a department of McKernan Foods which is an independent grocery store. Orders must be placed by 9:00pm the day prior to the requested delivery day. A minimum order of \$75.00 is required for the grocery delivery service, and there is a \$10.00 delivery fee within Edmonton. A price can be negotiated for delivery to locations in the surrounding area.

Real Canadian Superstore – Click & Collect

Phone: 1-844-295-8219

Website: www.shop.superstore.ca

An online service offered through select Real Canadian Superstores in Edmonton, Sherwood Park, St. Albert, and Spruce Grove. Registered users can place their orders online as well as select a pick-up time slot. Super Store Click & Collect associates will prepare your order and have it ready for you to pick-up during your selected time slot. . Orders must be placed at least 4 hours prior to the start of the next available pick-up time slot. A minimum order of \$30.00 is required. Fees of \$3.00 to \$5.00 may apply depending on the pick-up time slot chosen and the location of pick-up. Pick-up times are from 9:00am to 9:00pm, 7 days a week.

Shop For You

Phone: (780) 487-7745

Shop For You is an independent delivery service offered within Edmonton. They offer shopping services for groceries and pharmacy at any Safeway, Sobeys, or Save-On-Foods, as well as other services such as picking up dry cleaning. To place an order, phone between 8:00am and 10:30am Monday through Friday. There is a \$14.00 delivery fee for grocery/pharmacy orders less than \$50.00, a \$17.00 delivery fee for orders between \$50.00–\$100.00, and a \$20.00 delivery fee for orders over \$100.00. For each additional stop, there is a charge of \$2.00. Delivery is guaranteed on the same day the order was placed.

SPUD

Phone: (587) 873-8822

Website: www.spud.ca

Provides local and organic grocery delivery to individuals living in Edmonton, Spruce Grove, St. Albert, and Sturgeon County. Please call to find out the minimum order amount for your location. Deliveries are made between 3:00pm and 9:00pm Tuesday through Friday. There is no delivery fee if the minimum order amount is met. Deliveries can be arranged between 9:00am and 9:00pm Monday through Sunday.

Sunterra Market

Phone: (780) 434-2610

Website: www.sunterramarket.com

Shop for groceries online or by phone. When placing an order by phone, the order must be placed the day prior to the requested delivery day. Delivery fees vary from no cost to \$8.00 within Edmonton and up to \$30.00 for locations in the surrounding area. Grocery pick-up by the customer is available at no extra charge.

The Organic Box

Phone: (780) 469-1900

Website: www.theorganicbox.ca

The Organic Box offers members the delivery of seasonal organic fruits and vegetables from local and non-local organic distributors. Memberships are sold in blocks of 13 deliveries that can be used either weekly or bi-weekly. See their website for information regarding different membership levels and associated costs. For orders under \$50.00, there is a delivery fee of \$5.00. Deliveries are made Tuesday through Saturday.

TouteSuite

Phone: (780) 729-5147

Website: www.toutesuite.weebly.com

Provides grocery delivery from several different grocery stores to individuals living in Edmonton, Sherwood Park, Spruce Grove, and St. Albert. Delivery costs vary depending on the stores visited and destination of delivery. Hours of operation are 9:00am to 11:00pm, 7 days a week. Request that orders be placed at least 2 days in advance of the delivery day.

WeGoShop.com

Phone: (780) 405-6179

Website: <http://www.wegoshop.com/>

Provides grocery delivery from local stores to individuals living in Sherwood Park and select areas of Edmonton. Orders can be placed online or by phone with no minimum purchase amount required. For orders under \$100.00, there is a service fee of \$9.95 and for orders over \$100.00, the service fee is 10% of the total grocery cost. Hours of operation are 10:00am to 5:00pm Monday through Friday, 11:00am to 5:00pm on Saturday, and by appointment only on Sunday. A 15% discount is offered to seniors.



Housekeeping

Some Seniors Centres and Associations are able to provide additional referrals and links to general information and services. See the section on Linkages to General Information and Services on page 18 of this Guide for further information.

Cleaning Crazy

Phone: (780) 474-4214

Provides residential cleaning services and move in/move out cleaning to individuals living in Edmonton, Sherwood Park, and St. Albert. Call to inquire about a discount for seniors.

Cleaning Professionals

Phone: (780) 628-0875 or 1-855-925-7767

Website: www.cleaningpros.ca

Provides residential cleaning services to individuals living in Edmonton, Sherwood Park, and St. Albert. Call to inquire about a discount for seniors.

Cozy Home Maid Service

Phone: (780) 761-2699

Website: www.cozyhomemaids.com

Provides residential cleaning services and move in/move out cleaning to individuals living in Edmonton, Sherwood Park, Spruce Grove, and St. Albert. Call to inquire about a discount for seniors.

Daisy Maid

Phone: (780) 435-1620

Website: www.daisymaid.info

Provides residential cleaning services to individuals living in Edmonton, Sherwood Park, and St. Albert. Call to inquire about a discount for seniors.

Domestic Divas

Phone: (780) 851-4822

Website: www.domestic-divas.ca

Provides residential cleaning services and move in/move out cleaning to individuals living in St. Albert. Call to inquire about a discount for seniors.

Dust Queen Inc.

Phone: (780) 448-4973

Website: www.dustqueen.com

Provides residential cleaning services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Envivia Clean

Phone: (780) 464-0787

Website: www.enviviaclean.com

Provides residential cleaning services to individuals living in Edmonton and Sherwood Park. Call to inquire about a discount for seniors.

Greener Cleaners

Phone: (780) 809-0865

Website: www.greenercleanersedmonton.com

Provides residential cleaning services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Krinkle Clean

Phone: (587) 409-3007

Website: www.vibrantcleaning.com

Provides residential cleaning services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Messy Maid

Phone: (780) 481-6243

Website: www.messymaidedmonton.com

Provides residential cleaning services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Molly Maid

Phone: (780) 452-5730 or 1-855-223-5851

Website: www.mollymaid.ca/locations/ab/edmonton/

Provides residential cleaning services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

River City Cleaners

Phone: (780) 436-5006

Website: www.rivercitycleaners.ca

Provides residential cleaning services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Scrubbi

Phone: (587) 409-2930 or 1-877-551-9876

Website: www.scrubbi.com

Provides residential cleaning services to individuals living in Edmonton, Sherwood Park, Spruce Grove, Devon, and Leduc. Offers a 15% discount for first-time clients.

Veritas Seniors Concierge Inc.

Phone: (780) 975-7927

Website: www.veritasseniors.ca

Provides residential cleaning and laundry services to seniors living in Edmonton and surrounding area. Call to inquire about rates.



Yard, Garden, & Snow Removal Services

Some Seniors Centres and Associations are able to provide additional referrals and links to general information and services. See the section on Linkages to General Information and Services on page 18 of this Guide for further information.

Alberta Lawn and Garden

Phone: (780) 242-2911

Website: www.albertalawnandgarden.com

Provides weekly summer yard maintenance and winter snow removal services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Big R Gardening and Landscaping Ltd.

Phone: (780) 444-5107

Website: www.bigrgardening.ca

Provides weekly summer yard maintenance and winter snow removal services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

City Wide Lawn and Snow Limited

Phone: (780) 454-5966

Provides seasonal services for yard maintenance, lawn care, and winter snow removal to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Dave Does Lawns Ltd.

Phone: (780) 965-5664

Website: www.dave-does-lawns.com

Provides yard maintenance, lawn care, and snow removal services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Effect Property Services

Phone: (587) 338-6601

Website: www.effectpropertyservices.com

Provides yard clean-up, lawn care, landscaping, snow removal, and Christmas light installation services to individuals living in Edmonton, Sherwood Park, Strathcona County, and Fort Saskatchewan. Call to inquire about a discount for seniors.

Euro Yard Service

Phone: (780) 218-8134 or 1-877-908-3876

Website: www.euroyardservice.com

Provides yard maintenance, lawn care, and snow removal services to individuals living in Edmonton, Spruce Grove, and Stony Plain. Call to inquire about a discount for seniors.

G & S Landscaping and Snow Removal Services

Phone: (780) 328-0971 or (780) 885-3184

Website: www.gandsintegratedservices.com

Provides landscaping and snow removal services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Greencare Landscaping and Bobcat Service

Phone: (780) 461-7179

Website: www.greencarelandscaping.ca

Provides lawn care, landscaping, and snow removal services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Ground Control Property Services

Phone: (780) 660-0767

Website: www.getgroundcontrol.org

Provides landscaping, gardening, and snow removal services to individuals living in Sherwood Park and surrounding area. Call to inquire about a discount for seniors.

Ladybug Lawn and Garden Ltd.

Phone: (780) 850-2420

Website: www.ladybuglawn.ca

Provides seasonal services for yard maintenance, lawn care, fall clean-up, and winter snow removal to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Lawn Boy Services

Phone: (780) 951-2080

Website: www.lawnboyservices.ca

Provides lawn care and snow removal services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

University Landscaping and Snow Removal Ltd.

Phone: (780) 496-9093

Website: www.university-landscaping.com

Provides yard, garden, and snow removal services to individuals living in Edmonton and surrounding area. A 10% discount is offered to seniors.

Westfall Exteriors

Phone: (780) 994-3998 or (780) 800-7229

Website: www.deckfencelandscaper.com

Provides landscaping, fence building, and snow removal services to individuals living in Edmonton, Sherwood Park, Fort Saskatchewan, and Leduc. Call to inquire about a discount for seniors.

White and Green Lawn Care and Snow Removal

Phone: (780) 452-5296

Website: www.whitegreenltd.ca

Provides lawn care, landscaping, and snow removal services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.

Yard Worx

Phone: (780) 424-2000

Website: www.yardworx.ca

Provides yard maintenance, lawn care, and snow removal services to individuals living in Edmonton and surrounding area. Call to inquire about a discount for seniors.



Moving Help

A Safeway Moving & Storage Ltd.

Phone: (780) 450-4292

Website: www.safewaymoving.ca

Provides moving services such as packing and unpacking, storage, and delivery for local or long distance moves to individuals living in Edmonton and surrounding area. Offers a discount to seniors.

Elder Move

Phone: (780) 668-9767

Website: www.eldermove.ca

Provides moving services such as sorting and de-cluttering sessions, packing and unpacking, arranging movers, organizing the sale of excess items, etc. to individuals 55 years of age and older living in Edmonton and surrounding area.

Kary Movers Ltd.

Phone: (780) 454-2414

Website: www.karymoversedmonton.com

Provides moving services such as packing and unpacking, storage, and delivery for local or long distance moves to individuals living in Edmonton and surrounding area. Offers a discount to seniors.

Lady Valet Home Services

Phone: (780) 297-3753

Website: www.ladyvalet.ca

Provides moving services such as sorting and de-cluttering sessions, packing and unpacking, arranging movers, organizing the sale of excess items, etc. to individuals living in Edmonton and surrounding area.

