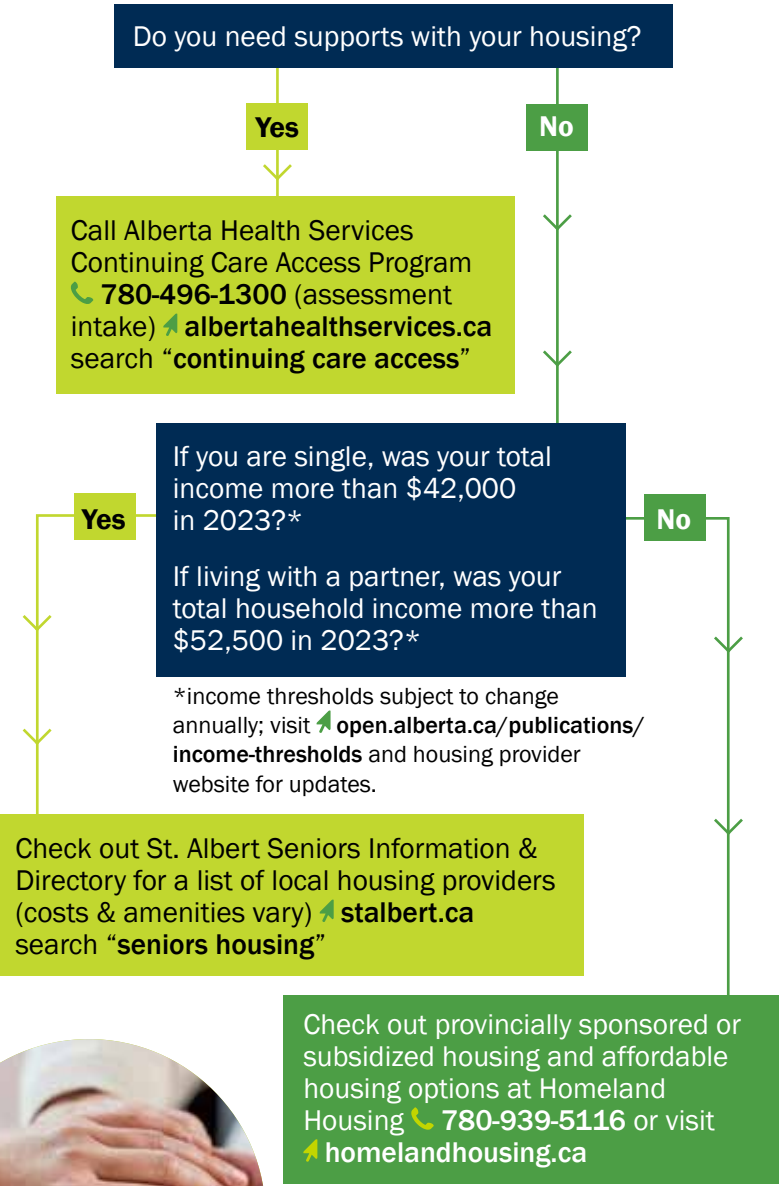


Seniors' Housing Support Resources



Please see an overview of the various levels of support inside this brochure and visit ➡ albertahealthservices.ca and search “levels of care” for more information.



Other Key Contacts:

- St. Albert Food Bank & Community Village:**
📞 780-459-0599 • ➡ stalbertfoodbankandcommunityvillage.com
- St. Albert and Sturgeon County Hospice Association (SASHA)**
📞 587-921-1345 • ➡ sasha-cares.com
- St. Albert Senior's Housing Information & Directory**
📞 780-459-1500 • ➡ stalbert.ca and search “seniors housing”
- St. Albert Seniors Association**
📞 780-459-0433 • ➡ stalbertseniors.ca
- St. Albert & Sturgeon Primary Care Network**
📞 780-419-2214 • ➡ saspcn.com
- Stop Abuse in Families (Elder Abuse Program)**
📞 780.460.2195 • ➡ saifsociety.ca/elder-abuse-programs

NOTES:

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St. Albert Seniors
Housing Information



Are you a senior looking for housing with supports?

If you would like support navigating housing options, St. Albert has support workers who can assist you. Please call one of the following contacts to book and appointment:

- **St. Albert Seniors Association**
Seniors' Outreach Coordinator
780-459-0433
- **St. Albert Food Bank & Community Village**
Community Liaison Social Worker
780-459-0599 ext. 3

Do you need supports with your housing?

Contact Alberta Health Services' Continuing Care Access line at 780-496-1300 to understand the level of care needed. Most housing options will require this information in order to assist you. For further information visit albertahealthservices.ca and search "accessing continuing care."

Questions to consider when evaluating if you should move and where:

1. Is your house too large or too costly to maintain?
2. Do health or mobility challenges make it difficult to live comfortably in your home?
3. Do you need help with personal hygiene, dressing, preparing meals or housekeeping?
4. Do you feel safe in your surroundings?
5. Is your home close to medical services, shopping, family, friends and activities?
6. Are you able to travel to these services and supports easily?

Continuing Care Overview:

Services to support the health of Albertans living in their own homes or in supportive living and long-term care accommodations. Visit albertahealthservices.ca and search "levels of care" for more information.

Level of Care	Support Level
Home Living <ul style="list-style-type: none">• Houses, condos, seniors independent living options and seniors' apartments.• Home Care can be accessed by contacting 780-496-1300 or visit albertahealthservices.ca and search "home care"	Minimal or sometimes no supports needed
Supportive Living (daily fees may apply) <ul style="list-style-type: none">• Residential and lodge living provides rooms, suites and support services helping adults over the age of 65 years stay independent. Affordable lodges are available for those on low-income.• Home care can be accessed by contacting 780-496-1300.	Minimal supports needed
Designated Supportive Living Level 3 and 4 (daily fees) <ul style="list-style-type: none">• For more information visit albertahealthservices.ca and search "designated supportive living"	Moderate/high supports needed
Facility Living <ul style="list-style-type: none">• Long-term care spaces are reserved for individuals who have highly complex and unpredictable health needs whose care cannot be safely provided in their own home or in supportive living.• Available only by assessment through Alberta Health Services' Continuing Care Access line at 780-496-1300.	Long-term care homes and auxiliary hospitals: 24 hour nursing care provided

- * There are private facilities available for supportive living, non-designated Level 1 and 2, and designated supportive living facilities (DSL 3) where costs vary.
- * To determine if an accommodation meets your needs, you can meet with the operator, tour the accommodation or talk to other residents.



What is continuing care?

Learn more at albertahealthservices.ca and search "continuing care" or scan the QR code.

Some accommodations include both supportive living and designated supportive living spaces, but Alberta Health Services determines access to the designated supportive living spaces within the building.

