

St. Albert Resources for Older Adults/Seniors

September 2024



Advocacy, Information, and Referral

FCSS of City of St. Albert

Navigation Services 780-459-1756

Publications and Resources

(internet-based service)

St. Albert Food Bank and Community Village

Advocacy Office 780-459-0599 x3 OR x6

Community Liaison 780-459-0599 x3

St. Albert Public Library

Career Resource Centre 780-459-1682

St. Albert Seniors Association 780-459-0433

Systems Navigation and Outreach

211 Alberta - Seniors Line 2-1-1 x2

Government of Canada

Service Canada Centres 1-800-622-6232

OakNet (Older Adult Knowledge Network) oaknet.ca

Sage Seniors Association

Directory of Senior Services 780-423-5510

Caregiver Support

St. Albert Sturgeon Hospice Association

Compassionate Care Program 587-921-1345

Alberta Health Services

Home Care and Community Care .. 780-496-1300

ElderCare Edmonton

Day Support Program 780-434-4747 x0

(Caregiver Support continued in the next column)

ElderDog Canada 1-855-336-4226

(help for seniors with dog care and bereavement support)

The Good Samaritan Society

TeleCare (help button) 780-431-3630

Yellow Pages Telephone Book www.yellowpages.ca

For private home care services look up "Home Health Services".

Elder Abuse / Safety

Canadian Mental Health Association (CMHA)

Seniors' Abuse Helpline (24/7) 780-454-8888

Elder Abuse Resource and Supports (EARS) (65+yrs)

..... 780-477-2929

Government of Alberta - Ministry of Children and Family Services

Family Violence Info Line (24/7) 310-1818

Protection for Persons in Care (reporting)

..... 1-888-357-9339

Sage Seniors Association

Seniors' Safe House (60+yrs) 780-702-1520

Stop Abuse in Families Society

Elder Abuse Response Program (50+yrs)

..... 780-460-2195 x305

Contact 211 for more information. Dial 2-1-1, text INFO to 211, or live chat at www.ab.211.ca.

Inclusion of an agency or service on this list does not constitute an endorsement by 211.

St. Albert Resources for Older Adults/Seniors

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Financial and Legal Support

[FCSS of City of St. Albert](#) 780-459-1756

City of St. Albert Subsidy Program

[Government of Alberta - Ministry of Seniors,](#)

[Community, and Social Services](#)

Alberta Adult Health Benefit..... 780-427-6848

Assured Income for the Severely Handicapped

(AISH) 780-419-3907

Emergency Financial Assistance ... 780-419-3907

Income Support 780-415-4900

Office of the Public Guardian and Trustee

(OPGT)..... 780-427-2744

[Residential Access Modification Program](#)

..... 780-427-5760

Alberta Supports 877-644-9992

[Career and Employment Services](#)

Disability Related Employment Services

[Seniors Financial Assistance Programs](#)

[Seniors Property Tax Deferral Program](#)

[Government of Canada - Canada Pension Plan \(CPP\) /](#)

[Old Age Security Pension \(OAS\)](#) 1-800-277-9914

St. Albert Food Bank and Community Village

..... 780-459-0599

[Community Volunteer Income Tax Program](#)

[\(CVITP\)](#)

[Financial Literacy](#)

[Rental Assistance Program](#)

Food and Nutrition

Salvation Army Church and Community Centre - St. Albert

[Community and Family Services](#) 780-458-1937

St. Albert Community Garden - [Garden Plots](#)

..... saintalbert.communitygarden@gmail.com

St. Albert Food Bank and Community Village

..... 780-459-0599

[Community Kitchen](#)

[Food Bank](#)

[St. Albert Seniors Association](#)

Lucia's Bistro 780-459-0433

Meals on Wheels 780-459-0433 x6

[Wecan Food Basket Society of Alberta](#) ... 780-413-4525

Hospice, Palliative, and Life-Limiting Illness

[Government of Alberta](#)

Saying Farewell Handbook 780-644-9992

[St. Albert Sturgeon Hospice Association](#)

Compassionate Care Program 587-921-1345

[St. Albert Bereavement Fellowship](#)

Support Group Meetings

..... 780-709-4779 (Resa H.)