Mobility Moving

Phone: (780) 718-2071

Website: www.mobilitymoving.ca

Provides moving services that cater to seniors living in Edmonton and surrounding area. Services include complete or partial packing and unpacking, furniture delivery and set up, as well as expertise in moving to an adult living facility. Offers a discount to seniors.

Move a Mole Hill

Phone: (780) 903-7499

Website: www.moveamolehill.com

Provides moving services such as sorting and de-cluttering sessions, packing and unpacking, arranging movers, organizing the sale of excess items, etc. to individuals living in Edmonton and surrounding area.

Your Organized Friend

Phone: (780) 996-3583

Website: www.yourorganizedfriend.ca

Provides moving services such as sorting and de-cluttering sessions, packing and unpacking, arranging movers, organizing the sale of excess items, etc. to individuals living in Edmonton and surrounding area. Offers a discount to seniors and those with mobility issues.



Banking

Alberta Treasury Branch (ATB)

Phone: 1-800-332-8383

Website: www.atb.com

Offers ATMs*, telephone, mobile, and online banking services. Assistance with telephone banking is provided during office hours. A sit-down waiting area instead of waiting in line also is available. Many branches are now open on Saturday. For individuals 59 years of age or older, there is the option of a no-fee Freedom Account.

Bank of Montreal (BMO)

Phone: 1-877-225-5266

Website: www.bmo.com

Offers ATMs*, telephone, mobile, and online banking services. Many branches are now open on Saturday. For individuals 60 years of age or older there is the option of the Practical Plan Account that provides 12 everyday banking transactions per month, personalized cheques, and discounts on fees for investments for no monthly fee.

Canadian Imperial Bank of Commerce (CIBC)

Phone: 1-800-465-2422

Website: www.cibc.com

Offers ATMs*, telephone, mobile, and online banking services. Branches offer 15-20 minute courses on how to use these services. Phone your local branch for more information. Many branches are now open on Saturday. For individuals 60 years of age or older there is the option of the CIBC 60 Plus Advantage which offers discounts on the CIBC Everyday Chequing Account, the CIBC Premium Growth Account, and the CIBC US\$ Personal Account.

* ATMs – Automated Teller Machines.

Canadian Western Bank

Phone: (780) 423-8888

Website: www.cwbank.com

Offers ATMs*, telephone, mobile, and online banking services. Special services are offered for those 57 years of age or older with the Gold Leaf Plus account. This account offers unlimited transactions and no banking fees on most services for individuals 57 years of age and older. Call for further details.

Royal Bank (RBC)

Phone: 1-866-826-2880

Website: www.rbcroyalbank.com

Offers ATMs*, telephone, mobile, and online banking services, along with personal service to anyone who requests it. Many branches are now open on Saturday. Seniors are offered a 25% (or \$4.00, whichever is the higher amount) discount off monthly banking fees.

Scotia Bank

Phone: 1-800-472-6842

Website: www.scotiabank.com

Offers ATMs*, telephone, mobile, and online banking services. In-branch assistance is offered for those learning to use these services. Customers with investments at Scotia Bank can be visited at home. As well, individuals 60 years of age and older receive discounts on monthly banking fees.

Servus Credit Union

Phone: 1-877-378-8728

Website: www.servus.ca

Offers ATMs*, telephone, mobile, and online banking services, along with personal service to anyone who requests it. Personnel in some branches also go out to nursing homes to speak with members. Many branches are now open on Saturday.

TD – Canada Trust

Phone: 1-866-222-3456

Website: www.tdcanadatrust.com

Offers ATMs*, telephone, mobile, and online banking services. Many branches are now open on Saturday. They also offer personalized assistance to those learning or having problems with any of their systems. Seniors are offered a 25% discount off monthly banking fees.

* ATMs – Automated Teller Machines.



Library Services



Edmonton and Area Public Libraries

Stanley A. Milner Library

7 Sir Winston Churchill Square, Edmonton, AB T5J 2V4

Phone: (780) 496-7000

Websites: Edmonton Public Library: www.epl.ca
Devon Public Library: www.devonpubliclibrary.ca
Leduc Public Library: www.leduclibrary.ca
Spruce Grove Public Library: www.sgpl.ca
St. Albert Public Library: www.sapl.ab.ca
Stony Plain Public Library: www.stonyplainlibrary.org
Strathcona County Library: www.sclibrary.ab.ca

The Edmonton Public Library (EPL) has been an integral part of Edmonton since it opened in 1913. In 2014, EPL was named the Canadian Library of the Year by the *Library Journal* and Gale Cengage Learning. EPL currently has 20 physical branches, 2 locations with lending machines in different neighborhoods, and resources available on their website. In addition to the EPL, there are a number of other public libraries in the surrounding area (see listing above). Many of the public libraries offer in-home service to people who are unable to come to the library. Membership to EPL is free.

Edmonton Public Library – Library Access and Home Service

Stanley A. Milner Library

7 Sir Winston Churchill Square, Edmonton, AB T5J 2V4

Phone: (780) 496-7000

Website: www.epl.ca/services/assistive-services

The Edmonton Public Library (EPL) is able to provide special in-home service to persons with disabilities, homebound individuals, and seniors. Individuals requiring this service will be matched with a carefully screened and trained volunteer who will select and deliver library materials to the home.



Linkages to General Information & Services



Dementia Advice through Health Link – 811

All Albertans can receive specialized dementia advice through Health Link. This service helps support individuals and caregivers living with dementia, including those with Alzheimer's disease. When needed, callers also can be referred to a specialized dementia nurse for additional support.

Seniors Information Phone Line – 211

Seniors living in Edmonton, Leduc, and Parkland County can dial 211 to access referral services and information on basic needs (food, clothing, shelter, and financial support), employment resources, counselling/support groups, health care, legal services, etc. Information is available 24 hours a day, 7 days a week.

Seniors Home Supports Program

Website: www.seniorshomesupports.com

The Seniors Home Supports Program refers seniors living in Edmonton to vetted service providers that offer housekeeping, yard, snow removal, and minor home repair services. The six Edmonton organizations for seniors that participate in this program will do their best to provide referrals to other types of services as well.

Seniors Organizations Participating in the Home Supports Referral Program

- Lifestyle Helping Hands Seniors Association (780) 450-2113
- Mill Woods Seniors Activity Centre (780) 496-2997
- North Edmonton Seniors Association (780) 944-7470
- North West Edmonton Seniors Society (780) 482-1958
- South East Edmonton Seniors Association (780) 468-1985
- Westend Seniors Activity Centre (780) 483-1209

Seniors United Now

Phone: 1-855-786-8669

Website: <http://seniorsunitednow.com/>

This not-for-profit organization links seniors in Edmonton, Sherwood Park, and St. Albert with programs, benefits, and available services. Seniors United Now is actively involved in networking with other seniors groups regarding health care, housing and long-term care, and transportation.

Society of Seniors Caring About Seniors

Room 202, 5540-106 Ave, Edmonton, AB T6A 1G3 (St. Gabriel Catholic School)

Phone: (780) 465-0311

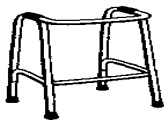
Website: www.sscas.com

Seniors Caring About Seniors is a not-for-profit organization offering services to residents on the south side of Edmonton. This organization links registered members with businesses that provide housekeeping, home repair, garden, and snow removal services. Annual membership is \$12.00, members must be at least 65 years of age, and must qualify as low-income (seniors with a maximum annual income of \$35,000 or an annual household maximum income of \$60,000).



Medical & Personal Services

Please note that service and travel fees, as well as seniors discounts, vary amongst practitioners. It is the responsibility of the customer to inquire about charges and discounts.



Aids to Daily Living

Alberta Aids to Daily Living

10th Floor, 10040-104 St, Edmonton, AB T5J 0Z2

Phone: (780) 427-0731

Website: www.health.alberta.ca/services/aids-to-daily-living.html

Assists individuals who have a chronic disability or illness and those who are terminally ill to receive authorized basic medical equipment and supplies for more independent functioning in a home or home-like setting.

Canadian Red Cross – Health Equipment Loan Program (HELP)

#2B01, 11111 Jasper Ave, Edmonton, AB T5K 0L4

Phone: (780) 342-8588

Website: www.redcross.ca

HELP is a Canadian Red Cross donation-based program that lends medical equipment. Individuals utilizing this program must have been referred by a health care professional.

Congdon Aids to Daily Living, Ltd.

15830-100A Ave, Edmonton, AB T5P 0L8

Phone: (780) 483-1762 or 1-800-252-9368

Website: www.congdons.ab.ca

Sells and rents home health and medical equipment supplies to individuals living in Edmonton and surrounding area.

Easter Seals Alberta – Equipment and Support Services (ESS)

#404, 10525-170 St, Edmonton, AB T5P 4W2

Phone: (780) 429-0137

Website: www.easterseals.ab.ca

Provides funding for disability related equipment, as well as support services, to persons with disabilities and those who have medical conditions. The ESS program is based on physical and financial need. Full equipment grants, cost share, and interest free loan methods are available.

Eco Medical

18303-107 Ave, Edmonton, AB T5S 1K4

Phone: (780) 483-6232

Sells and rents home medical equipment and a variety of mobility aids to individuals living in Edmonton and surrounding area.

Healthcare Solutions

Phone: (780) 434-3131 (South) or (780) 406-3500 (North)

Website: www.healthcaresolutions.ca

Sells and rents home medical equipment and aids to daily living to individuals living in Edmonton and surrounding area.

MEDlchair Edmonton

Phone: (780) 437-3300 (South) or (780) 451-5445 (North)

Website: www.medichair.com

Sells and rents home medical equipment and home health care products to individuals living in Edmonton and surrounding area.

Shoppers Home Health Care

4619-91 Ave, Edmonton, AB T6B 2M7

Phone: (780) 468-4002

Website: www.shoppershomehealthcare.ca

Sells and rents specialty home care products and provides services for health recovery and maintenance to individuals living in Edmonton and surrounding area.



Audiologists & Hearing Aid Practitioners

Alberta Hearing Service

Suite 103, 10611 Kingsway Ave, Edmonton, AB T5G 3C8

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

Website: www.albertahearingsservice.com

Provides in-home hearing evaluations and hearing aid services to individuals living in Edmonton, Spruce Grove, St. Albert, Stony Plain, and Fort Saskatchewan.

Anderson Hearing Centres

10608-124 St, Edmonton, AB T5N 1S3

Phone: 1-888439-3075

Website: www.andersonhearing.com

Provides in-home hearing evaluations and hearing aid services to central and northern Alberta residents.

Better Hearing Centre Inc.

Main Floor, 10025-106 St, Edmonton, AB T5J 1G4 (Baker Centre)

Phone: (780) 423-2116

Website: www.betterhearingcentre.com

Provides in-home hearing evaluations and hearing aid services to individuals living in Edmonton, Sherwood Park, and under certain circumstances to individuals living in St. Albert.

Connect Hearing

Website: www.connecthearing.ca/hearing-clinics/ab/edmonton/downtown4

Provides in-home hearing evaluations and hearing aid services to individuals living in Edmonton, Sherwood Park, and St. Albert.

