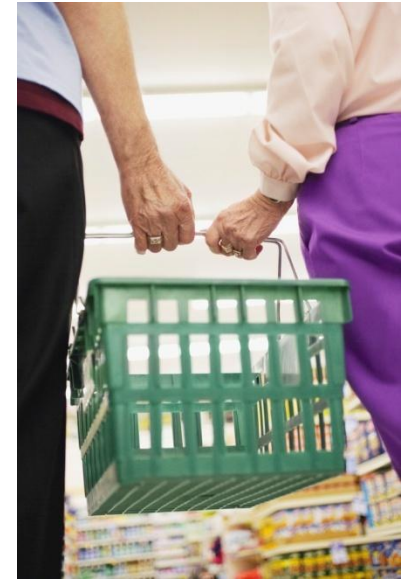
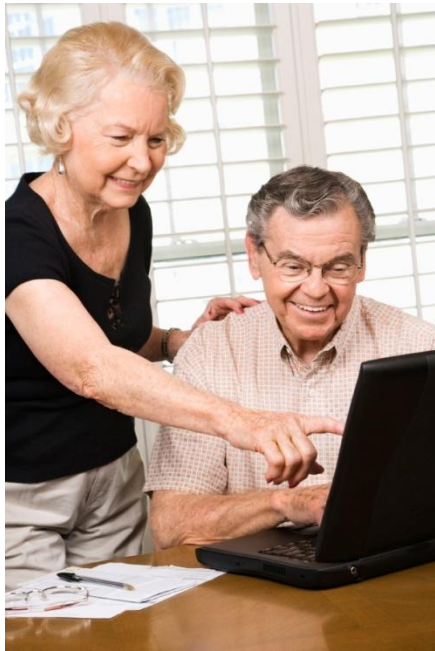


Community Supports to Help You Stay in Your Home

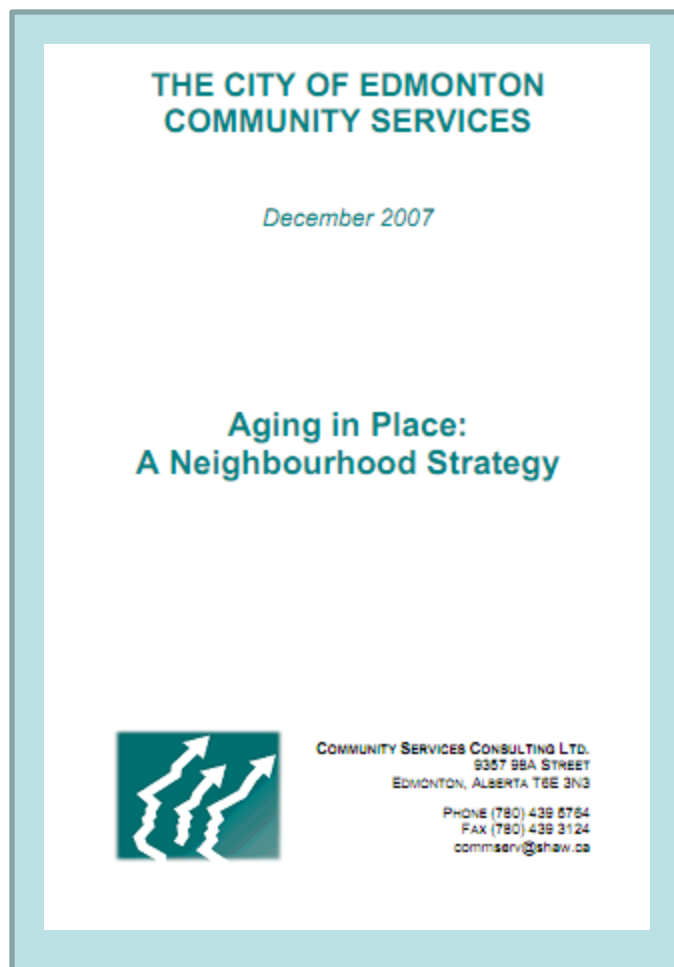


Community Supports

1. What Does the Research Say?
2. What Supports are Needed?
3. What Supports are Available?
4. What Information Sources are Available?
5. What Financial Assistance is Available?

