

# Provincial Resources to Support Persons Living with Dementia and Care Partners

- Alberta -

October 2021

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## 1. Driving and Transportation

### Driving information

- A medical report to assess driving ability is required for all seniors every 5 years starting at age 70, then every 2 years starting at age 80
- Drive Happiness Seniors Association is a registered, non-profit society whose mission is to assist seniors in remaining independent in their own homes for as long as possible. Services are provided across Alberta <https://drivehappiness.ca/ride-program/>
- Disability parking permits are issued by your local Registry Agent office <https://www.alberta.ca/get-parking-placard-people-disabilities.aspx>

### Transportation options

- Public transit **Calgary** <https://www.calgarytransit.com/home.html>
- Public transit **Edmonton** <https://www.edmonton.ca/edmonton-transit-system-ets>
- Most other cities and towns have public transit and taxi service.
- **Alberta** has accessibility transport in most communities. Check this document to find service in your community: <http://www.transportation.alberta.ca/content/docType56/Production/Accessible%20Transportation%20Guide.pdf>
- Driving Miss Daisy is a senior driving service with multiple locations in **Alberta**. Call 1-877-613-2479 for more information. <https://drivingmissdaisy.ca>

## 2. Home and Community Support

### Home and Community Care

- **Alberta Health Services** provides home and community care including home care, rehabilitation or restorative care, adult day programs, long-term care, palliative care and medication management. Information for all home and



community care is found

here: <https://www.albertahealthservices.ca/cc/Page15339.aspx>

- To access an assessment for home or community care, dial 8-1-1 or use the local phone numbers below to speak to a Nurse in your area about a home care assessment: <https://www.albertahealthservices.ca/cc/Page15488.aspx>

**North** 1-855-371-4122

**Edmonton** 780-496-1300

**Central** 1-855-371-4122

**Calgary** 403-943-1920 (or) 1-888-943-1920

**South**

- Bow Island 403-545-2296
  - Brooks 403-501-3244
  - Lethbridge and Area 403-388-6380 or 1-866-388-6380
  - Medicine Hat 403-581-5750
  - Oyen 403-664-3651
- **Alberta 211** is a directory that help people get connected to health and social services and resources in their community. Use the online directory to search for services <https://ab.211.ca> or call or text 2-1-1.

## Long-term care

- Alberta has Designated Supportive Living facilities providing a higher level of care than can be accommodated at home. Call 8-1-1 to be connected to a care manager to help arrange for supportive care. <https://www.albertahealthservices.ca/cc/Page15490.aspx>
- Long-term care facilities provide 24-hour nursing care and personal care. Call 8-1-1 to get connected to a case manager to help arrange for a long-term care placement. <https://www.albertahealthservices.ca/cc/Page15491.aspx>

## Meal delivery services

- Searching the directory on <https://ab.211.ca> for “Meal deliveries” will yield meal services in the local area searched
- If unable to use the search directory, dial 2-1-1 to be connected to meal delivery services



### 3. Exercise Programs

- **YMCA** in Calgary (7 locations) <https://www.ymcacalgary.org>
- **YMCA** of Northern Alberta (Edmonton, Fort McMurray, Red Deer), <https://northernalberta.ymca.ca>
- **YMCA** in Medicine Hat (2 locations) <https://medicinehatymca.ca>
- **YMCA** in Lethbridge, call 1-403-942- 5757, <https://lethbridgeymca.ca>
- **YMCA at Home** – free virtual exercise programs at home <https://www.ymcahome.ca>
- **Minds in Motion** by the Alzheimer Society <https://alzheimer.ca/ab/en/help-support/programs-services/minds-motion> , call 1-866-950-5465 for information.
- **Western Seniors Activity Centre** 8 week virtual exercise program with video and booklet instructions: <https://weseniors.ca/8-week-fitness-program-for-seniors/> , call 1-780-483- 1209 for information
- **Move'n'Mingle** Fall prevention program in the **Calgary** Region <https://www.albertahealthservices.ca/services/page13166.aspx> , call 1-403-836-7708 for information.
- **Seniors Balance and Condition** Program in the **Edmonton** region <https://informalberta.ca/public/service/serviceProfileStyled.do?serviceQueryId=1021553> , call 1-708-735-7161 for information.