Locations

10256-100 St, Edmonton, AB T5J 5C2

Phone: (780) 422-6641

#442, 6650-177 St, Edmonton, AB T5T 4J5

Phone: (780) 413-1784

#107, 11910-111 Ave, Edmonton, T5G 0Y3

Phone: (780) 454-4327

Discover Hearing Ltd.

3521 Tudor Glen Market, St. Albert, AB T8N 3V4

Phone: (780) 418-4327

Website: www.discoverhearing.ca

Provides hearing evaluations and hearing aid services to individuals living in St. Albert.

Hear in Edmonton

16864-111 Ave, Edmonton, AB T5M 4C9

Phone: (587) 404-0773

Website: www.hearinedmonton.ca

Provides hearing evaluations and hearing aid services to individuals living in Edmonton.

Grove Hearing Clinic Inc.

#220 Westland Market Mall, 70 McLeod Ave, Spruce Grove, AB T7X 3C7

Phone: (780) 960-2960 or 1-866-960-2960

Website: www.grovehearingclinic.com

Provides hearing evaluations and hearing aid services to individuals living in Spruce Grove surrounding area.

Park Hearing Centre Inc.

Suite 100, 48 Brentwood Blvd, Sherwood Park, AB T8A 2H5

Phone: (780) 416-0030

Website: www.parkhearingcentre.com

Provides hearing evaluations and hearing aid services to individuals living in Sherwood Park.

Sears Hearing Centre

109 St & Princess Elizabeth Ave, Kingsway Garden Mall, Edmonton, AB T5G 0Y3

Phone: (780) 471-1144 or 1-888-439-6977

Website: www.hearing.sears.ca

Provides hearing evaluations and hearing aid services to individuals living in Edmonton and surrounding area. Offers weekend and evening appointments as well. Discounts are available for seniors affiliated with a seniors club or who have an AMA membership.

The Bay Hearing Aid Centre

Website: www.bayhearingcentre.com

Provides hearing evaluations and hearing aid services to individuals living in Edmonton and St. Albert. Offers complimentary hearing tests at any of the three locations listed below.

Locations

#650 Kingsway Garden Mall
Edmonton, AB T5G 3A6

Phone: (780) 477-2907

Southgate Shopping Centre
Edmonton, AB T6H 4M7

Phone: (780) 437-1925

St. Albert Centre
St. Albert, AB T8N 3K8

Phone: (780) 460-0125



Dental

Guardian Dental Centre

Main Floor, #28, 10240-124 St, Edmonton, AB T5N 3W6

Phone: (780) 488-8977

Website: www.guardiandentalcentre.com

Provides expertise in senior specific hygiene practices and dental concerns.

Right2You Mobile Dental Hygiene

11117-57 Ave, Edmonton, AB T6H 0Z7

Phone: (780) 756-5555

Provides in-home dental services to seniors living in residences, retirement homes, community health centres, and long-term care facilities in Edmonton and surrounding area. Services include treatment of gum disease, stain removal, topical fluoride application, denture cleaning, teeth whitening procedures, oral cancer screening, etc.

Seniors Dental Clinic

Glenrose Rehabilitation Hospital

Room 22 Gleneast, 10230-111 Ave, Edmonton, AB T5G 0B7

Phone: (780) 735-8810

Provides dental services to the elderly and frail, particularly those requiring mobility assistance.



Denturists

AquaSeal In-Home Dentures

Phone: (780) 457-5841

Website: www.aquasealdentures.ca

Provides in-home denture services to individuals living in Edmonton. Hours of operation are 9:00am to 5:00pm Monday through Friday, with extended hours available upon request. Initial consultation is free.

Burnham Denture Clinic

8722-91 St, Edmonton, AB T6C 4L2

Phone: (780) 469-5768

Website: www.burnhamdentureclinic.com

Provides in-home denture services to individuals living in Edmonton. Evening and weekend visits are by appointment only.

Cadrin Denture Clinic

9562-82 Ave, Edmonton, AB T6C 0Z8

Phone: (780) 439-6189 or After Hours: (780) 465-3533

Provides in-home denture services to individuals living in Edmonton. Evening and weekend visits are by appointment only.

Dan's Mobile Denture Services

Phone: (780) 919-7615

Website: www.dansmobiledentures.com

Provides in-home denture services to individuals living in Edmonton. Flexible hours by appointment with evening and weekend visits available.

Grace Denture Clinic

7629 Argyll Road, Edmonton, AB T6C 4A7

Phone: (780) 490-5509

Website: www.gracedenture.com

Provides in-home and in-care facility denture services to individuals living in Edmonton. Evening and weekend visits are by appointment only.

Grandview Denture Clinic

12305-63 Ave, Edmonton, AB T6H 1R4

Phone: (780) 413-6126

Website: www.smilesforyou.ca

Provides in-home and in-care facility denture services to individuals living in Edmonton. Evening and weekend visits are by appointment only.

Holyk's Denture Clinic

12123-54 St, Edmonton, AB T5W 3N4

Phone: (780) 477-3674

Provides in-home denture services to individuals living in Edmonton and surrounding area. Evening and weekend visits are by appointment only.

Integrity Denture Clinic Ltd.

#210, 8702 Meadowlark Road, Edmonton, AB T5R 5W2

Phone: (780) 486-0982

Website: www.denturistedmontonab.com

Provides in-home denture services to individuals living in Edmonton and surrounding area. Hours of operation are 9:00am to 4:00pm Monday through Thursday and 9:00am to 1:00pm on Friday.

Jasper Place Denture Clinic

#158 Meadowlark Health Centre, 156 St & 87 Ave, Edmonton, AB T5R 5W9

Phone: (780) 481-5900

Provides in-home denture services to individuals living on the west and south side of Edmonton. Evening and weekend visits are by appointment only.

Periosmart Mobile Dental Hygiene and Dentures Service

1842 Holman Crescent, Edmonton, AB T6R 3M1

Phone: 1-855-324-3837

Website: www.periosmart.com

Provides in-home denture and dental hygiene services to individuals living in Edmonton and surrounding area. Hours of operation are 8:00am to 5:00pm Monday through Friday with appointments on Saturday available upon request.

ProCare Denture Clinic

#102, 236-91 St, Edmonton, AB, T6X 0A9 (Ellwood Corner Building)

Phone: (780) 705-7085

Website: www.procaredentureclinic.com

Provides in-home denture services to individuals living in Edmonton. Hours of operation are 8:30am to 4:30am Monday through Thursday, 8:00am to 2:00pm Friday, with evening and Saturday appointments available upon request.

Quality Care Denture Clinic

13594 Fort Road, Edmonton, AB T5A 1C5

Phone: (780) 803-5640

Website: www.qualitycaredentureclinic.ca

Provides in-home denture services to individuals living in Edmonton. Hours of operation are 9:00am to 5:00pm Monday through Friday, with evening and Saturday appointments available upon request.



Registered Dietitians

Alberta Health Services – Nutrition Counselling

Website: www.albertahealthservices.ca/services.asp?pid=service&rid=5919

Alberta Health Services provides one-on-one and group nutrition counselling sessions with registered dietitians at several locations in Edmonton and surrounding area. A referral is required to access these services. Speak to your family doctor for more information.

Balance Nutrition

10534-85 Ave, Edmonton, AB T6E 2K4

Phone: (780) 450-9134

Website: www.balancenutrition.ca

Offers personal nutritional counselling with a registered dietitian, as well as group sessions to individuals living in Edmonton and surrounding area.

Food First

Phone: (587) 987-5595

Website: www.choosefoodfirst.com

Offers online and in-person nutrition counselling services to individuals in Edmonton and surrounding area.

Philosophy Nutrition and Fitness

208 Sioux Road, Sherwood Park, AB T8A 3X5

Phone: (780) 267-6845

Website: www.philosophynutrition.ca

Offers personalized nutrition coaching, metabolic testing, and body composition analysis to individuals living in the Sherwood Park and Edmonton area.

Revive Wellness Inc.

3728-91 St, Edmonton, AB T6E 5M3

Phone: (780) 450-2027

Website: www.revivewellness.ca

A team of dietitians who provide sports nutrition, weight loss counselling, body composition, nutrigenomix, and recipe analysis to individuals living in Edmonton and surrounding area.

TransAlta Tri Leisure Centre

221 Jennifer Heil Way, Spruce Grove, AB T7X 4J5

Phone: (780) 960-5080

Website: www.trileisure.com

Offers one-on-one and group nutrition counselling sessions with a registered dietitian to individuals living in Spruce Gove. Members of the Centre get a discounted rate.



Medical Alarm Systems

Care Call

Phone: (780) 784-1110

Website: www.prioritycarecall.com

A personal response/emergency alarm system that connects individuals with emergency response 24 hours a day, 7 days a week. Designed for seniors living alone or those with medical conditions.

DirectAlert

Phone: 1-877-391-1767

Website: www.directalert.ca

A personal response/emergency alarm system that connects individuals with emergency response 24 hours a day, 7 days a week. Designed for seniors living alone or those with medical conditions.

One Call Medical Alert

Phone: 1-800-994-1849

Website: www.onecallmedicalalert.com

A personal response/emergency alarm system that connects individuals with emergency response 24 hours a day, 7 days a week. Designed for seniors living alone or those with medical conditions.

Philips Lifeline Medical Alert

Phone: 1-866-784-1992

Website: www.lifeline.ca/en

A personal response/emergency alarm system that connects individuals with emergency response 24 hours a day, 7 days a week. Designed for seniors living alone or those with medical conditions.

The Good Samaritan TeleCare

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

Website: www.goodsamaritantelegcare.com

A not-for-profit health and service organization that provides service 24 hours a day, 7 days a week throughout Canada. Provides personal emergency response services and telephone support services, including medication reminders and daily social and check-in calls.



Home & Respite Care

Individuals who require Home and Respite Care services such as nursing, homemaking, and personal care are advised to contact the following number to determine eligibility and arrange an assessment of needs.

Alberta Health Services – Home Care Program (Community Care Access)

Phone: (780) 496-1300 (24 hours)

Website: www.albertahealthservices.ca/cc/Page13336.aspx

Community Care Access is the point of entry to programs offered by Seniors Health – Edmonton Zone, including: integrated home living, day programs, CHOICE (Comprehensive Home Option of Integrated Care for the Elderly), Community Aids for Independent Living (CAIL), integrated supportive living, integrated facility living (long-term care placement), and regional palliative care.

Organizations Providing Home & Respite Care

Assisting Hands Home Care

#12, 140 Athabasca Ave, Sherwood Park, AB T8A 4E3

Phone: (587) 269-2131

Website: <http://www.assistinghands.com/edmonton/>

Provides in-home support services to individuals living in Sherwood Park and Edmonton. Services include personal care, homemaking and light house cleaning, companionship, and nursing care. Service schedules can be arranged to occur on a daily or weekly basis.

