

# A Guide to Mobility and Independence



*A Comprehensive Listing of Transportation and In-Home  
Services in Edmonton and Outlying Communities  
(4<sup>th</sup> Edition)*

## **A Guide to Mobility and Independence**

### **A Comprehensive Listing of Transportation and In-Home Services in Edmonton and Outlying Communities (4<sup>th</sup> Edition)**

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## **Message From The Working Group**

Mobility is important to an individual's health and independence. However, sometimes health conditions and other circumstances limit mobility. When that happens it is necessary to find alternative ways of accessing services that are important to an individual's health and well-being.

To assist in this effort, we have put together a listing of organizations and businesses that provide transportation or in-home services. All of the organizations and businesses listed in this guide were contacted or identified through web-based searches.

If you require further information or more copies of this guide, please call Dr. B. Dobbs at (780) 492-0374 or P. Bhardwaj at (780) 492-1591. You also can access a version (pdf format) of this document by going to the following website: [www.mard.ualberta.ca](http://www.mard.ualberta.ca)

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## Household Services



### **Meal Delivery**

#### **Dial and Dine**

Phone: (780) 944-9933

Website: [www.dialanddine.ca](http://www.dialanddine.ca)

#### Restaurant Delivery Service

Provides delivery from restaurants based on postal code. Hours of operation are 5:00pm to 10:00pm Tuesday to Saturday, and 5:00pm to 9:00pm on Sundays, Mondays, and holidays.

#### **Edmonton Meals on Wheels**

11111-103 Avenue, Edmonton, AB T5K 2P1

Phone: (780) 429-2020

Fax: (780) 424-5561

Website: [www.mealsonwheelsedmonton.org](http://www.mealsonwheelsedmonton.org)

#### Hot Meals Program

Same day delivery for orders placed before 9:30am. Meals are delivered between 1-3pm Monday to Friday. Pick up also is available.

#### **Leduc Meals on Wheels**

Phone: (780) 980-7109

#### Hot Meals Program

Provides hot meal delivery once per day (noon) Monday through Friday.

#### **Wetaskiwin Meals on Wheels**

Phone: (780) 361-4425

#### Hot Meals Program

Provides hot meal delivery twice per day (noon and evening) Monday through Friday.



## **Grocery Shopping & Delivery**

Most major grocers (other than Safeway stores) do not deliver; however, the following private organizations specialize in these services:

### **Canada Safeway Limited**

Phone: Call the nearest Safeway Store (listed in the phone book as Canada Safeway Limited)

Website: [shop.safeway.com](http://shop.safeway.com)

Will deliver groceries following in-store purchase, with groceries delivered to the door on the same day. All locations of Safeway Stores provide this service with fees ranging from \$6.95 to \$12.95.

### **Dairyland Home Service**

Phone: 1-800-667-1228

Website: [www.morethanmilk.ca](http://www.morethanmilk.ca)

Offers free delivery of hundreds of products. You can shop for your favorite Dairyland dairy products, get your bread delivered oven-fresh each week, and enjoy many other fresh quality products. Deliveries are made during the evening. If you are worried about not being home when your delivery is made, Dairyland Home Service can provide you with a cooler and an ice pack. To place an order, call Monday to Friday from 8:00am to 4:30pm or place an order online (see link above).

### **Shop For You**

Phone: (780) 487-7745

Shop For You is an independent delivery service offered within the Edmonton area. Shopping is done at any mainstream store including grocery, pharmacy, drug store, dry cleaning, etc. To place an order, phone between 8:00am and 10:30am from Monday to Friday. There is a \$12.00 delivery charge for orders less than \$50.00, a \$15.00 delivery charge for orders between \$50.00-\$100.00, and an \$18.00 delivery charge for orders over \$100.00.

**Sunterra Market**

Phone: 780-436-2610

Website: [www.sunterramarket.com](http://www.sunterramarket.com)

There is an \$8.00 delivery fee with a minimum \$50.00 order.



**Housekeeping**

**Baba's Little Helper**

Phone: (780) 901-2247

Helping seniors with day-to-day tasks such as cleaning, snow shoveling, yard work, present wrapping, grocery shopping, errands, organizing, etc.