Community Supports

What Does the Research Say?



Community Supports

Findings from the study reveal the following:

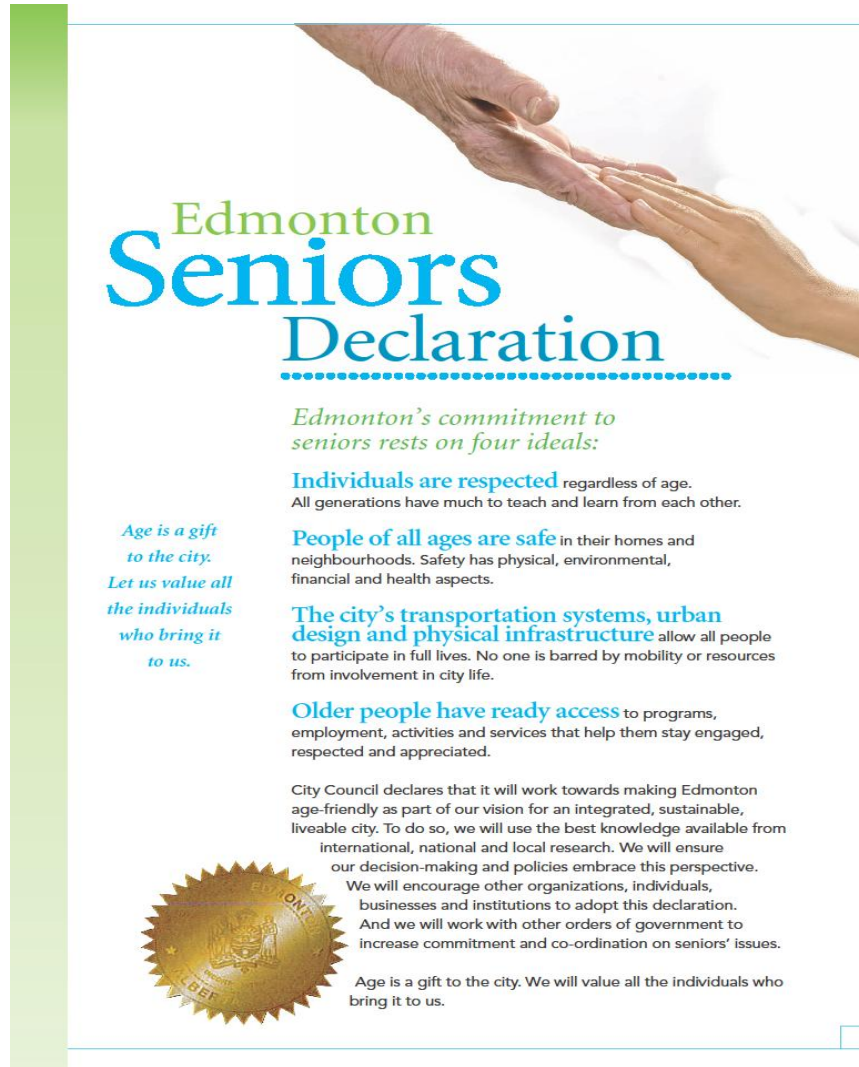
- Three quarters of the city's seniors (65 and over) own and live in their own homes.
- Approximately four out of five have paid off the mortgage.

Community Supports

- Seniors may be having to decide whether to stay in their homes or move into a care facility.
- Research shows that most would prefer to stay in their own home, and that this may be the least costly alternative.
- Some seniors may not be able to live independently in their homes and remain healthy without help.

Community Supports

What
Supports are
Needed?



**Edmonton
Seniors
Declaration**

Edmonton's commitment to seniors rests on four ideals:

Individuals are respected regardless of age. All generations have much to teach and learn from each other.

People of all ages are safe in their homes and neighbourhoods. Safety has physical, environmental, financial and health aspects.


The city's transportation systems, urban design and physical infrastructure allow all people to participate in full lives. No one is barred by mobility or resources from involvement in city life.