Bayshore Home Health

#300, 10230-142 St, Edmonton, AB T6H 5P9

Phone: (780) 801-3880

Website: www.bayshore.ca

Provides in-home nursing, personal care, home support, and companionship services privately and through government care programs, personal and group insurance plans, and through workplace safety insurance. Free assessments are offered 24 hours a day, 7 days a week.

Capital Health Home Care St. Albert

191 Boudreau Road, St. Albert, AB T8N 6C4

Phone: (780) 460-2829

Provides in-home support services to individuals living in St. Albert and surrounding area.

CareGivers Home Health Care Inc.

#203, St. Albert Trail Place, 13167-146S St, Edmonton, AB T5L 4S8

Phone: (780) 406-0678

Website: www.caregivershomehealthcare.com

Provides in-home support services to individuals living in Edmonton and surrounding area. Specializing in Alzheimer and palliative care patients. Nurses, homemakers, sitters for hospital care, and personal care attendants (PCAs) are available 24 hours a day, 7 days a week. All employees are insured and bonded, and trained in First Aid/CPR. Live-in attendants also are available.

CBI Home Health – Edmonton Home Service

#500, 10050-112 St, Edmonton, T5K 2J1

Phone: (780) 488-7282

Website: www.cbi.ca

Provides in-home support services to individuals living in Edmonton and surrounding area. Services include nursing, homemaking, and personal care. Are able to provide staff trained in caring for dementia and palliative care patients. Services are provided on an hourly, as well as a 24 hour basis.

Classic LifeCare

#1010, 10109-106 St, Edmonton, AB T5J 3L7

Phone: (780) 428-2750

Website: www.classiclifecare.com

Provides in-home support services to individuals living in Edmonton and surrounding area. Services include nursing, homemaking and personal care, palliative care, respite care, live-in care, and accompaniment to appointments and outings. Services are provided on an hourly, as well as a 24 hour basis.

Comfort Keepers

Suite 235, 5815-34 Ave NW, Edmonton, AB T6L 7B8

Phone: (780) 465-4665

Website: www.comfortkeepers.ca

Provides in-home support services 24 hours a day, 7 days a week for individuals living in Edmonton and surrounding area. Services include personal care and hygiene, companionship, home and housekeeping, transportation to appointments and outings, senior and Alzheimer care, etc.

Golden Heart Home Care Services Ltd.

3608-135 Ave, Edmonton, AB T5A 2V7

Phone: (780) 476-5027

Website: www.goldenheart.ca

Provides in-home support services 24 hours a day, 7 days a week to individuals living in Edmonton and surrounding area. Services include personal care and hygiene, housekeeping, meal preparation, companionship, running errands and shopping, etc.

Good Samaritan Home Support Services

8861-75 St, Edmonton, AB T6C 4G8

Phone: (780) 431-3600

Website: www.gss.org/find-housing-support-services/

Provides in-home support services to individuals living in Edmonton and surrounding area. Services include personal care, light housekeeping, and respite for caregivers. Caregivers trained to work with dementia and palliative care patients are available.

Home Care Network Inc.

Phone: (780) 483-6550

Website: www.homecarenetworkinc.com

Provides in-home support services 24 hours a day, 7 days a week to individuals living in Edmonton and surrounding area. Services include home care and personal care including bathing, companionship, assistance to appointments, and respite care.

Home Instead Senior Care

13B Fairway Drive, Edmonton, AB T6J 2S6

Phone: (780) 851-1856

Website: www.homeinstead.com/edmonton

Provides in-home support services 24 hours a day, 7 days a week to individuals living in Edmonton and surrounding area. Services include personal care, companionship, housekeeping, transportation to appointments and outings, etc.

Nurse Next Door

#201, 10256-112 St, Edmonton, T5K 1M4

Phone: (780) 737-1115

Website: www.nursenextdoor.com

Provides in-home support services 24 hours a day, 7 days a week to individuals living in Edmonton and surrounding area. Services include personal care and hygiene, companionship, home and housekeeping, nursing services, etc.

Nurse Next Door

#101A, 10303-65 Ave, Edmonton, T6H 1V1

Phone: (780) 737-4323

Website: www.nursenextdoor.com

Provides in-home support services 24 hours a day, 7 days a week to individuals living in Edmonton, Spruce Grove, Stony Plain, Beaumont, Devon, and Leduc. Services include personal care and hygiene, companionship, home and housekeeping, nursing services, etc.

Paramed Home Health Care

10264-100 St, Edmonton, AB T5J 5C2

Phone: (780) 988-7711

Website: www.paramed.com

Provides in-home, nursing home, or in-hospital care to individuals living in Edmonton and surrounding area. Services include nursing, personal care, foot care, and homemaking. Companion and live-in services also are offered. Care workers have special training in working with people who have a dementia or brain injuries, as well as palliative care patients.

Retire-At-Home Services

Suite 200, 6030-88 St, Edmonton, AB T6E 6G4

Phone: (780) 435-9959

Website: www.retireathomeedmonton.com

Provides in-home support services 24 hours a day, 7 days a week to individuals living in Edmonton and surrounding area. Services include personal care and hygiene, companionship, home and housekeeping, nursing, transportation to appointments and outings, etc.

Saint Elizabeth Home Health Care

141 Meadowlark Health Centre, Edmonton, AB T5R 5W9

Phone: 1-877-625-5567

Website: www.saintelizabeth.com

A not-for-profit charitable organization that provides in-home support services 24 hours a day, 7 days a week to individuals living in Edmonton and surrounding area. Services include personal care, transportation to appointments and outings, companionship, hygiene assistance, etc.

Senior Homecare by Angels

Suite 103, 17707-105 Ave, Edmonton, AB T5S 1T1

Phone: (780) 487-4256

Website: www.seniorhomecarebyangels.com

Provides in-home support services 24 hours a day, 7 days a week to individuals living in Edmonton and surrounding area. Services include personal care, medication reminders, companionship, hygiene assistance, running errands and shopping, etc.

Strathcona County Family and Community Support Services

#200, 501 Festival Ave, Sherwood Park, AB T8A 4X3

Phone: (780) 464-4044

Website: www.strathcona.ca/departments/family-community-services.aspx

Provides in-home support services 24 hours a day, 7 days a week to individuals living in Sherwood Park and the County of Strathcona. Services include light housekeeping, personal care, respite for caregivers, a home visitation program, and a seniors outreach program.

The Compassion Network

#202, 1003 Ellwood Road SW, Edmonton, AB T6X 0B3

Phone: (780) 432-1676

Website: <https://www.thecompassionnetwork.ca/>

Provides in-home support services 24 hours a day, 7 days a week to individuals living in Edmonton and surrounding area. Services include personal care, medication assistance, companionship, and meal preparation. Dedicated subscription services include grocery shopping, home cleaning, snow removal and grass cutting. Contact for a free, no obligation consultation.

Veritas Seniors Concierge Inc.

Phone: (780) 975-7927

Website: www.veritasseniors.ca

Provides non-medical in-home support services to seniors living in Edmonton and surrounding area. Services include housekeeping, meal preparation, laundry, companionship, care-giver respite, as well as transportation to appointments or shopping.

We Care Home Health Services

Suite 500, 9945-50 St, Edmonton, AB T6A 0L4

Phone: (780) 468-4663

Website: www.wecare.ca

Provides in-home support services 24 hours a day, 7 days a week. Services include personal care and hygiene, companionship, home and housekeeping, nursing, etc.



Medical Laboratory Home Collection

DynaLIFE Diagnostic Laboratory Services

The following criteria will deem a patient eligible for home collection:

- Patient is dependent upon DATS for transportation.
- Patient is physically challenged (i.e., wheelchair, etc.).
- Patient requires significant home care services (i.e., post-operative care).
- Patient requires a home visit from his/her physician.
- Patient is a resident in a nursing home, extended care, or auxiliary hospital facility.

Patients who do not meet the criteria for home collection may go to any community collection site. For more information, please view their website at: www.dynalifedx.com
The following is a list of phone numbers for DynaLIFE Diagnostic Laboratory Collection Sites.

DynaLIFE Patient Collection Sites in Edmonton

Edmonton Central

Allin Clinic (#B2, 10155-120 St)	(780) 488-1218
Boyle McCauley Health Centre (10628-96 St)	(780) 422-7333
Hys Centre (#112, 11010-101 St)	(780) 424-0140
Mira Health Centre (#102, 11910-111 Ave)	(780) 454-5613
Standard Life Building (#250, 10405 Jasper Ave)	(780) 413-0983

Edmonton East

Capilano Centre (#100, 9945-50 St)	(780) 468-1849
Millbourne Shopping Centre (#140, 38 Ave & Millwoods Road)	(780) 462-8349
Tawa – 3011 Centre (3011-66 St)	(780) 461-1399

Edmonton North

Abbotsfield Mall (#223, 3210-118 Ave)	(780) 471-4014
Belmont Town Centre (2919-137 Ave)	(780) 478-0801
Northgate Centre (#2084, 9499-137 Ave)	(780) 478-3577
Pallisades (12843-140 Ave)	(780) 456-0998

Edmonton South

College Plaza (#303, 8215-112 St)	(780) 433-7562
Gateway (8035-104 St)	(780) 702-0551
Heritage Square (10917-23 Ave)	(780) 436-1696
Riverbend Square (636 Riverbend Square)	(780) 988-6721
Trail South (10389-51 Ave)	(780) 434-0420

Edmonton West

Callingwood Market Square (#216, 6655-178 St)	(780) 487-5116
Meadowlark Health Centre (#240, 156 St & 87 Ave)	(780) 489-1218
Westgrove Professional Building (#101, 10230-142 St)	(780) 454-4480

DynaLIFE Patient Collection Sites in the Surrounding Area**Beaumont**

Beaumont Village (5009-52 Ave)	(780) 929-9895
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Fort Saskatchewan

#109, 9372 Southfort Drive	(780) 701-9618
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Sherwood Park

Athabasca Place (#132, 80 Chippewa Road)	(780) 464-1733
Synergy Wellness (#133, 501 Bethel Drive)	(780) 640-1049

Spruce Grove

#108A, 505 Queen St	(780) 960-3670
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St. Albert

#160, 190 Boudreau Road	(780) 458-8866
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Mobile Hairstyling & Foot Care

Alberta Foot Care

Phone: (780) 800-5507

Website: www.albertafootcare.ca

Provides both basic and advanced foot care to individuals living in Edmonton, Sherwood Park, St. Albert, and Spruce Grove.

At Home Hair Trends

Phone: (780) 289-4429

Website: www.athomehairtrends.com

Provides in-home hair and styling services to individuals living in Edmonton and surrounding area.

Dee's Tender Tootsies

Phone: (780) 218-3268

Website: www.deestendertootsies.com

Provides in-home foot care to individuals living in Edmonton and surrounding area.

Devon Foot Care

Phone: 1-866-660-3338

Website: www.devonfootcare.com

Provides in-home foot care to individuals living in Edmonton and surrounding area. Also provides mobile foot care services to hospitals and care facilities.