.....or 780-719-6228 (Laura M.)

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Housing and Home Supports

Alberta Seniors Communities and Housing Association

Online Seniors Housing Directory (65+yrs)

City of St. Albert

St. Albert Senior's Housing Directory

Sage Seniors Association 587-773-1764

Housing Information Services (55+yrs)

Salvation Army Church and Community Centre - St.

Albert - Community and Family Services. 780-458-1937

St. Albert Food Bank and Community Village

HomeShare Program 780-459-0599 x6

Inclusion and Diversity Supports

St. Albert Further Education/STAR Literacy

Newcomer Connection Program 780-460-2236

Canadian Human Rights Commission . 1-888-214-1090

Edmonton Immigrant Services Association

Library Settlement Services 780-410-8603

(St. Albert Downtown Library)

FCSS of City of St. Albert 780-459-1756

Welcoming and Inclusive Communities

Government of Alberta

Alberta Aids to Daily Living (AADL) 780-427-0731

(funding for medical equipment and supplies)

Residential Access Modification (RAMP)

..... 780-427-5760

Seniors Home Adaptation and Repair Program

(SHARP) 1-877-644-9992

Leisure, Education, and Social Engagement

City of St. Albert

Aquatics Inquires 780-459-1553

Arts, Culture, and Tourism 780-459-1600

Recreation and Parks Department

..... 780-418-6088

FCSS of City of St. Albert 780-459-1756

Neighbourhood Connections

Workshops and Training Opportunities

Recreation Subsidy Program

Salvation Army Church and Community Centre - St.

Albert

Community and Family Services 780-458-1937

St. Albert Further Education Association . 780-460-2207

Community Adult Learning Opportunities

St. Albert Public Library sapl@sapl.ca

Knitting, scrabble, cribbage, and book clubs

Homebound Delivery Service (for residents of St.

Albert, who are unable to visit the library due to a

temporary or permanent illness or disability)

Public Computer Access, Wi-Fi, Printing, Fax

St. Albert Downtown Library 780-459-1530

Jensen Lakes Library 780-544-0444

St. Albert Seniors Association 780-459-0433

For referrals to volunteer opportunities or other

recreational activities, call 2-1-1.

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Mental Health and Physical Well-being

Alberta Health Services..... 8-1-1

(Adult Day Program; Addiction and Mental Health – Adult Community Services; Domestic Abuse Response Team; Community Audiology Services; Community Health Centre Locations; Continuing Care Homes; Immunizations; Public Health Services; Respiratory Therapy)

[Health Link \(24/7\)](#)8-1-1

[Access 24/7, Adult Intake Services \(24/7\)](#)
..... 780-424-2424

[Primary Care Network Doctor Directory](#)

[Physicians Directory](#)

[Canadian Mental Health Association \(CMHA\)](#)

988 Suicide Crisis Helpline Call or Text 9-8-8

[Catholic Social Services](#)..... 780-875-9084

Counselling - Individual and Family Therapy

[City of St. Albert](#)

[Counselling / Mental Health Directory](#)

[Help In Tough Times \(internet-based service\)](#)

[Government of Canada](#)..... 1-866-225-0709

[Canadian Dental Care Plan](#)..... 1-833-537-4342

[Product Safety Information](#)

[Health and Aging Information Services](#)

[St. Albert Food Bank and Community Village](#)

Shower and Laundry Program..... 780-459-0585

St. Albert Seniors Association

[Foot Care Clinics](#) 780-459-0433 x0

Transportation

[Drive Happiness Seniors Association](#)780-424-5438

Assisted Transportation for Seniors (65+yrs)

[City of St. Albert](#)

St. Albert Transit (and Handibus) ...780-418-6060

Government of Alberta - Ministry of Service Alberta and Red Tape Reduction

[Consumer Protection](#).....780-427-4088

[Parking Placards for Persons with Disabilities](#)

(or look up “License and Registry Services” at www.yellowpages.ca).....780-427-7013

[Medically At-Risk Driver Centre \(University of Alberta\)](#)

Online Resourceswww.mard.ualberta.ca

[St. Albert Seniors Association](#)

Transportation Services (50+) ...780-459-0433 x0

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