**Dust Queen Inc.**

Phone: (780) 448-4973

Website: [www.dustqueen.ca](http://www.dustqueen.ca)

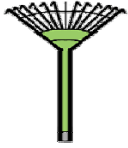
Provides residential cleaning services.

**Molly Maid**

Phone: (780) 452-5730

Website: [www.mollymaid.ca](http://www.mollymaid.ca)

Provides residential cleaning services.



## **Yard and Garden**

### **City Wide Lawn and Snow Limited**

12617-121 Ave, Edmonton, AB T5L 4T6

Phone: (780) 454-5966

Website: [www.lawnandsnow.com](http://www.lawnandsnow.com)

Provides seasonal services.

### **Clean Team Lawn Services**

Phone: (780) 444-3758

Provides home and yard cleaning services.

### **Greencare Lawn Services**

Phone: (780) 461-7179

### **Perfect Lawn and Garden Care/Snow Removal**

Phone: (780) 486-0286

### **Seniors Caring About Seniors**

7814-83 Street, Edmonton, AB T6C 2Y8

Phone: (780) 465-0311

Website: [www.sscas.com](http://www.sscas.com)

Seniors Caring About Seniors is a not-for-profit organization offering services to residents on the south side of Edmonton. Membership is \$10.00 annually, and requirements include a minimum age of 60 years and having a disability or frailty. Home and garden repairs services are offered along with other services.

### **Residential Yard Care**

9860-74 Ave, Edmonton, AB T6E 1E9

Phone: (780) 433-3040

### **University Landscaping and Snow Removal Ltd.**

9994-29 Ave, Edmonton, AB T6N 1A2

Phone: (780) 496-9093

Website: [www.university-landscaping.com](http://www.university-landscaping.com)

Provides yard and garden services year-round, with a 10% discount for seniors.



## **Banking**

### **Alberta Treasury Branch**

Phone: (780) 422-2652 or 1-800-332-8383

Website: [www.atb.com](http://www.atb.com)

Offers 24-hour telephone banking. Assistance with telephone banking is provided during office hours. A sit-down waiting area instead of waiting in line also is available. Note: Web banking also is available.

### **Bank of Montreal**

Phone: (780) 428-7201

Website: [www.bmo.com](http://www.bmo.com)

Email: [feedback@bmo.com](mailto:feedback@bmo.com)

Offers automatic teller machines (ATMs), 24-hour telephone banking, and web banking.

### **Canadian Imperial Bank of Commerce (CIBC)**

Phone: (780) 429-7744

Website: [www.cibc.com](http://www.cibc.com)

Offers ATM services along with telephone and web banking. Branches offer 15-20 minute courses on how to use these services. Phone your local branch for more information.

### **Canadian Western Bank**

Phone: (780) 424-4846

Website: [www.cwbank.com](http://www.cwbank.com)

Email: [comments@cwbank.com](mailto:comments@cwbank.com)

Offers telephone banking. Special services are offered for those 57 years or older.

**Servus Credit Union**

Phone: (780) 496-2151

Website: [www.servuscu.ca](http://www.servuscu.ca)

Email: info@ccscu.ca

Offers ATM services, telephone banking, and web banking, along with personal service to anyone who requests it. Personnel in some branches also go out to nursing homes to speak with members.

**Royal Bank**

Phone: 1-800-769-2511

Website: [www.royalbank.com](http://www.royalbank.com)

Email: custrel@rbc.com

Offers ATM services, telephone banking, and web banking along with personal service to anyone who requests it.

**Scotia Bank**

10050 Jasper Avenue, Edmonton, AB T5J 1V7

Phone: (780) 448-7600 or 1-800-472-6842

Website: [www.scotiabank.com](http://www.scotiabank.com)

Offers ATM services along with telephone and web banking. In-branch assistance is offered for those learning to use the services. Customers with investments at Scotia Bank can be visited at home.

**Toronto Dominion Bank**

Phone: (780) 448-8000 or toll free 1-866-222-3456

Website: [www.tdbank.ca](http://www.tdbank.ca)

Offers ATM services, telephone banking with an automatic demonstration system, and web banking. They also offer personalized assistance to those learning or having problems with any of their systems.