Heal 2 Toe Mobile Foot Care

Phone: (780) 952-8902

Provides in-home foot care to seniors and high-risk individuals living in St. Albert and surrounding area.

Judith's Mobile Hair Care

Phone: (780) 868-2000

Provides in-home hair and styling services to individuals living in Edmonton.

Lisa's Mobile Hair Service

Phone: (780) 987-4628

Website: www.facebook.com/lisasmobilehairservice

Provides in-home hair and styling services to individuals living in Edmonton and surrounding area.

Melody's House Calls

Phone: 1-855-510-5155

Website: www.housecallsnursing.ca

Provides in-home foot care to individuals living in Edmonton.

Peggy's Footwerks

Phone: (780) 387-5576 or (780) 232-0335

Website: www.peggysfootwerks.com

Provides in-home foot care to individuals living in Edmonton and surrounding area. This organization also offers service to hospitals, as well as nursing and retirement homes. They provide professionally trained nurses to assess, treat, care, and monitor an individual's foot care needs.



Occupational Therapy & Physiotherapy

Adam Physio & Sports Clinic

Phone: (780) 906-6262

Website: www.adamphysio.com

Provides mobile/in-home physiotherapy and acupuncture services to individuals living in Edmonton and surrounding area. Therapists help clients to increase their mobility, function, and improve endurance. Also, therapists specialize in working with individuals post-surgery. They are available Monday through Sunday with flexible hours of operation. Must book appointments at least one week in advance.

Alberta College of Occupational Therapists (ACOT)

#300, 10436-81 Ave, Edmonton, AB T6E 1X6

Phone: (780) 436-8381 or 1-800-561-5429

Website: www.acot.ca

Please note that ACOT has a business listing of occupational therapists in the region.



Pharmacy

Most pharmacies deliver medications free of charge directly to your home. Phone your local pharmacy for details.

Shop For You

Phone: (780) 487-7745

Shop For You is an independent delivery service offered within Edmonton. They offer shopping services for groceries and pharmacy at any Safeway, Sobeys, or Save-On-Foods, as well as other services such as picking up dry cleaning. To place an order, phone between 8:00am and 10:30am Monday through Friday. There is a \$14.00 delivery fee for grocery/pharmacy orders less than \$50.00, a \$17.00 delivery fee for orders between \$50.00-\$100.00, and a \$20.00 delivery fee for orders over \$100.00. For each additional stop, there is a charge of \$2.00. Delivery is guaranteed on the same day the order was placed.



Religious Organizations

Many religious organizations offer rides to and from their services, as well as to and from important appointments (i.e., physician). This service is maintained at the volunteer level. Contact your local religious organization to see if they offer these services. If you would like to become affiliated with a religious organization, check www.yellowpages.ca to find local listings.



Support Groups & Health Service Organizations

Alberta Caregivers Association

10310-56 St, Edmonton, AB T6A 2J2 (Fulton Place School)

Phone: (780) 453-5088 or 1-877-453-5088

Website: www.albertacaregivers.org

Provides programs and support services for caregivers. Offers education, networking, advocacy, access to resources, and promotion of respite for caregivers. Office hours are 9:00am to 4:30pm Monday through Friday.

Alzheimer Society of Alberta and Northwest Territories – Edmonton and Area

#308, 14925-111 Ave, Edmonton, AB T5M 2P6

Phone: (780) 761-0030 or 1-866-950-5465

Website: www.alzheimer.ab.ca

Provides access to information about Alzheimer's disease and other dementias through their resource centre. They also offer support groups for individuals with Alzheimer's disease (and other dementias) and their families. Office hours are 8:30am to 4:30pm Monday through Friday.

Canadian Diabetes Association

Suite 100, 102220 Stony Plain Road, Edmonton, AB T5N 3Y4

Phone: (780) 423-1232

Website: www.diabetes.ca

Provides education and support to those affected by diabetes. Office hours are 8:30am to 4:30pm Monday through Friday.

Canadian Hard of Hearing Association – Edmonton Branch

#52, 9912-106 St, Edmonton, AB T5K 1C5

Phone: (780) 428-6622

Website: www.chha-ed.com

Provides support, advocacy, and programs for individuals who are hard of hearing. Office hours are Monday and Wednesday 12:30pm to 5:00pm and Thursday 9:00am to 3:00pm.

Canadian National Institute for the Blind

12010 Jasper Ave, Edmonton, AB T5K 0P3

Phone: (780) 488-4871 or 1-800-563-2642

Website: www.cnib.ca

Provides services and information to individuals with vision loss and their families. Group programs and referrals also are available. Office hours are 9:00am to 3:00pm Monday through Friday.

Medically At-Risk Driver Centre – Driving Cessation Support Groups

6-40 University Terrace, Edmonton, AB T6G 2T4

Phone: (780) 492-6273

Website: www.mard.ualberta.ca

The Driving Cessation Support Groups (DCSGs) are for individuals who are having difficulty coping with a loss of driving privileges due to dementia and for caregivers of individuals with a dementia who have lost their driving privileges. These groups are offered at various times throughout the year. For more information, call Dr. Bonnie Dobbs at the Medically At-Risk Driver Centre at (780) 492-0374. Office hours are 8:30am to 4:30pm Monday through Friday.

Stroke Recovery Association of Edmonton – Informal Support Group

Networks Activity Centre

#214 Bonnie Doon Shopping Centre, Edmonton, AB T6C 4E3

Phone: (780) 474-3363

Website: www.strokerecoveryedmonton.ca

The Stroke Recovery Association of Edmonton provides support and information to survivors of stroke and their caregivers. An informal support group meets on the last Monday of every month at the Networks Activity Centre at 7:00pm.

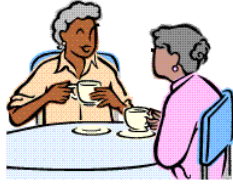
The Arthritis Society of Alberta & NWT Division

#307, 10109-106 St, Edmonton, AB T5J 3L7

Phone: (780) 424-1740 or 1-800-321-1433

Website: www.arthritis.ca

Provides information and resource referrals to individuals affected by arthritis. The Arthritis Society of Alberta & NWT Division also offers free education programs in Edmonton and surrounding area. Office hours are 9:00am to 4:30pm Monday through Friday.



Seniors Centres & Seniors Associations

Central Lions Seniors Association

11113-113 St, Edmonton, AB T5G 2V1

Phone: (780) 496-7369

Website: www.clsaedmonton.ca

Hours of operation are 8:30am to 4:00pm Monday through Friday.

Edmonton Aboriginal Seniors Centre

Cottage E, 10107-134 Ave, Edmonton, AB T5E 1J2

Phone: (780) 476-6595

Website: www.easc.ca

Hours of operation are 8:30am to 4:30pm Monday through Friday.

Edmonton Seniors Centre

#3Y, 11111 Jasper Ave, Edmonton, AB T5K 0L4

Phone: (780) 342-8625

Website: www.edmontonseniorscentre.ca

Hours of operation are 9:00am to 4:00pm Monday through Friday.

Jewish Senior Citizens Centre

10052-117 St, Edmonton, AB T5K 1X2

Phone: (780) 488-4241

Website: www.jdicseniors.ca

Hours of operation are 9:00am to 4:30pm Monday through Thursday.

Mill Woods Seniors Activity Centre

2nd Floor, 2610 Hewes Way, Edmonton, AB T6L 0A9

Phone: (780) 496-2997

Website: www.mwsac.ca

Hours of operation are 9:00am to 4:30pm Monday through Friday.

NESA – North Edmonton Seniors Association

7524-139 Ave, Edmonton, AB T5C 3H7

Phone: (780) 496-6969

Website: www.nesa1.ca

Hours of operation are 8:30am to 4:30pm Monday, Tuesday, Thursday, Friday, and 8:30am to 8:30pm on Wednesday.

North West Edmonton Seniors Society

12963-120 St, Edmonton, AB T5E 5N8

Phone: (780) 451-1925

Website: www.calderseniors.org

Hours of operation are 8:30am to 4:30pm Monday through Friday.

Operation Friendship Seniors Society

9526-106 Ave, Edmonton, AB T5H 0N2

Phone: (780) 429-2626

Website: www.ofss.org

Hours of operation are 9:00am to 5:00pm Monday through Friday.

SAGE – Seniors Association of Greater Edmonton

15 Sir Winston Churchill Square, Edmonton, AB T5J 2E5

Phone: (780) 423-5510

Website: www.mysage.ca

Hours of operation are 8:00am to 4:00pm Monday through Friday.

SCONA – Senior Citizens Opportunity Neighbourhood Association

10440-84 Ave, Edmonton, AB T6E 2H2

Website: www.sconaseniors.com

Phone: (780) 433-5377

Hours of operation are 9:00am to 4:30pm Monday through Friday.

SEESA – South East Edmonton Seniors Association

9350-82 St, Edmonton, AB T6C 2X8

Phone: (780) 468-1985

Website: www.seesa.ca

Hours of operation are 8:30am to 8:30pm Monday through Thursday, 8:30am to 4:30pm Friday, and 9:00am to noon on Saturday.

Southwest Seniors Outreach Society

10832-62 Ave, Edmonton, AB T6H 1N1

Phone: (780) 435-9515

Hours of operation are 9:00am to 3:00pm Tuesday through Thursday.

Strathcona Place 55+ Centre

10831 University Ave, Edmonton, AB T6E 4R1

Phone: (780) 433-5807

Website: www.strathconaplace.com

Hours of operation are 8:30am to 4:00pm Monday through Friday.

SWESA – SouthWest Edmonton Seniors Association

88008 Rabbit Hill P.O., Edmonton, AB T6R 0M5

Phone: (587) 987-3200

Website: www.swedmontonseniors.ca

Hours of operation are variable. Programming runs out of two locations: Yellowbird East Community League (10710-19 Ave) and the Terwillegar Community Recreation Centre (2051 Leger Road).

Westend Seniors Activity Centre

9629-176 St, Edmonton, AB T5T 6B3

Phone: (780) 483-1209

Website: www.westendseniorsactivitycentre.com

Hours of operation are 9:00am to 4:00pm Monday through Friday.

Seniors Centres & Seniors Associations in the Surrounding Area**Ardrossan 55 Plus Club**

21 Queen St, Ardrossan, AB T8E 2A2

Phone: (780) 922-2025

Hours of operation are variable throughout the week.

Devon Pioneer 73 Club

29 St. Lawrence Ave, Devon, AB T9G 1L4

Phone: (780) 987-4822

Hours of operation are variable throughout the week.

Gibbons Seniors Twilight Club

4539-49 St, Gibbons, AB T0A 1N0

Phone: (780) 923-2030

Hours of operation are 9:00am to 12:00pm Monday through Friday and 7:00pm to 10:00pm Monday and Thursday.

Leduc and District Senior Centre

Telford House, 4907-46 St, Leduc, AB T9E 5V9

Phone: (780) 986-6160

Website: www.members.shaw.ca/telfordhouse/

Hours of operation are 10:00am to 3:00pm Monday through Friday.