Older people have ready access to programs, employment, activities and services that help them stay engaged, respected and appreciated.

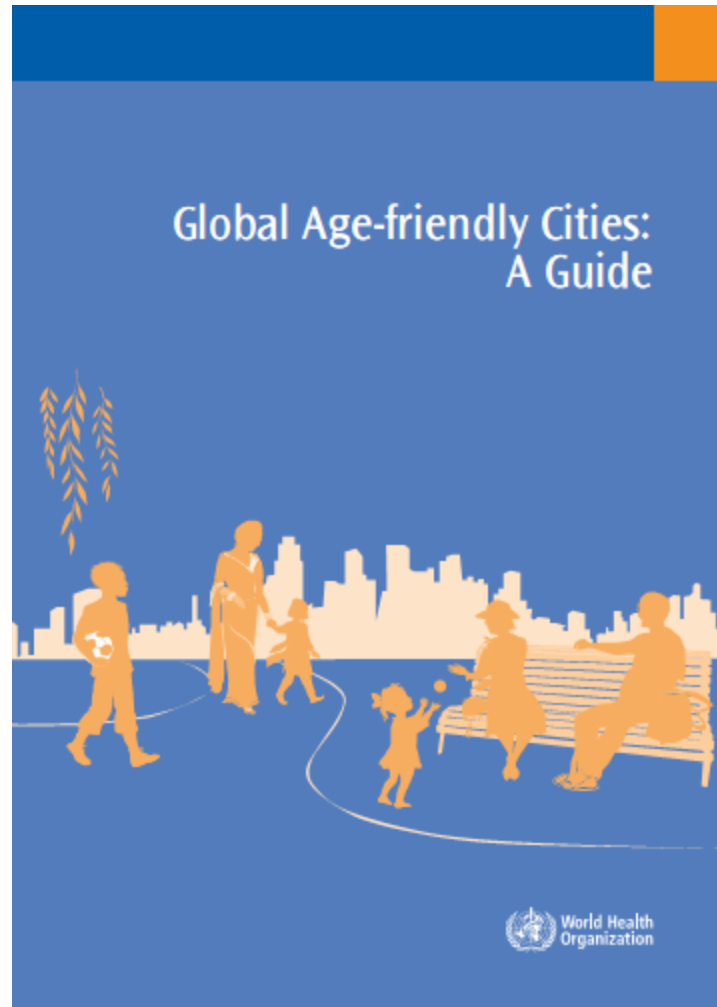
City Council declares that it will work towards making Edmonton age-friendly as part of our vision for an integrated, sustainable, liveable city. To do so, we will use the best knowledge available from international, national and local research. We will ensure our decision-making and policies embrace this perspective.

We will encourage other organizations, individuals, businesses and institutions to adopt this declaration. And we will work with other orders of government to increase commitment and co-ordination on seniors' issues.

Age is a gift to the city. We will value all the individuals who bring it to us.