## **Library Services**

### **Edmonton and Area Public Libraries**

Websites: Edmonton Public Library [www.epl.ca](http://www.epl.ca)  
Leduc Public Library [www.librarything.com/venue/828/Leduc-Public-Library](http://www.librarything.com/venue/828/Leduc-Public-Library)  
Stony Plain Public Library [www.stonyplainlibrary.org](http://www.stonyplainlibrary.org)  
Strathcona County Library [www.sclibrary.ab.ca](http://www.sclibrary.ab.ca)

The Edmonton Public Library (EPL) has been an integral part of Edmonton since it opened in 1913. It currently has 17 physical branches and the EPL website. In addition to the EPL, there are a number of other public libraries in the area (e.g., Leduc Public Library, Strathcona County Library, St. Alberta Public Library, etc.). Many of the public libraries offer home service to people who are unable to come to the library. Carefully screened and trained volunteers select and deliver materials to the individual's home.



## **Medical and Personal Services**



**Please note that service and travel fees, as well as, senior's discounts vary amongst practitioners. It is the responsibility of the customer to inquire about charges and discounts.**



### **Aids to Daily Living**

#### **Alberta Aids to Daily Living**

10030-107 Street, Edmonton, AB T5J 2E4

Phone: (780) 422-5954

Website: [www.seniors.gov.ab.ca/aadl](http://www.seniors.gov.ab.ca/aadl)

Assisting individuals who have a chronic disability or illness and those who are terminally ill to receive authorized basic medical equipment and supplies for more independent functioning in a home or home-like setting.



### **Audiologists and Hearing Aid Practitioners**

#### **Alberta Hearing Service**

10611 Kingsway Ground Floor, Edmonton, AB T5G 3C8

Phone: (780) 423-0886

Fax: (780) 420-6135

Website: [www.albertahearingsservice.com](http://www.albertahearingsservice.com)

Provides in-home service to all of Edmonton, Stony Plain, Spruce Grove, and Fort Saskatchewan.

#### **Ainslie Hearing Aid Centre**

7809-109 Street, Edmonton, AB T6G 1C6

Phone: (780) 439-7413

Provides in-home service to all areas within a two-hour drive from Edmonton.

**Anderson Hearing Aid & Audiology Service**

10608-124 Street, Edmonton, AB T5N 1S3

Phone: (780) 488-5893

For information about the Beltone location nearest, you call  
1-800-282-3912.

Website: [www.beltone.com](http://www.beltone.com)

Provides in-home service to central and northern Alberta.

**The Bay Hearing Aid Centre**

650 Kingsway Garden Mall,

Edmonton, AB, T5G 3E6

Phone: (780) 477-2907

200 Southgate Shopping Centre,

Edmonton, AB, T6H 4M6

Phone: (780) 437-1925

330 St Albert Centre,

Edmonton, AB, T8N 0P9

Phone: (780) 460-0125

No longer offers home service.

**Better Hearing Centre Inc.**

Main Floor, 10250-106 Street, Edmonton, AB T5J 1H7

Phone: (780) 423-2116

Provides in-home service in Edmonton, Sherwood Park, and under certain  
circumstances in St Albert.

**Downtown Hearing Centre Ltd.**

#220, 10115-100A Street, Edmonton, AB T5J 2W2

(Jasper Ave and Rice Howard Way)

Phone: (780) 422-6641

Provides in-home service in Edmonton, St Albert, and Sherwood Park.

**Professional Hearing Clinic Inc.**

Southside-Pleasantview Shopping Centre

11066-51 Avenue, Edmonton, AB T6H 0L4

Phone: (780) 413-7590

West End-Callingwood Professional Building

#442, 6650-177 Street, Edmonton, AB T5T 4J5

Phone: (780) 413-1784

Provides in-home service in the west end and south side of Edmonton.



## **Dental**

### **Petrolia Family Dental Care**

14034-23<sup>rd</sup> Ave, Edmonton, AB T6R 3L6

Phone: (780) 435-3784

Website: [www.familydentistedmonton.com](http://www.familydentistedmonton.com)

Provide expertise in seniors' dental concerns, but not in-home care.