Morinville Seniors' Rendez-Vous Centre

9913-104 St, Morinville, AB T8R 1R8

Phone: (780) 939-2727

Website: www.morinilleseniorsclub.org

Hours of operation are variable throughout the week.

Senior Citizens Society of Stony Plain

5018-51 Ave, Stony Plain, AB T7Z 1C2

Phone: (780) 963-4707

Hours of operation are 9:00am to 4:00pm Monday through Friday.

Sherwood Park 55 Plus Club

50A Spruce Ave, Sherwood Park, AB T8A 2G1

Website: www.55plusclub.ca

Phone: (780) 467-8389

Hours of operation are variable throughout the week. See website for activities calendar.

St. Albert Seniors Association

7 Tache St, St. Albert, AB T8N 2S3

Phone: (780) 459-0433

Website: www.stalbert50plus.com

Hours of operation are 8:30am to 4:30pm Monday through Friday.

St. Vital Seniors Club

5204A-50 Ave, Beaumont, AB T4X 1E3

Phone: (780) 929-5333

Website: www.beaumontseniors.net

Hours of operation are 9:00am to 11:00am Monday through Saturday.



Transportation Services



Public Bus Services

Edmonton Transit System

Phone: 311

Website: www.takeETS.com

Provides low floor bus service on most routes. Call 311 for exact routes. For a listing of where to purchase passes and tickets, please visit their website. Edmonton Transit also offers the free *Mobility Choices Travel Training Program* which provides instruction on how to use the buses and LRT, including personal bus and LRT demonstrations, trip planning instruction and provision, accompanied travel on ETS, and web- and app-based instruction.

Price: Adult cash fare is \$3.25 per one-way trip; books of 10 tickets are \$24.75; monthly passes are \$91.50. Seniors cash fare is \$3.25 per one-way trip; books of 10 tickets are \$21.50. Seniors yearly passes are \$128.75 or \$14.50 per month. A yearly pass of \$55.75 is available for seniors with an income below \$16,500 or a household income below \$25,000. Please note that individuals with a CNIB pass ride for free.

DATS – Disabled Adult Transit Service

Phone: (780) 496-4567

Website: www.takeETS.com

Provides a shared ride transportation service for pre-registered Edmontonians over 16 years of age who cannot use regular transit buses due to a severe physical or cognitive disability. A designated mandatory attendant may travel free on DATS while accompanying a fare paying DATS registrant. Rides can be booked 2 to 3 days in advance and up to 12:00pm the day before the trip. Trips can be booked or cancelled by phone or fax at (780) 496-1008. It is requested that cancellation occur at least 2 hours in advance of the trip. Booking hours are 7:30am to 5:00pm Monday through Friday and 7:30am to 12:00pm on Saturday and Sunday.

Price: \$3.25 per one-way trip; books of 10 tickets are \$24.75; monthly passes are \$91.50.

Public Bus Services in the Surrounding Area

LATS – Leduc Assisted Transportation Service

Civic Centre 1, Alexandra Park, Leduc, AB T9E 4C4

Phone: (780) 986-5000

Website: www.leduc.ca/Leduc-Transit/Customer_Service/LATS.htm

Provides transportation within the Leduc area (no service to Edmonton) for seniors and adults with a disability. Service operates 8:00am to 9:30pm Monday through Friday and 9:00am to 5:30pm Saturday and Sunday. Same day or pre-booked trips are available. Clients must have a medical form completed before using the service.

Price: \$4.00 per one-way trip; books of 11 tickets are \$40.00; monthly passes are \$140.00. One-way trips to certain locations are sponsored by some businesses (see website for locations).

Leduc Public Transit Partnership (Commuter-Plus)

Civic Centre 1, Alexandra Park, Leduc, AB T9E 4C4

Phone: (780) 980-7177

Website: www.leduc.ca/leduc-transit#.VnLb7Pk4HRY

Commuter-Plus is an intermunicipal transit partnership between the City of Leduc and Leduc County. It is a public transit service that connects Leduc, Nisku and area, and the Edmonton International Airport with the City of Edmonton. For a listing of where to purchase passes and tickets, please visit their website.

Local Transportation within Leduc

Price: Adult cash fare is \$2.00 per one-way trip; monthly passes are \$55.00. Senior cash fare is \$2.00 per one-way trip; monthly passes are \$55.00.

Commuter-Plus between Leduc and Edmonton

Price: Adult cash fare is \$5.00 per one-way trip; books of 10 tickets are \$45.00; monthly passes are \$80.00. Senior cash fare is \$5.00 per one-way trip; books of 10 tickets are \$45.00; monthly passes are \$80.00.

Spruce Grove Public Transit

#315, Jespersen Ave, Spruce Grove, AB T7X 3E8

Phone: (780) 442-5311 or 311 (in Edmonton)

Website: www.sprucegrove.org/services/transportation/transit.htm

Spruce Grove, in partnership with the Edmonton Transit System, offers limited local public and commuter transit service between Spruce Grove and Edmonton. For a listing of where to purchase passes and tickets, please visit their website.

Local Transportation within Spruce Grove

Price: Adult cash fare is \$2.00 per one-way trip; Senior cash fare is \$1.75 per one-way trip. Please note, individuals with a CNIB pass ride for free.

Commuter Transportation between Spruce Grove and Edmonton

Price: Adult cash fare is \$6.00 per one-way trip; books of 10 tickets are \$48.00. Senior cash fare is \$6.00 per one-way trip and books of 10 tickets are \$48.00. Integrated monthly passes are \$165.00 and monthly commuter passes are \$130.00. Please note that individuals with a CNIB pass ride for free.

Spruce Grove Specialized Transit Service

#301, Jespersen Ave, Spruce Grove, AB T7X 3E8

Phone: (780) 962-2456

Website: www.sprucegrove.org/services/transportation/sts.htm

Provides door-to-door transportation for individuals 55 years of age and older and for persons with mobility challenges. Transportation services are for residents of Spruce Grove, Parkland Village, and defined limits of Parkland County. Operates 7:00am to 4:00pm Monday through Friday. All persons eligible must register before they are able to book rides.

Price: Varies depending on destination.

St. Albert Handibus

235 Carnegie Drive, St. Albert, AB T8N 5A7

Phone: (780) 418-6060

Website: www.stalbert.ca/getting-around/stat-transit/handibus/

Provides transportation within St. Albert and to 13 locations in Edmonton for residents 16 years of age and older not able to ride or use regular transit services. Wheelchair accessible buses are available as well. Service within St. Albert operates 7:00am to 5:00pm Monday to Friday. Service to Edmonton operates 7:00am to 5:00pm Monday through Friday. Rides can be booked 3 days in advance and up to 12:00pm the day before the trip, either by phone or online. Some same-day trips can be accommodated. Clients must have a medical form completed before using the service.

Price: \$3.25 per one-way trip within St. Albert; \$6.00 per one-way trip to/from Edmonton. For rides within St. Albert, books of 10 tickets are available for \$24.00. For rides into Edmonton, books of 10 tickets are available for \$41.25.

St. Albert Transit

235 Carnegie Drive, St. Albert, AB T8N 5A7

Phone: (780) 418-6060

Website: www.stalbert.ca/transit

St. Albert regular transit service provides low floor buses that operate on local transit and commuter routes to and from Edmonton.

Local Transportation within St. Albert

Price: Adult cash fare is \$3.25 per one-way trip; books of 10 tickets are \$24.50; monthly passes are \$72.25. Senior cash fare is \$3.25 per one-way trip; books of 10 tickets are \$24.50.

Commuter Transportation between St. Albert and Edmonton

Price: Adult cash fare is \$6.00 per one-way trip; books of 10 tickets are \$42.00; monthly passes are \$114.25. Senior cash fare is \$5.00 per one-way trip; books of 10 tickets are \$42.00; monthly passes are \$61.20.

Stony Plain Handibus Service

Phone: (780) 963-5444

Website: www.stonyplain.com/Town-Hall/Departments/Community-and-Protective-Services/Handibus-Service.htm

Provides transportation for residents of Stony Plain 65 years of age and older, as well as for residents with physical or cognitive disabilities. Trips can be made within Stony Plain, and into Edmonton, Spruce Grove, and Devon. Operates 8:00am to 4:00pm Monday

through Friday. Trips must be booked in advance, and users must be registered prior to booking trips.

Price: Varies depending on destination.

Strathcona County – Mobility Bus

200 Streambank Ave, Sherwood Park, AB T8H 1N1

Phone: (780) 449-9680

Website: www.strathcona.ab.ca/departments/Transit/accessible-transportation-scat.aspx

Provides door-to-door service for residents of urban and rural Sherwood Park and Strathcona County who are unable to utilize existing transit services and for persons with disabilities. Service also is provided for travel into Edmonton on fixed routes. Operates 6:00am to midnight Monday through Saturday and 7:00am to 8:00pm on Sunday for rides within Sherwood Park. For travel into Edmonton, service is available 6:00am to midnight Monday through Saturday and 7:00am to 8:00pm on Sunday. For rural residents, service is available 6:00am to 10:00pm Monday through Friday (no service is available on the weekend or holidays). Trips must be booked at least 2 days in advance. Users must be registered before booking a trip.

Price: Varies by pickup location and destination.

Strathcona County Transit

970 Ordze Road, Sherwood Park, AB T8A 6E5

Phone: (780) 449-9680 or (780) 464-7433

Website: www.strathcona.ca/departments/transit.aspx

Strathcona County Transit provides local transit and commuter routes to and from Edmonton. For a listing of where to purchase passes and tickets, please visit their website.

Local Transportation within Sherwood Park

Price: Adult cash fare is \$3.25 per one-way trip; books of 10 tickets are \$22.00; monthly passes are \$56.00. Senior cash fare is \$3.25 per one-way trip; books of 10 tickets are \$22.00; monthly passes are \$56.00. Seniors in receipt of Federal Government Guaranteed Income Supplement (GIS) can purchase an annual pass for \$155.00. For seniors with a household income below \$50,000, an off-peak bus pass is available free of charge and is for use on local transit service during off-peak hours.

Commuter Transportation between Sherwood Park and Edmonton

Price: Adult cash fare is \$6.00 per one-way trip; books of 10 tickets are \$42.00; monthly passes are \$105.00. Senior cash fare is \$5.00 per one-way trip. Senior yearly passes are \$332.25 or \$28.00 per month.



Intercity Bus Services

eBus

10014-104 St, Edmonton, AB T6E 5J7 (Edmonton Ticket Office)

Phone: 1-877-769-3287

Website: www.myebus.ca

eBus offers transportation to and from Calgary, Conklin, Edmonton, Lac La Biche, Red Deer, and Fort McMurray. eBus does not have wheelchair lifts in its coaches but is able to accommodate passengers who can transfer in and out of their wheelchair.