Community Supports

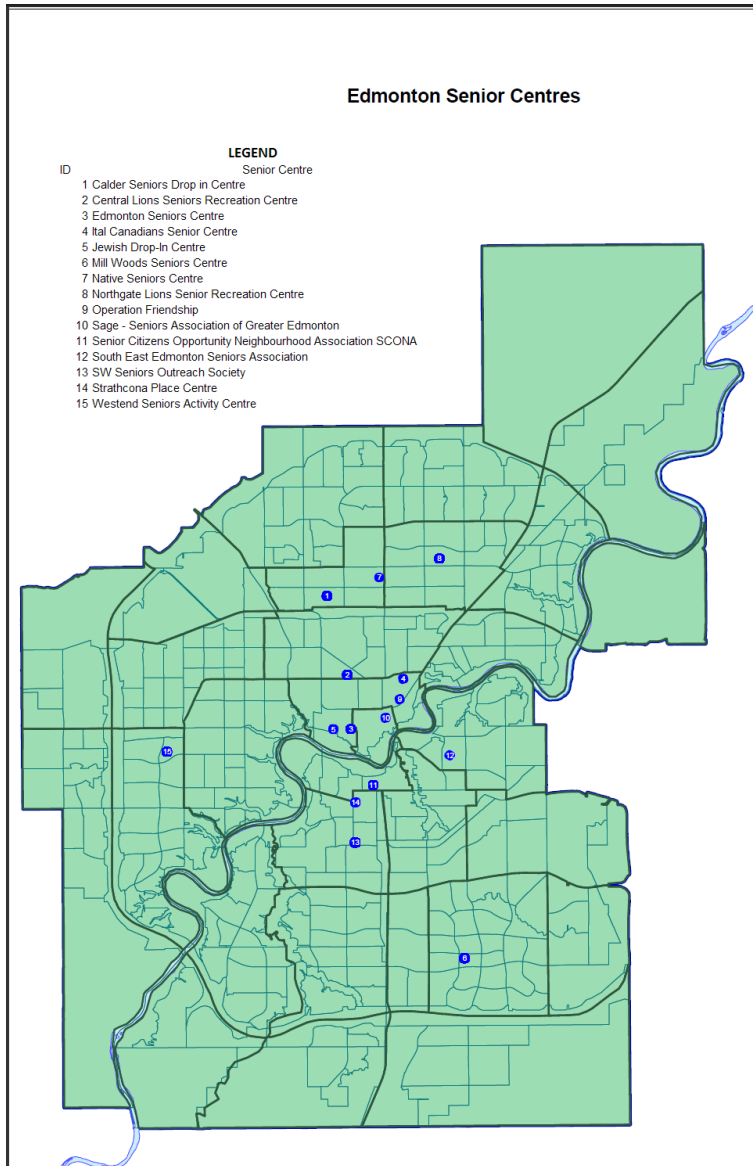


Community Supports

- What Supports are Available?



Community Supports



Community Supports

- Outreach Workers-help with form completions, financial information, referrals
- Foot Care Clinics
- Income Tax Clinics
- Social Activities & Events
- Transportation Assistance
- Programs and Classes
- Volunteer Opportunities
- Cafeteria or Dining Room

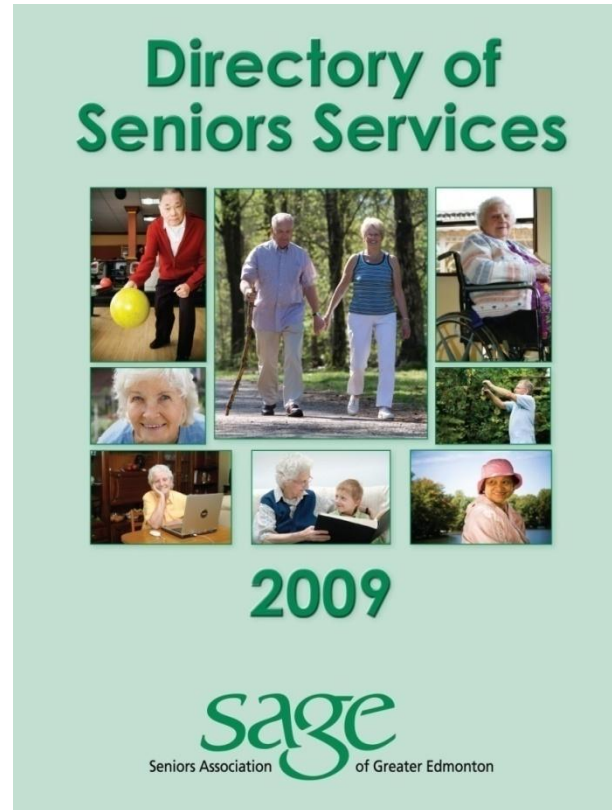
Community Supports

Multicultural Organizations

- Multicultural Women and Seniors Services Association
- ASSIST Community Services
- Multicultural Health Brokers Cooperative
- Catholic Social Services
- Edmonton Mennonite Centre for Newcomers
- Indo Canadian Women's Association

Community Supports

What
Information
Sources are
Available?