### **Seniors Dental Clinic**

Glenrose Rehabilitation Hospital

Room 22 Gleneast, 10230-111 Avenue, Edmonton, AB T5G 0B7

Phone: (780) 735-8810

Fax: (780) 735-8804

Provides dental service to the elderly and frail, particularly those requiring special assistance. Since the Senior Dental Clinic does not provide in-home visits or transportation, please refer to the transportation section of the guide.



## **Denturists**

### **AquaSeal In-Home Dentures**

Phone: (780) 457-5841

Fax: (780) 457-3357

E-mail: [aquasealdentures@shaw.ca](mailto:aquasealdentures@shaw.ca)

Website: [www.aquasealdentures.ca](http://www.aquasealdentures.ca)

In-home service. Hours of operation are Monday to Friday 9:00am to 5:00pm, with extended hours available upon request and availability. Initial consultation is free.

**Cadrin Denture Clinic**

Bernard Cadrin (Certified Denturist)

9562-82 Avenue (G.B. Bldg-West Entrance - Main Floor)

Edmonton, AB T6C 0Z8

Phone: (780) 439-6189

After hours: (780) 465-3533

In-home service in Edmonton. Evening and weekend visits by appointment only.

**Grandview Denture Clinic**

Shawn E Ward CDM RDT

12309-63 Avenue, Edmonton, AB T6H 1R4

Phone: (780) 413-6126

In-home service in Edmonton. Evening and weekend visits by appointment only.

**Hayes Denture Clinic**

Pat Hayes Denturist

#3A, 20 McLeod Avenue, Spruce Grove, AB T7X 3Y1

Phone: (780) 960-0227

In-home in Edmonton and Spruce Grove. Evening and weekend visits by appointment only.

**Holyk's Denture Clinic**

Frank A. Holyk, Denturist

12123-54 Street, Edmonton, AB T5W 3N4

Phone: (780) 477-3674

After Hours: (780) 479-5008

In-home service in Edmonton, Two Hills, Mundare, and Lamont. Evening and weekend visits by appointment only.

**Jasper Place Denture Clinic**

Shafik Saad-BSc, DD

#158 Meadowlark Health Centre, 156 Street & 87 Avenue,

Edmonton, AB T5R 5W9

Phone: (780) 481-5900

Fax: (780) 484-9836

Provides in-home service on the west and south side of Edmonton and St Albert. Evening and weekend visits by appointment only.

**King Mobile Denture Clinic**

Robert W. King D.D., F.C.A.D.

Greater Edmonton Area

Phone: (780) 433-7413

Provides in-home service in Edmonton, St Albert, Sherwood Park, and Beaumont. Evening and weekend visits by appointment only.

**Millwoods Denture Clinic Ltd.**

Charles O'Toole Denturist CDM D.D.

6128-28 Avenue, Edmonton, AB T6L 6N4

Phone: (780) 462-7052

Provides in-home service mainly on Thursday and every second Friday in Edmonton (mostly on the Southside) and Sherwood Park. Weekend visits by appointment only.

**Wright Denture Clinic**

Elmer Gierent and Peter Sech-Denturists

11439 Kingsway Avenue, Edmonton, AB T5G 3E8

Phone/Fax: (780) 454-2222

Provides in-home service in Edmonton, St Albert, Sherwood Park, Stony Plain, and Drayton Valley. Evening and weekend visits by appointment only. Also provides transportation to and from the clinic to those in need.



## **Registered Dietitians**

### **Tri-Nutrition Consulting**

46 Granville Crescent, Sherwood Park, AB T8A 3B8

Phone: (780) 449-3345

The initial assessment occurs over the phone or by mail. In-home services provided in Edmonton and Sherwood Park.



## **Medical Alarm Systems**

### **Bethany Lifeline**

Phone: 1-800-338-1411

Provides personal response and support services for children, new mothers, victims of violence, persons with disabilities, and seniors throughout Alberta. Services available in over 140 languages.

### **DirectAlert**

Phone: 1-877-4911

Website: [www.directalert.ca](http://www.directalert.ca)

An emergency alarm system that connects individuals with emergency response 24-hours per day, 7 days a week. Ideal for seniors living alone or those with medical conditions.