Price: Varies depending on departure and destination locations. Attendants for passengers in a wheelchair, for those with a visual impairment, or those requiring assistance due to a medical condition travel for free.

Greyhound

10324-103 St, Edmonton, AB T5J 0Y9 (Edmonton Ticket Office)

Phone: (780) 420-2400 or 1-800-661-8747

Website: www.greyhound.ca

Greyhound offers intercity bus transportation to many locations in Canada and the United States. Greyhound also offers wheelchair accessible coaches (individuals requiring wheelchair accessible transportation need to make reservations at least 24 hours in advance).

Price: Varies depending on departure and destination locations; senior passengers (62 years of age and older) may request a 10% discount.

Red Arrow Motorcoach

10014-104 St, Edmonton, AB T6E 5J7 (Edmonton Ticket Office)

Phone: (780) 425-0820 or 1-800-232-1958

Website: www.redarrow.ca

Red Arrow Motorcoach offers transportation to and from Athabasca, Banff, Boyle, Bonnyville, Calgary, Claresholm, Cold Lake, Edmonton, Fort McMurray, Fort Macleod, Lake Louise, Lac La Biche, Lethbridge, Namao, Red Deer, Sylvan Lake, and Wandering River. They also offer wheelchair accessible coaches (individuals requiring wheelchair accessible transportation need to make reservations at least 24 hours in advance).

Price: Varies depending on departure and destination locations; seniors (60 years and older) are offered discount prices. There is a reduced rate for people requiring accessible service, and a mandatory attendant may travel for free.



Taxis

Barrel Taxi

10135-31 Ave, Edmonton, AB T6N 1C2

Phone: (780) 489-7777

Website: www.edmtaxi.com

Customers are able to book trips online. Offers specialized vans with wheelchair lifts, which can be booked a few hours in advance; however, to ensure a van they ask that you book 24 hours in advance of the trip. Offers group charter services (10 passenger vans) as well. They are able to accept Debit Card as a form of payment. Offers a seniors discount for those 65 years of age and older and offers seniors Taxi Cab Cash (vouchers) at a 20% discount.

Capital Taxi

9762-54 Ave, Edmonton, AB T6E 0A9

Phone: (780) 423-2425

Website: <http://capitaltaxiedmonton.com>

Offers specialized vans with wheelchair lifts, which can be booked at your convenience. They are able to accept Debit Card as a form of payment. 'Seniors money' (vouchers) can be purchased at the office at a 10% discount.

Checker/Prestige Cabs

10135-31 Ave, Edmonton, AB T6N 1C2

Phone: (780) 484-8888

Website: www.edmtaxi.com

Customers are able to book trips online. Offers specialized vans with wheelchair lifts, which can be booked a few hours in advance; however, to ensure a van they ask that you book 24 hours in advance of the trip. Offers group charter services (10 passenger vans) as well. They are able to accept Debit Card as a form of payment. Offers a seniors discount for those 65 years of age and older and offers seniors Taxi Cab Cash (vouchers) at a 20% discount.

Co-op Taxi Line Ltd.

10538-114 St, Edmonton, AB T5H 3J7

Phone: (780) 425-2525

Website: www.co-optaxi.com

Customers are able to book trips online. Offers specialized vans with wheelchair lifts, which can be booked at your convenience. They are able to accept Debit Card as a form of payment. Co-op Coupons (vouchers) can be purchased at the office or via phone at a 10% discount.

Yellow Cab

10135-31 Ave, Edmonton, AB T6N 1C2

Phone: (780) 462-3456

Website: www.edmtaxi.com

Customers are able to book trips online. Offers specialized vans with wheelchair lifts, which can be booked a few hours in advance; however, to ensure a van they ask that you book 24 hours in advance of the trip. They are able to accept Debit Card as a form of payment. Offers a seniors discount for those 65 years of age and older and offers seniors Taxi Cab Cash (vouchers) at a 20% discount.

Taxis in the Surrounding Area

Leduc

Aces Taxi (780) 264-7444

Apple Cabs* (780) 803 0363 or (780) 980 8889

City Cabs/Gord's Taxi Service* (780) 699-4484

Easy Ride Taxi Ltd.* (780) 980-5112

L A Cabs (780) 986-5555

Leduc Yellow Cab (780) 980-8080

Ron's Taxi (780) 493-1350

Sunrise Cabs (780) 986-5400

Nisku

Beaumont and Nisku Taxi* (780) 929-6300

Ron's Taxi (780) 493-1350

* Seniors discount is available – call to inquire.

+ Wheelchair accessible vehicles are available – call to inquire.

Sherwood Park

AAA Cabs in the Park Ltd.*	(780) 440-4444
Aristocrat Cabs*	(780) 995-3333 or (780) 257-3200
Astro Taxi*	(587) 400-8526
Diamond Taxi and Shuttle Service*	(780) 416-2432
Quik Taxi*	(780) 467-0111
Sherwood Park Cabs/Eastgate Taxi	(780) 464-1500
Sherwood Park Flat Rate Taxi Cabs*	(587) 782-7695

Spruce Grove

Meadowlark Taxi	(780) 962-8771 or (587) 487-2618
M&M'z Taxi	(780) 962-3256
Nascab*	(780) 946-7477

St. Albert

Aaron Taxi*	(780) 460-4444
St. Albert Loretto Taxi* ⁺	(780) 458-6000
St. Albert Taxi*	(780) 459-5050 or (587) 419-6419
Sturgeon Cabs Ltd*	(780) 458-8888

Stony Plain

Nascab*	(780) 946-7477
Stony Plain Towing and Taxi	(780) 963-1525

* Seniors discount is available – call to inquire.

+ Wheelchair accessible vehicles are available – call to inquire.



Seniors Transportation Information Hubs

The Hubs, an initiative of *Age Friendly Edmonton*, are a one-stop shop experience for seniors to obtain print information on transportation for those who are drivers, those who want to (or already) use Edmonton Transit, and for those who are looking for alternative driving options. The brochures available at the Hubs provide information on Mature Driver Education programs with the AMA, information on the Driving Angel program, information on the MARD Mobility Guide, ETS schedules relevant to each location, information on customer training programs and accessible and/or senior-friendly services offered by ETS, assisted transportation services such as Care for a Ride, and many other services and programs for seniors.

The Hubs are intended to help bridge information gaps for seniors about transportation choices, to ensure that seniors have current information that is relevant and useful, and to improve connections between seniors, service providers, and transportation programs. Armed with comprehensive information, seniors will be able to make informed choices about those services which best meet their needs for their various trips.

Seniors Transportation Information Hub Locations

- Bonnie Doon Shopping Centre (near customer service office) (82 Ave & 83 St)
- Central Lions Senior Citizens Recreation Centre (11113-113 St)
- Edmonton Seniors Centre (#34, 11111 Jasper Ave)
- Mill Woods Seniors Activity Centre (2nd Floor, 2610 Hewes Way)
- Northgate Lions Senior Citizens Recreation Centre (7524-139 Ave)
- North West Edmonton Seniors Society (12963-120 St)
- Operation Friendship Seniors Society (9526-106 Ave)
- Ottewell Place Seniors' Residence (6207-92 Ave)
Note: Hubs information is for Ottewell Place residents only.
- SAGE – Seniors Association of Greater Edmonton (15 Sir Winston Churchill Square)
- SEESA – South East Edmonton Seniors Association (9350-82 St)
- Strathcona Place 55+ Centre (10831 University Ave)
- West End Seniors Activity Centre (9629-176 St)



Alternate Transportation Services

Care For a Ride

#10, 2016 Sherwood Drive, Sherwood Park, AB T8A 3X3

Phone: (780) 417-2222

Website: www.careforaride.com

Provides door-through-door transportation and accompaniment services for seniors in Sherwood Park, Edmonton, and surrounding area. Operates 7:30am to 5:00pm Monday through Friday.

Price: Within Sherwood Park a one-way trip is \$10.00 with additional stops being \$10.00; \$20.00 round trip. Transportation within Edmonton is based on a flat rate and distance travelled (quotes are provided and guaranteed at the time of booking). Accompaniment services are a \$60.00 per hour charge.

Companions and More Ltd.

20515-92 Ave, Edmonton, AB T5T 0X1

Phone: (780) 660-1170

Website: www.companionsandmore.ca

Provides door-through-door escorted transportation service to seniors in Edmonton. Transportation is available for grocery shopping, medical appointments, recreational activities, church services, etc. Vehicles are not wheelchair accessible so clients must be able to enter and exit a vehicle with minimal assistance. Operates 8:00am to 10:00pm Monday through Sunday. Must book trips at least 24 hours in advance.

Price: \$30.00 per hour charge with a minimum of one hour of service; additional \$0.54 per km driven.

Corinne's Companions Seniors Transportation and Travel Service

Phone: (780) 914-6285

Email: corinnescompanions@gmail.com

Provides door-through-door escorted transportation service to seniors in Edmonton, St. Albert, and Leduc. Transportation is available for medical appointments, airport trips, shopping and groceries, recreational activities, church services, etc. Operates 8:00am to 6:00pm Monday through Sunday.

Price: \$40.00 per hour charge.

DATS – Disabled Adult Transit Service

5610-86 St, Edmonton, AB T6E 2X3 (Mailing Address only)

Phone: (780) 496-4567

Website: www.takeETS.com

Provides a shared ride transportation service for pre-registered Edmontonians over 16 years of age who cannot use regular transit buses due to a severe physical or cognitive disability. A designated mandatory attendant may travel free on DATS while accompanying a fare paying DATS registrant. Rides can be booked 2 to 3 days in advance and up to 12:00pm the day before the trip. Trips can be booked or cancelled by phone or fax at (780) 496-1008. It is requested that cancellation occur at least 2 hours in advance of the trip. Booking hours are 7:30am to 5:00pm Monday through Friday and 7:30am to 12:00pm on Saturday and Sunday.

Price: \$3.25 per one-way trip; books of 10 tickets are \$24.75; monthly passes are \$91.50.

Driving Miss Daisy

Phone: 1-877-613-2479

Website: www.drivingmissdaisy.ca

Provides transportation, accompaniment, and assistance to seniors living in Edmonton and surrounding area. Rides are provided to and from the doctor, grocery store, dental appointments, hair salon, personal shopping, Adult Day Programs, dialysis, airport service, social events, etc. Grocery and personal shoppers also are available. Safe and reliable transportation, security cleared, and wheelchair/walker friendly. Operates 7 days a week.

Price: Varies by destination and services needed. Charges are per hour, or a portion thereof.

Lady Valet Home Services

Phone: (780) 297-3753

Website: www.ladyvalet.ca

Provides transportation, accompaniment, and in-home services to seniors living in Edmonton and surrounding area. Operates 7:00am to 9:00pm Monday through Saturday.

Price: \$55.00 per hour charge for one passenger with a minimum of one hour of service. Additional passengers from the same residence pay \$10.00 per hour charge each, to a maximum of 3 additional passengers.