Insert 2010 Cover

Available at www.MySage.ca or at senior centres

Community Supports

Seniors need help with:

- Health Supports
P 62
- Caregiver Supports
P 75
- Home Services-
personal care
P 184
- Home Maintenance
and Yard Work
P 186
- Outreach
P 187
- Food
P 189
- Moving
P 191
- Transportation
P 223

Community Supports



Health Supports (Page 62)

Community Supports

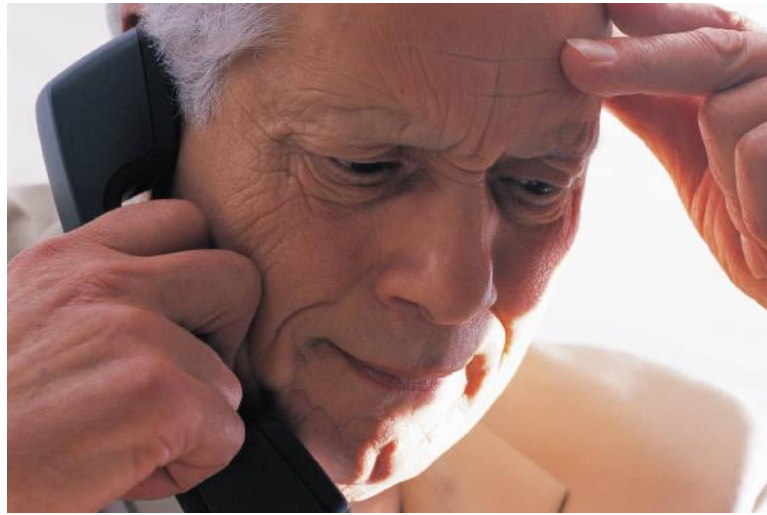
Health Supports Resources (Page 62)

- Health Link 780.408.5465
- Home Care 780.496.1300
- Aids to Daily Living 780.427.0731

Community Supports

- Red Cross Short Term
Equipment Loan Program 780.413.4990
- Easter Seals – Equipment 780.429.1937
- Good Samaritan Telecare 780.431.3630
- Some pharmacies deliver (medications & personal care items)

Community Supports



Caregiver Supports (Page 75)

Community Supports

Resources for Caregiver Support (Page 75)

- Alberta Caregivers Association
- ElderCare Edmonton
- Health Link – call 780.408.LINK
- Support Network Referral - call 211

Community Supports



Home Services-Personal Care (Page 184)

Community Supports

Resources for Personal Care (Page 184)

- Many service providers listed in SAGE directory
- Other sources: “Nurses” in the Yellow Pages (Page 988)

Community Supports



Help In The Home (Page 186)

Community Supports

Help In The Home Resources (Page 186-7)

- www.edmonton.bbb.org or call 24 hour info. line at 780.482.2341
- House Cleaning (14)
- Home Health Services (5)



Community Supports

Home Maintenance

- The design of a typical Edmonton home is not conducive to aging in place.
- Modifications may be needed to make the home safer.
- Seniors may need help with home maintenance, including repairs and seasonal yard work.

Community Supports

To Move or or Not to Move (Page 93)



Community Supports



Home Maintenance and Yard Work
(Page 186)

Community Supports



Home Maintenance and Yard Work
(Page 186)

**SNOW SHOVELLING/YARD MAINTENANCE & HOME SERVICES NETWORK
CONTACT LIST
2010-11**

CONTACT PERSON & AGENCY	SERVICES OFFERED	REQUIREMENTS TO ACCESS SERVICES	AREA COVERED	ADDRESS	PHONE # FAX #
Lifestyle Helping Hands Seniors Association:	Snow removal, lawn care, odd jobs, volunteer drivers, outreach services	Must be a member to access home help services & be matched with a worker. Membership is \$10.	South of river & West of 104 Street	10740-19 Avenue T6J 6W9	450-2113 Office Hours Weekdays 11a.m. – 3p.m.
Westend Seniors Activity Centre:	Snow Removal, yard work, clean-up, hauling to the dump, electrical repairs, general home, maintenance, house keeping, painting, decorating, mobile, hairdresser, grocery pickup delivery of pet supplies	Senior Centre Membership Fee not required. This is considered an Outreach Service to assist those Seniors in need.	West Edmonton and North West Edmonton	9629 – 176 Street T5T 6B3	Phone #483-1209 Fax #484-7738
SAGE (Seniors Association of Greater Edmonton):	Snow Removal, yard maintenance, other services as requested by seniors in their homes	Senior Centre Membership Fee not required. This is considered an Outreach Service to assist those Seniors in need.	No Boundaries	#15 Sir Winston Churchill Square T5J 2E5	Phone #780-701-9011
Seniors Caring About Seniors:	Yard work, house work, odd jobs and driving	Must be a member to access home help services & be matched with a worker. Membership is \$10.	South of the river only	7814 – 83 Street T6C 2Y8	Phone #465-0311