### 4. Cognitive Training Programs

- **Minds in Motion**® by the Alzheimer Society helps people living with any form of early-stage dementia with gentle exercise, social activities and cognitive stimulation. Call 1-866-950-5465 for information. <https://alzheimer.ca/ab/en/help-support/programs-services/minds-motion>
- **Memory Work Out** – a guide for cognitive training for people with early-stage dementia and Alzheimer: [https://the-ria.ca/wp-content/uploads/2018/11/BUFU-Guide-Memory-Workout\\_AODA.pdf](https://the-ria.ca/wp-content/uploads/2018/11/BUFU-Guide-Memory-Workout_AODA.pdf)



- **Hello Brain** – cognitive training delivered online or via an app (there is also a paper version for those without computer or tablet/smartphone access): <http://www.hellobrain.eu/en/gettheapp>
- **First Link by the Alzheimer Society** can help you connect to programs in your community. Refer to the provincial Alzheimer Society contact information or call 1-866-950-5465 to find a program near you. <https://alzheimer.ca/en/help-support/programs-services/first-link>

## 5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. Call 1-866-950-5465 for more information. <https://alzheimer.ca/ab/en/take-action/donate/leave-legacy/planning-peace-mind>
- Centre for Public Legal Education in Alberta – Power of Attorney Tool Kit. Call 1-780-451-8764 for more information. <https://www.cplea.ca/wp-content/uploads/BeingAnAttorneyUnderAnEnduringPowerOfAttorney.pdf>

## 6. Support Groups

- **The Alzheimer Society of Alberta and Northwest Territories** offers several virtual and in-person support groups for people with dementia and caregivers <https://alzheimer.ca/ab/en/help-support/programs-services> , or call 1-866-950-5465 to get connected to a support group in your region
- **Caregivers Alberta** is an organization that provides resources and supports to caregivers <https://www.caregiversalberta.ca/programs-and-services/for-caregivers/> , Email: [office@caregiversalberta.ca](mailto:office@caregiversalberta.ca) or call toll-Free: 1-877-453-5088
- **Canadian Alzheimer's and dementia support group** (Facebook) <https://www.facebook.com/groups/806165616207113>
- **Dementia talk** – and online support portal for people with dementia and their caregivers <https://discussions.dementiatalk.org>



## 7. Alzheimer Society - Provincial and Regional Chapters

### **Alzheimer Society of Alberta and Northwest Territories**

#306, 10430 - 61 Avenue  
Edmonton, Alberta T6H 2J3  
Tel: (780) 488-2266  
Toll-free: 1-866-950-5465 (AB and NWT only)  
Fax: (780) 488-3055  
Email: [info@alzheimer.ab.ca](mailto:info@alzheimer.ab.ca)  
Web: [www.alzheimer.ca/ab](http://www.alzheimer.ca/ab)

#### Regional offices:

##### **Lethbridge**

#40, 1202 - 2nd Avenue South  
Lethbridge, Alberta T1J 0E3  
Phone: 403-329-3766  
Toll-free: 1-866-950-5465  
Fax: 403-327-3711  
Email: [bhill@alzheimer.ab.ca](mailto:bhill@alzheimer.ab.ca)

##### **Fort McMurray**

1 C. A. Knight Way  
Ft. McMurray, Alberta T9H 5C5  
Phone: 1-866-950-5465  
Toll-free: 1-866-950-5465  
Fax: 780-743-4564  
Email: [ssmith-gagne@alzheimer.ab.ca](mailto:ssmith-gagne@alzheimer.ab.ca)

##### **Grande Prairie**

#102, 9823 - 116 Avenue  
Grande Prairie, Alberta T8V 4B4  
Phone: 780-882-8770  
Toll-free: 1-866-950-5465  
Fax: 780-882-8780  
Email: [jsimms@alzheimer.ab.ca](mailto:jsimms@alzheimer.ab.ca)

##### **Red Deer & Central Alberta**

#1, 5550-45 Street  
Red Deer, Alberta T4N 1L1  
Phone: 403-342-0448  
Toll-free: 1-866-950-5465  
Fax: 403-986-3693  
Email: [lgrande@alzheimer.ab.ca](mailto:lgrande@alzheimer.ab.ca)

##### **Medicine Hat (Virtual Office)**

# Forward with dementia



A guide to living with dementia

Phone: 403-528-2700

Toll-free: 1-866-950-5465

Fax: 403-526-4994

Email: [aschmid@alzheimer.ab.ca](mailto:aschmid@alzheimer.ab.ca)

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**Website:** [forward-avancer.ca](http://forward-avancer.ca)

**Email:** [info@forward-avancer.ca](mailto:info@forward-avancer.ca).