### **Lifeline Medical Alert**

Phone: 1-866-832-5426

Website: [www.lifeline.ca](http://www.lifeline.ca)

Provides 24-hour emergency care.

### **The Good Samaritan TeleCare**

The Good Samaritan Society

9649-71 Avenue, Edmonton, AB T6E 5J2

Phone: (780) 431-3630 or 1-800-676-8397

A not-for-profit health and service organization that provides 24-hour service, 7 days a week throughout Alberta. Provides personal emergency response and telephone support services, including medication reminder and daily social calls.



### **Home and Respite Care**

Individuals who require Home and Respite Care services such as nursing, homemaking, and personal care are advised to contact the following number to determine eligibility and arrange a needs assessment.

#### **Home Care Program (Alberta Health Services)**

Community Care Access

Phone: (780) 496-1300 (24 hours)

### **Organizations providing Home and Respite Care include:**

#### **Alberta Male Nursing Service**

18948-80 Avenue, Edmonton, AB T5T 5C1

Phone: (780) 443-2601

Provides in-home care during daytime hours.

#### **Alberta Region We Care Home Health Services**

#500, 9945-50 Street, Edmonton, AB T6A 0L4

Phone: (780) 468-4663

Website: [www.wecare.ca](http://www.wecare.ca)

24 hours/7 days a week, In-home, In-hospital and In-facilities

Specialized health care training in areas including Alzheimer and Parkinson care, palliative care, foot care, and acquired brain injury care.

**Bayshore Home Health**

#1050, 5555 Calgary Trail, Edmonton, AB T6H 5P9

Phone: (780) 436-8484

Website: [www.bayshore.ca](http://www.bayshore.ca)

Home nursing, personal support, homemaking, and funding investigations. Free assessments, 24 hour/7 day service.

**BestCare Home Health Services International**

Phone: (780) 416-0177

Provides services in the Sherwood Park area.

**Care Givers Home Health Care Inc.**

#203, 12222-137 Avenue, Edmonton, AB T5L 4X5

Phone: (780) 406-0678

Website: [www.caregivershomehealthcare.com](http://www.caregivershomehealthcare.com)

Provides service in Edmonton and area. Specializing in care of Alzheimer and palliative care patients. Nurses, homemakers, sitters for hospital care, and personal care attendants (PCAs) in-home are available a 24-hour 7-days a week. All employees are insured and bonded, and trained in First Aid/CPR. Live-in attendants available.

**CounterCare Pharmacy**

3504A-137 Avenue, Edmonton, AB T5Y 1Y7

Phone: (780) 478-9480

**Edmonton Home Service**

500, 10050-112 Street, Edmonton, T5K 2J1

Phone: (780) 488-7282

Fax: (780) 488-7321

Provides service in Edmonton. Services include nursing, homemaking, and personal care for a fee. Can provide staff that is trained in caring for dementia and palliative care patients. Services provided on an hourly and on a 24-hour basis.

**The Family Centre**

Home Support Program - Services to Seniors  
#20, 9912-106 Street, Edmonton, AB T5K 1C5

Phone: (780) 423-2831

Fax: (780) 426-4918

Provides service in Edmonton and outlying areas 24 hrs/day, 7 days/week for reasonable rates. Services provided include housekeeping, meal preparation, laundry, childcare, companionship, and emotional support, as well as, transportation to appointments or shopping.

**Golden Heart Home Care Services Ltd.**

Phone: (780) 476-5027

Fax: (780) 406-0187

**Good Samaritan Home Support Services**

8861-75 Street, Edmonton, AB T6C 4G8

Phone: (780) 989-3200

Provide service in Edmonton. Services include personal care, light housekeeping, and respite for caregivers. Caregivers who are trained to work with dementia and palliative care patients are available.

**Home Care Network Inc.**

Phone: (780) 483-6550

Fax: (780) 487-1872

Email: [hcn@homecarenetworkinc.com](mailto:hcn@homecarenetworkinc.com)

Website: [www.homecarenetworkinc.com](http://www.homecarenetworkinc.com)

Provide home care services in Edmonton and area.