Community Supports

Home Maintenance Resources

www.edmonton.bbb.org or call 24
hour info. line at 780.482.2341

Concrete Contractors (68)

Contractors – General (160)

Eavestroughing (45)

Electric Contractors (46)

Furnaces – Sales and Service (56)

Painting Contractors (62)

Community Supports



Home Maintenance Resources

www.edmonton.bbb.org or call 24
hour info. line at 780.482.2341

Plumbing Contractors (86)

Roofing Contractors (94)

Siding Contractors (66)

Windows (63)

Community Supports

Outreach (Page 187)



Community Supports



Food (Page 189)

Community Supports

Food Resources

Edmonton Meals on Wheels
(Hot and Frozen Meals)
780.424.5561

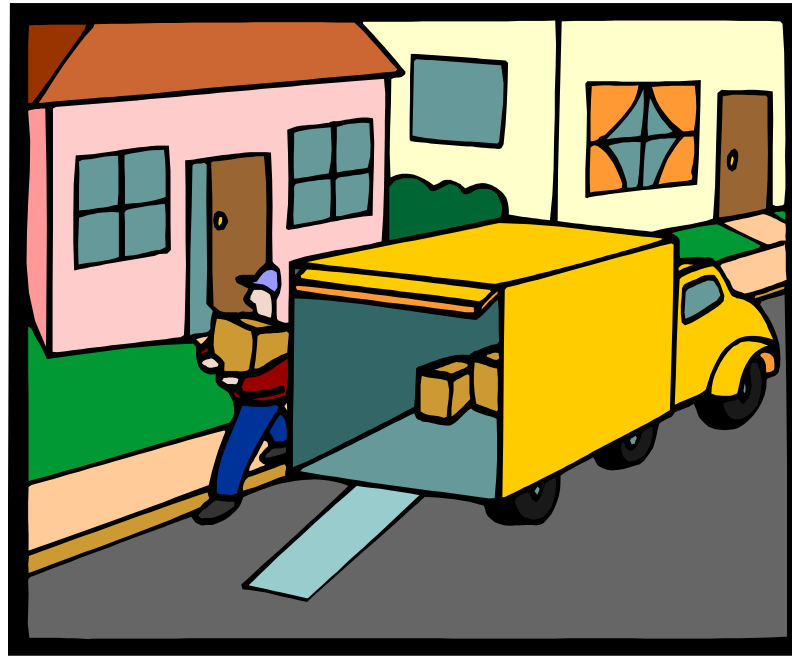
SAGE – Members only
(Frozen Meals)
780.701.9025

Community Supports

Other Food Support

- Some grocery stores deliver
- Take out from restaurants (some deliver)
- Personal shopping services
- Food Co-ops or collective kitchens (such as through Wecan Food Basket)

Community Supports



Moving (Page 191)

Community Supports



Moving Resources

www.edmonton.bbb.org or call 24
hour info. line at 780.482.2341

Movers (53)

Community Supports



Transportation

www.seniorscouncil.net

Find-a-ride database

Community Supports

- Available at all AMA offices and Seniors Centres

Seniors' Transportation Information Package



Community Supports

Volunteer Driving

City Wide:

SATS (Seniors Assisted Transportation Society of Greater Edmonton) 780.732.1221

South side:

SSCAS (Society of Seniors Caring About Seniors)
780.465.0311

Lifestyle Helping Hands Seniors Association
780.450.2113

North side:

