

Resources for Older Adults in Edmonton

Seniors Abuse Helpline

780.454.8888

Are you or someone you know experiencing Elder Abuse and unsure where to turn? Reach out today.

SAGE Safe House

If you or a senior you know is being abused, please contact the **Safe House Intake: Phone 780.702.1520 for urgent calls.**

For non-urgent calls or further information, please call 780.426.3746

Sage's Seniors Safe House provides temporary housing for men and women. At Safe House, you will find safety, shelter and support for 60 days. The 7 suites are fully furnished and your stay includes all meals and toiletries. Social workers are on site to help you with all areas of your life that have been affected by abuse, such as financial, housing, emotional support and counselling.

211 – Alberta

Phone 211

Need support or help but not sure where to start? Call or text 211 or visit **211.ca** to access their 24-hour information and referral hotline connecting you to social, health, and government services.

Seniors Home Supports Program (SHSP) – Southwest Edmonton

Contact Barb: 780.860.2931

Need help around your home? The Seniors Home Supports Program (SHSP) gives referrals to screened service providers offering services like snow removal, yard help, home repair and maintenance, personal care services, housekeeping, and moving help.

SAGE Seniors Association's Housing Program & 2021 Directory of Senior Services 780.423.5510 ext. 323, or 587.773.1764

Looking for housing information or thinking about moving to assisted living? Contact by phone or visit www.mysage.ca for more information.



Check out the 2021 SAGE Directory of Senior Services – the most comprehensive list of everything you might want to know about services and resources for older adults in greater Edmonton. Click [HERE](#) to view the directory online.

Edmonton55.com

Jolyn Hall is a Housing Navigator who offers consultation services to help older adults age well where they live. Her website also offers lots of information, a housing directory, resources and tools, free seminars, and a calendar of events of interest to older adults.

Website: www.edmonton55.com

Email: jolyn@edmonton55.com

Phone/Text: 780.909.5377

Online Virtual Programs for Seniors:

If you are isolated, have lower mobility, low-income, or are still nervous about joining in-person events and activities, there are still options for you to engage with others online. There are number of senior-serving organizations that are still hosting online, virtual classes and programs for older adults. These may include fitness classes, conversation circles, and technology support. They are often free and available for anyone to access! For more information, click on the links below to find out what is offered:

Mill Woods Seniors Association

<https://www.mwsac.ca/online-programs-for-seniors>

Email: program.coordinator@mwsac.ca

Phone: 780.496.2997

Westend Seniors Activity Centre

<https://weseniors.ca/online-classes/>

Email: programs@weseniors.ca

Phone: 780.483.1209



**Edmonton Southside Primary Care Network
Seniors' Centre Without Walls**
<https://www.edmontonsouthsidepcn.ca/scww/>
Phone: 780.395.2626 for more info or to register

Edmonton Seniors Centre
<https://edmontonseniorscentre.ca/classes/>
Note: These online classes are available for a fee.
Phone: 780.425.8625

Caregivers Alberta – Virtual Support & Workshops
Phone: 780.453.5088
Toll-Free: 1.877.453.5088
Email: office@caregiversalberta.ca

Caregivers Alberta offers several services, including coaching and community supports for caregivers, virtual programs, education workshops and information sessions. Contact them for visit www.caregiversalberta.ca for more info.

Alberta Council on Aging
<https://acaging.ca/programs/>
Note: most of these are self-directed toolkits meant to be a resource tool for individuals and facilitators
Phone: 780.423.7781 or 1.888.423.9666

Age Friendly Edmonton
Email: info@seniorscouncil.net
Phone: 780.423.5635
info@seniorscouncil.net

Age Friendly Edmonton (AFE) seeks to build a city that values, respects, and actively supports the well-being of older adults. Occasionally offers free online Lunch & Learns and seminars. Contact them or visit their website to learn more.

Food Resources for Older Adults in Edmonton:

Struggling to afford food or experiencing food insecurity? Here are some available supports in Edmonton:

Edmonton Food Bank

780.425.4190

Call to find your nearest food bank depot and sign up for a food hamper.

CANAVUA (Canadian Volunteers United in Action)

For free hot meals delivered to your home, you can register weekly at

www.canavua.org/camion OR www.canavua.org/foodbank

Free fruits and vegetables – CANAVUA gives out free bags of produce from their location at #116, 8627 Rue Marie-Anne Gaboury NW, every Friday afternoon.

Email: info@canavua.org for more info.

Edmonton Meals on Wheels

780.429.2020

www.mealsonwheeledmonton.org

Nutritious meals at affordable prices. Subsidy available for qualifying low-income individuals. Able to accommodate many dietary needs. Services include meal delivery and grocery service.

WECAN

780.413.4525 or **<https://wecanfood.com>**

Provides monthly food hamper that includes 2-3x of meat, fruits and veg monthly. Costs approximately \$25.00

Veteran's Association Food Bank - Edmonton Location

1.403.367.8387

17218 107th Avenue NW Edmonton (Open Monday-Saturday, 9:00 am - 5:00 pm)

<https://veteransassociationfoodbank.ca/>

Veterans helping Veterans. Assistance with Peer Support, Food Bank, Emergency Assistance, Intake Support, VA Claims and Medical Referrals, Referrals to Community Partners and Assistance and General Support.

Friendly Phone Caller Programs in Edmonton

This free service aims to create meaningful connections, help to alleviate social isolation and disconnection sometimes felt by people and could just use a regular phone call to check in and chat. The following organizations offer this program:

Westend Seniors Activity Centre

https://weseniors.ca/whats_new/friendly-phone-call-program/

Email: heather@weseniors.ca

Phone: 780.483.1209 ext. 224

Edmonton Meals on Wheels

<https://mealsonwheeledmonton.org/pages/friendly-caller-program>

Phone: 780.429.2020

Canadian Red Cross – Alberta Friendly Calls

Phone: 1.403.541.4438

Email: ABFriendlyCalls@redcross.ca

Note: A referral from a health care professional is required for this specific program through the Red Cross.

Additional Services for Older Adults in Edmonton:

Edmonton Public Library – various locations

www.epl.ca

Edmonton Public Library has a range of services and events that might be of interest to older adults. This includes featured art and artists, computer and technology classes, book clubs, English language learners' classes, games and activities, guest speakers, health and wellness sessions, Indigenous events and activities, and access to resources and internet. Visit their website and find a library located closest to you to learn about the specific events and activities offered in your area!