**Home Care Program (Capital Health)**

Central Intake/General Inquires

Phone (780) 496-1300 (24 Hours)

**Home Instead Senior Care**

#201 10405-178 Street, Edmonton, AB T5S 1R5

Phone: (780) 990-0003

Website: [www.homeinstead.com](http://www.homeinstead.com)

**Nightingale Homecare Services Inc.**

4272-93 St Edmonton, AB T6E 5P5

Phone: (780) 962-8881

Provide personal care attendants available 24 hours a day.

**Paramed Home Health Care**

#100, 10235-124 Street, Edmonton, AB T5N 3W6

Phone: (780) 482-3370

Fax: (780) 482-3435

Website: [www.paramed.ca](http://www.paramed.ca)

These services are provided in the client's home, nursing home, or in the hospital, and include nursing, personal care, and homemaking. Foot care in the home and companion and live-in services also are offered. Services are available at individual and group rates and in a variety of languages. Care workers have special training in working with people who have a dementia, brain injuries, as well as palliative care patients. A complimentary needs consultation is offered.

**Preferred Care Home Health Services**

#253, 51561 Range Road 224, Sherwood Park, AB T8C 1H5

Phone: (780) 417-0844

Provide 24 hour support for seniors and those with disabilities.

**Protegra Inc.**

12031-76 Street, Edmonton, AB T5B 2C9

Phone: (780) 448-9390

Fax: (780) 472-7907

Provides care for youth and adults with disabilities.

**Revera Health Services**

10264-100 Street, Edmonton, AB T5J 5C2

Phone: (780) 988-7711

**Supports for Artspace Independent Living (S.A.I.L.) Inc.**

#103, 9330-101A Avenue, Edmonton, AB T5H 0C3

Phone: (780) 421-0591

Provides home care for those living independently.

**St. Albert Help Society**

22 Sir Winston Churchill Ave, St Albert, AB T8N 2W5

Phone: (780) 460-8653

Provides homecare, respite, personal care, and after hospital care in St. Albert.

**Strathcona County Family and Community Support Services**

21 Festival Way, Sherwood Park, AB T8A 5T8

Phone: (780) 464-4044

Fax: (780) 449-1220

Provide services to residents of Sherwood Park and County of Strathcona. Services include light housekeeping, personal care, and respite for caregivers. Fee-for-service is on a sliding scale.

**Victorian Order of Nurses**

#100, 4926-87 Street, Edmonton, AB T6E 5W3

Phone: (780) 466-0293

Adult Day Program

10333-76 Street, Edmonton, AB T6A 3A8

Phone: (780) 466-5151

Fax: (780) 463-5629

Website: [www.von.ca](http://www.von.ca)

**Walkrite Foot Clinic**

9035-145 Street, Edmonton, AB T5R 0V1

Phone: (780) 481-3870

RN Providing In-Home Foot Care



## **Medical Laboratory Home Collection**

### **Dynacare Kasper Medical Laboratories**

**The following criteria will deem a patient eligible for home collection:**

- Patient is dependent upon DATS for transportation.
- Patient is physically challenged (i.e., wheelchair, etc.).
- Patient requires significant Home Care Services (i.e., postoperative care).
- Patient requires a home visit from his/her physician.
- Patient is a resident in a nursing home, extended care, or auxiliary hospital facility.

Patients who do not meet the criteria for home collection may go to any community collection site. The following is a list of Dynacare Kasper Patient Collection Sites.

### **Dynacare Kasper Patient Collection Sites**

#### **Edmonton Northeast**

2919-137 Avenue..... (780) 478-0801  
 #2084, 9499-137 Avenue..... (780) 478-3577  
 10628-96 Street..... (780) 422-7333  
 #115, 11010-101 Street ..... (780) 424-0140

#### **Northwest**

#250, 10405 Jasper Avenue..... (780) 413-0983  
 #130, 15277-113A Street..... (780) 456-0998  
 #B2, 10155-120 Street..... (780) 488-1218  
 #112, 11010-101 Street..... (780) 424-0140  
 #102-11910-111 Avenue..... (780) 454-5613

#### **Southwest**

10389-51 Avenue..... (780) 434-0420  
 2053-111 Street..... (780) 437-1696  
 #240, 156 & 87 Street..... (780) 489-1218  
 #B2-9509-156 Street..... (780) 484-9965  
 9121A-82 Avenue..... (780) 414-6476  
 #B104, 596 Riverbend Road..... (780) 988-6721  
 #303-8215-112 Street..... (780) 433-7562

