

Provincial Resources to Support Persons Living with Dementia and Care Partners

- Alberta -

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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. For more information, [click here](#).
- 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. Call 1 (780) 424-5438 for more information.
- Disability parking permits are issued by your local Registry Agent office. [Click here](#) for more information.

Transportation options

- **Calgary** public transit, [click here](#).
- **Edmonton** public transit, [click here](#).
- Most other cities and towns have public transit and taxi service.
- **Alberta** has accessibility transport in most communities. [Click here](#) to find a service in your community.
- Driving Miss Daisy is a senior driving service with multiple locations in **Alberta**. Call 1 (877) 613-2479 for more information or visit their website [here](#).

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](#), or call 811.
- 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, found [here](#).
 - **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, [click here](#) or call or text 2-1-1.

Long-term care

- Alberta has Designated Supportive Living facilities providing a higher level of care then can be accommodated at home. Call 8-1-1 to be connected to a care manager to help arrange for supportive care, or [click here](#) to read more.
- Long-term care facilities provide 24-hour nursing care and personal care. Call 8-1-1 or [click here](#) to get connected to a case manager to help arrange for a long-term care placement.

Meal delivery services

- Searching the directory on Alberta Health Services, [found here](#), 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), [click here](#).
- **YMCA** of Northern Alberta (Edmonton, Fort McMurray, Red Deer), [click here](#).
- **YMCA** in Medicine Hat (2 locations), [click here](#).
- **YMCA** in Lethbridge, call 1-403-942- 5757 or [click here](#).
- **YMCA at Home** – free virtual exercise programs at home, [click here](#).
- **Minds in Motion** by the Alzheimer Society, call 1-866-950-5465 or [click here](#) for more information.
- **Western Seniors Activity Centre** 8-week virtual exercise program with video and booklet instructions, read more [here](#) call 1-780-483- 1209 for information.
- **Move'n'Mingle** Fall prevention program in the **Calgary** Region, call 1-403-836-7708 or [click here](#) for information.
- **Seniors Balance and Condition** Program in the **Edmonton** region, call 1-708-735-7161 or [click here](#) 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 or [click here](#) for information.
- **Memory Work Out** – a guide for cognitive training for people with early-stage dementia and Alzheimer, for more information [click here](#).
- **Hello Brain** – cognitive training delivered online or via an app, [click here](#) for more information
- **First Link by the Alzheimer Society** can help you connect to programs in your community. Refer to the provincial Alzheimer Society contact information, [click here](#) or call 1-866-950-5465 to find a program near you.

5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. Call 1-866-950-5465 or [click here](#) to visit their website for more information.
- Centre for Public Legal Education in Alberta – Power of Attorney Tool Kit. Call 1-780-451-8764 or [click here](#) for more information.

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, [click here](#) to check out their programs and 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, more information can be found [here](#). You can also reach out via email (office@caregiversalberta.ca) or call toll-Free: 1-877-453-5088.
- **Canadian Alzheimer's and dementia support group** Facebook's page can be found by [clicking here](#).
- **Dementia talk** – an online support portal for people with dementia and their caregivers can be found by [clicking here](#).

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
Web: www.alzheimer.ca/ab

Find information for regional offices on the next page (page 6)

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

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

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

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

Medicine Hat (Virtual Office)

Phone: 403-528-2700
Toll-free: 1-866-950-5465
Fax: 403-526-4994
Email: aschmid@alzheimer.ab.ca