Seniors Outreach Network Society
780.451.4589

Community Supports

Other transportation options

- DATS (City of Edmonton)
- Driving Miss Daisy
- Taxi
- Edmonton Transit Service low floor buses
- Some senior centres arrange volunteer drivers to assist seniors for specific circumstances

Community Supports

City Wide

Home Support



780.701.9011

Community Supports



West Side

Home Support

Westend Seniors Activity Centre

780.483.1209

Community Supports

South Side

Home Support & Transportation

Society of Seniors Caring About Seniors

780.465.0311

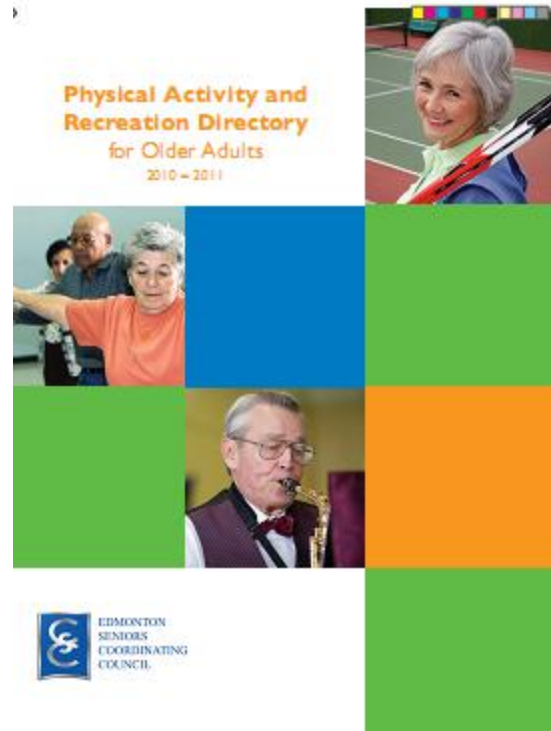
Lifestyles Helping Hands

780.450.2113

Both require membership

Community Supports

Staying
active,
healthy and
engaged



Available at www.seniorscouncil.net and at senior centres and many city facilities