LATS – Leduc Assisted Transportation Service

Civic Centre 1, Alexandra Park, Leduc, AB T9E 4C4

Phone: (780) 986-5000

Website: www.leduc.ca/Leduc-Transit/Customer_Service/LATS.htm

Provides transportation within the Leduc area (no service to Edmonton) for seniors and adults with a disability. Service operates 8:00am to 9:30pm Monday through Friday and 9:00am to 5:30pm Saturday and Sunday. Same day or pre-booked trips are available. Clients must have a medical form completed before using the service.

Price: \$4.00 per one-way trip; books of 11 tickets are \$40.00; monthly passes are \$140.00. One-way trips to certain locations are sponsored by some businesses (see website for locations).

LHSA – Lifestyle Helping Hands Seniors Association

10740-19 Ave, Edmonton, AB T6J 6W9

Phone: (780) 450-2113 or (780) 424-LIFT (5438)

Website: www.lhhsa.org

Provides door-through-door transportation services for seniors living in Edmonton. This organization is a proud partner of LIFT Drive Happiness – please see the listing provided below. Rides can be booked directly through LHSA or by phoning LIFT Drive Happiness. LHSA office hours of operation are 11:00am to 3:00pm Monday through Friday, excluding statutory holidays.

Price: Please contact LHSA for pricing information.

LIFT Drive Happiness

Phone: (780) 424-LIFT (5438)

Website: www.drivehappiness.ca

LIFT Drive Happiness provides door-through-door transportation services using volunteer drivers. Transportation is provided for seniors with reduced mobility or who experience barriers in using public transportation and meet income criteria. Clients must be able to enter and exit a vehicle with limited assistance. Light collapsible wheelchairs are accepted. Operates 8:00am to 8:00pm Monday through Sunday – dependent on volunteer availability. Request that trips be booked at least 3 days in advance.

Price: Please contact LIFT Drive Happiness for pricing information. An annual membership Lifestyle Helping Hands Seniors Association (LHSA) is required.

Neighbourlink – Parkland

#105, 505 Queens St, Spruce Grove, AB T7X 2V2

Phone: (780) 960-9669

Website: www.neighbourlinkparkland.com

Provides transportation services within Spruce Grove and area for medical, social, or other transportation needs.

Price: Free but clients are required to pay any parking charges.

Opening Doors Support Services

Phone: (780) 239-2399

Provides transportation services within Edmonton and area for medical, social, or other transportation needs. Operates 7:30am to 4:30pm Monday through Friday.

Price: \$25.00 per hour charge.

Operation Friendship Seniors Society – Helping Hands Program

9526-106 Ave, Edmonton, AB T5H 0N2

Phone: (780) 429-2626

Website: www.ofss.org/helping-hands/

Provides transportation services for seniors who use Operation Friendship Seniors Society services. Two staff drivers are available to transport people to medical appointments or grocery shopping through the Helping Hands Program. The service is for individuals who are not able to use the regular transportation system. The Helping Hands Program is able to accommodate wheelchairs and will provide transportation to anywhere in the city. Must book trips at least 3 days in advance. Operates 9:00am to 5:00pm Monday through Friday.

Price: No charge to residents 55 years of age and older – must live within the boundaries of Operation Friendship (118th Ave on the north, 101st St on the west, the river on the south, and 82nd St on the east).

Rehab and Retreat Senior Care Specialists Ltd.

15403-93 Ave, Edmonton, AB T5R 5H4

Phone: (780) 758-2776

Website: www.rehabandretreat.com/driving-service.html

Provides door-through-door transportation services from drivers with a Class 4 License and staff trained in dementia-care. Rides can be booked at your convenience and are available throughout Edmonton and surrounding area. Office hours are 9:00am to 4:00pm Monday through Friday. Evening and weekend appointments can be accommodated on request.

Price: Pricing is based on km driven and the driver's time commitment. Call to inquire about a price.

Shepherd's Care At Home

420 Kaska Road, Sherwood Park, AB T8A 4E9

Phone: (780) 435-4663

Website: www.shepherdscareshome.com

Offers door-to-door transportation and companionship services to seniors living in Edmonton, Sherwood Park, St. Albert, and Beaumont. Provides transportation for medical appointments, grocery shopping, recreational activities, airport trips, etc. Operates 24 hours a day, 7 days a week. Request that trips be booked at least 24 hours in advance.

Price: \$17.50 per 15 minute trip; \$30 per hour charge for companionship services.

Society of Seniors Caring About Seniors

#202, 5540-106 Ave, Edmonton, AB T6A 1G3 (St. Gabriel Catholic School)

Phone: (780) 465-0311

Website: www.sscas.com

A not-for-profit organization offering services to low income seniors on the south side of Edmonton. Eligibility requirements include a minimum age of 65 years and having a disability or frailty. Volunteer drivers will drive to destinations anywhere within the city limits. This service is not able to accommodate wheelchairs. Office hours are 10:00am to 4:00pm Monday through Friday. Bookings for rides are available Monday through Sunday and are dependent on volunteer driver availability. Request that trips be booked at least 2 days in advance.

Price: \$12.00 annual membership fee; charge of \$8.00 for a 1.5 hour round trip.

SOS Supportive Outings and Services Inc.

Phone: (780) 952-7923

Website: www.soscaregiver.ca

Provides transportation and companionship services to individuals living in Edmonton, Sherwood Park, Spruce Grove, and St. Albert. Clients must be able to transfer into a SOS support worker's vehicle with minimal assistance. Operates 8:00am to 8:00pm Monday through Saturday. Request that trips be booked at least 2 days in advance.

Price: There is a base rate of \$30.00 per hour, although the price varies with the services required by the client.

Spruce Grove Specialized Transit Service

#301, Jespersen Ave, Spruce Grove, AB T7X 3E8

Phone: (780) 962-2456

Website: www.sprucegrove.org/services/transportation/sts.htm

Provides door-to-door transportation for seniors 55 years of age and older and for persons with mobility challenges. Transportation services are for residents of Spruce Grove, Parkland Village, and defined limits of Parkland County. Operates 7:00am to 4:00pm Monday through Friday. All persons eligible must register before they are able to book rides.

Price: Varies depending on destination.

St. Albert Handibus

235 Carnegie Drive, St. Albert, AB T8N 5A7

Phone: (780) 418-6060

Website: www.stalbert.ca/getting-around/stat-transit/handibus/

Provides transportation within St. Albert and to 13 locations in Edmonton for residents 16 years of age and older not able to ride or use regular transit services. Wheelchair accessible buses are available as well. Service within St. Albert operates 7:00am to 5:00pm Monday to Friday. Service to Edmonton operates 7:00am to 5:00pm Monday through Friday. Rides can be booked 3 days in advance and up to 12:00pm the day before the trip, either by phone or online. Some same-day trips can be accommodated. Clients must have a medical form completed before using the service.

Price: \$3.25 per one-way trip within St. Albert; \$6.00 per one-way trip to/from Edmonton. For rides within St. Albert, books of 10 tickets are available for \$24.00. For rides into Edmonton, books of 10 tickets are available for \$41.25.

St. Albert Seniors Association – Handibus

7 Tache Street, St. Albert, AB T8N 2S3

Phone: (780) 459-0433

Website: www.stalbert50plus.com

Provides transportation services within St. Albert for individuals 50 years of age and older on a wheelchair-equipped bus. Operates 8:30am to 4:00pm Monday through Friday. Request that trips be booked at least 24 hours advance.

Price: \$4.00 per one-way trip.

St. Albert Seniors Association – Volunteer Driving Program

7 Tache Street, St. Albert, AB T8N 2S3

Phone: (780) 459-0433

Website: www.stalbert50plus.com

Provides transportation services within St. Albert and into Edmonton for individuals 65 years of age and older who are receiving Alberta Seniors Benefits. Clients must register with the program before booking a ride. Operates 8:30am to 4:30pm Monday through Friday. Request that trips be booked at least 24 hours advance.

Price: Free.

Stony Plain Handibus Service

Phone: (780) 963-5444

Website: www.stonyplain.com/Town-Hall/Departments/Community-and-Protective-Services/Handibus-Service.htm

Provides transportation for residents of Stony Plain 65 years of age and older, as well as for residents with physical or cognitive disabilities. Trips can be made within Stony Plain, and into Edmonton, Spruce Grove, and Devon. Operates 8:00am to 4:00pm Monday through Friday. Trips must be booked in advance, and users must be registered prior to booking trips.

Price: Varies depending on destination.

Strathcona County – Mobility Bus

200 Streambank Ave, Sherwood Park, AB T8H 1N1

Phone: (780) 449-9680

Website: www.strathcona.ab.ca/departments/Transit/accessible-transportation-scat.aspx

Provides door-to-door service for residents of urban and rural Sherwood Park and Strathcona County who are unable to utilize existing transit services and for persons with disabilities. Service also is provided for travel into Edmonton on fixed routes. Operates 6:00am to midnight Monday through Saturday, and 7:00am to 8:00pm on Sunday for rides within Sherwood Park. For travel into Edmonton, service is available 6:00am to midnight Monday through Saturday, and 7:00am to 8:00pm on Sunday. For rural residents, service is available 6:00am to 10:00pm Monday through Friday (no service is available on the weekend or holidays). Trips must be booked at least 2 days in advance. Users must be registered before booking a trip.

Price: Varies by pickup location and destination.

Wheels in Motion

Phone: (780) 433-2044

Provides transportation services to individuals living in Edmonton. Operates 8:00am to 10:00pm Monday through Sunday. Request that trips be booked at least 24 hours in advance.

Price: Varies depending on destination.

Wheels on the Go

Phone: (780) 554-8818

Provides transportation services to individuals living in St. Albert and surrounding area. Also offers meal preparation, home services, prescription pick-up/delivery, and grocery shopping. Operates 7:00am to 5:00pm Monday through Friday. Request that trips be booked at least 24 hours in advance.

Price: Varies depending on destination and service needed.

Possible Occasional Transportation Sources

- The Senior Citizens Drop In Center in your local area.
- Your local seniors association.
- Your local church.

To locate the service provider that best suits your individual needs and for a full listing of alternate transportation service providers in Edmonton and surrounding area, please visit www.mard.ualberta.ca to search through the online compendium of transportation service providers in Alberta.

Appointments and Important Reminders

Appointment



For: _____

Date: _____ Time: _____

Notes:

Appointment



For: _____

Date: _____ Time: _____

Notes:

Appointment



For: _____

Date: _____ Time: _____

Notes:

Appointment



For: _____

Date: _____ Time: _____

Notes:

Appointments and Important Reminders

Appointment



For: _____

Date: _____ Time: _____

Notes:

Appointment



For: _____

Date: _____ Time: _____

Notes:

Appointment



For: _____

Date: _____ Time: _____

Notes:

Appointment



For: _____

Date: _____ Time: _____

Notes:



MARD
Medically At-Risk
Driver Centre

Phone (780) 492-6273
mard@ualberta.ca
www.mard.ualberta.ca



agefriendly
EDMONTON

www.agefriendlyedmonton.ca