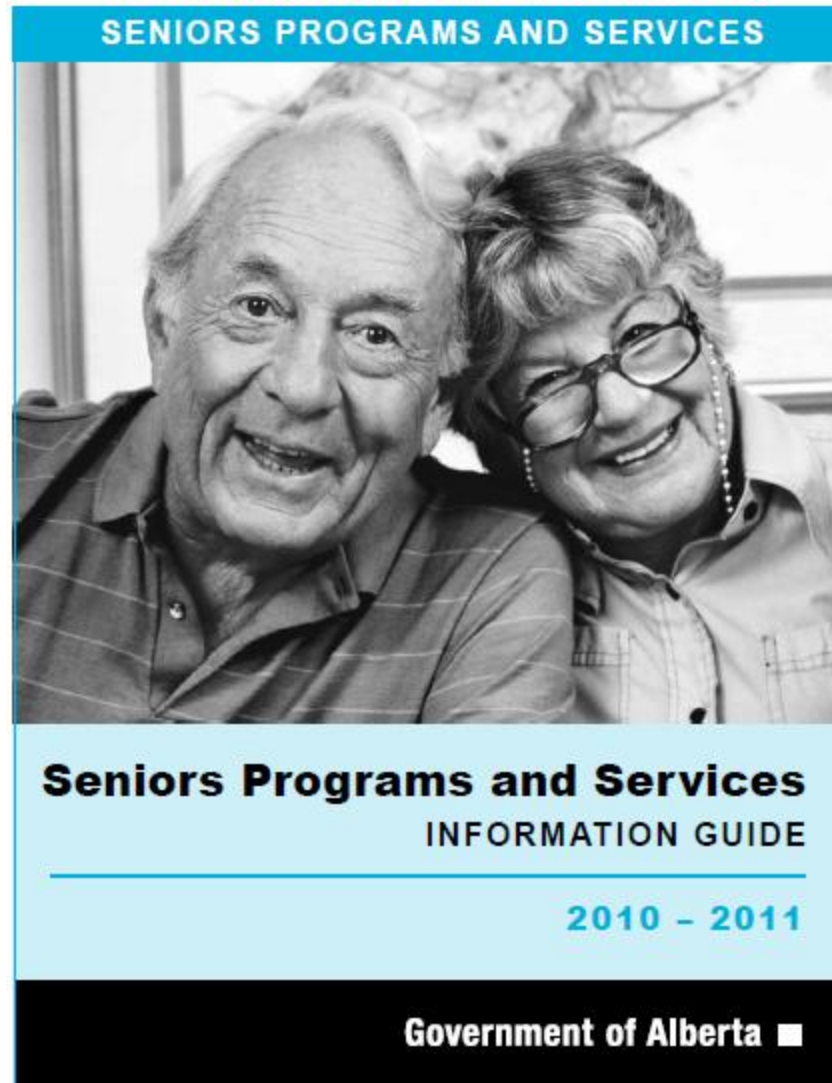
Community Supports

Home Renovation Information

Home for Life™:
Design and Modifications for
Barrier-Free Living

<http://www.homeforlife.info>

Community Supports



Community Supports

What Financial Assistance is Available?

Residential Access Modification Program (RAMP) – Provincial Program

- For wheelchair users to modify their home to be more wheelchair accessible.
- Applicant must have a household income of \$36,900 or less, or \$46,500 for a couple
- Up to \$5,000

Community Supports

Residential Rehabilitation Assistance Program for Persons with Disabilities (RRAP) – Federal Program

- For low-income homeowners for mandatory home repairs that will preserve the quality of affordable housing. The program helps people who live in substandard dwellings and cannot afford to pay for necessary repairs to their home.
- Assistance is in the form of a fully forgivable loan and does not have to be repaid if you adhere to the terms and conditions of the program.

Community Supports

RRAP

Property may be eligible if the property:

- valued below a certain amount;
- at least five years old; and
- substandard and needs major repairs in one of the following areas: heating, structural, electrical, plumbing and fire safety.
- Your home may also qualify if work is needed to help reduce overcrowding.

Community Supports

RRAP

- Homeowners must agree to continue to own the house during the loan forgiveness period, which could be up to five years.
- Up to \$19,000 may be available per household

Community Supports

Home Adaptations for Seniors' Independence (HASI) – Federal Program

The occupant of the home to be adapted must meet the following criteria:

- be at least 65 years old
- have difficulty with daily activities due to age-related disabilities
- have an income at or below the income limit for the region
- live permanently in the home

Community Supports

HASI

- A forgivable loan of up to \$3,500.
- The loan does not have to be repaid if the recipient continues to live in the home for 6 months (the loan forgiveness period)

Community Supports

Special Needs Assistance for Seniors

Provincial Program

- Available to help seniors to assist with unexpected or one-time expenses such as appliances, essential home repairs and some medical costs.
- Only one-time extraordinary expenses are funded in a benefit year.
 - Home repair
 - Housekeeping/yard maintenance

Community Supports

Special Needs Assistance for Seniors

- To be eligible low-income seniors must be approved for Alberta Seniors Benefit program and have income within the threshold (single less than \$24,500, couple less than \$39,900)
- Provides a lump-sum cash payment
- Maximum assistance available is \$5,000 in a benefit year (July 1 to June 30).

Community Supports

Dental Assistance for Seniors

- Basic dental coverage to a maximum of \$5,000 every 5 years

Optical Assistance for Seniors

- Up to \$230 for prescription eyeglasses every 3 years

Community Supports

- Alberta Seniors Benefit is a provincial financial assistance program available to seniors within an income threshold (single less than \$24,500, couple less than \$39,900)
- It is a monthly cash benefit administered through Alberta Seniors and Community Supports (page 48 in directory)

Community Supports



Thank you

www.seniorscouncil.net

www.mysage.ca

Community Supports



EDMONTON
SENIORS
COORDINATING
COUNCIL

Sheila Hallett, Executive Director
sheila@seniorscouncil.net



Roger Laing, Executive Director
RLaing@MySage.ca