**Dynacare Kasper Patient Collection Sites (Cont'd)**

**Southeast**

114 Millbourne Shopping Centre... (780) 462-8349

5830 Terrace Road..... (780) 468-1849

#212, 3017-66 Street..... (780) 461-1399

**St Albert**

#150, 190 Boudreau Road..... (780) 458-8866

**Spruce Grove**

226 McLeod Avenue..... (780) 960-3670

**Sherwood Park**

#132, 80 Chippewa Road..... (780) 464-1733

**Beaumont**

5009-52 Avenue..... (780) 929-9895

**Fort Saskatchewan**

9421-94 Avenue..... (780) 998-5202



## **Mobile Hairstyling**

### **Dwayne's Home Hair Care Ltd.**

33 Deerbourne Drive, St. Albert, AB T8N 5L7

Phone: (780) 460-8510

Provides in-home hairstyling in Edmonton, St Albert, and Sherwood Park for ladies, gentlemen, seniors, and disabled persons. Please leave your name and phone number on the answering machine.

### **Happy Hairdo: Mobile Hair Care**

Phone: (780) 475-1903

Contact: Denise

Will do both men's and ladies hair. Tries to accommodate various requests and will travel to the home. Offers reasonable rates.

### **In Motion Style Group**

Phone: (780) 439-4061

Provides in-home hairstyling and makeup in Edmonton, St Albert, and Sherwood Park. Evening and weekend visits by appointment.



## **Occupational Therapy**

### **Alberta College of Occupational Therapists (ACOT)**

#302, 8657-51 Avenue, Edmonton, AB T6E 6A8

Phone: (780) 436-8381

Fax: (780) 434-0658

Please note that ACOT cannot supply a direct referral to an occupational therapist but can provide a business listing.



Most pharmacies deliver free of charge directly to your home. Phone your local pharmacy for details.



## **Religious Organizations**

Many religious organizations offer rides to and from their services and to and from important appointments (i.e., physician). This service is maintained at the volunteer level. If you are interested in this service, contact your local religious organization to see if they have such a program set up.



## **Support Groups**



### **Alzheimer Society of Edmonton**

10531 Kingsway Avenue, Edmonton, AB T5H 4K1

Phone: (780) 488-2266

Fax: (780) 488-3055

Website: [www.alzheimer.ab.ca](http://www.alzheimer.ab.ca)

Provides access to information about Alzheimer's disease through their resource centre and support groups for individuals with Alzheimer's disease (and other dementias) and their families.

### **Canadian Diabetes Association**

#1010, 10117 Jasper Avenue, Edmonton, AB T5J 1W8

Phone: (780) 423-1232

Fax: (780) 423-3322

Website: [www.diabetes.ca](http://www.diabetes.ca)

Provides service, education, and support to those affected by diabetes. Operate a Diabetes Resource Centre.

### **Driving Cessation Support Groups**

Phone: (780) 492-6273

Website: [www.mard.ualberta.ca](http://www.mard.ualberta.ca)

Provide group support to individuals who are having difficulty coping with a loss of driving privileges due to medical conditions. Support groups for caregivers of individuals with a dementia who have lost their driving privileges also are available. For more information, call Cheryl Ford at (780-492-6273 or visit our website and click on the Driving Cessation Support Group link.

### **Stroke Recovery Association of Edmonton – Informal Support Group**

P.O. Box 231, Main Post Office, Edmonton, AB T5J 2J1

Phone: (780) 485-3052

Website: [www.sraedmonton.org](http://www.sraedmonton.org)

The Stroke Recovery Association of Edmonton offers support and information to survivors and their caregivers. Provide an informal support group who meet on the last Monday of every month at the Glenrose Rehabilitation Hospital in Edmonton at 7:00pm.



## Transportation Services



### Bus Services

#### **Edmonton Transit System**

11904-154 Street, Edmonton, AB T5J 1J2

Administration Office only

Phone: (780) 496-1611

Fax: (780) 496-1670

Website: [www.edmonton.ca](http://www.edmonton.ca)

Provides low floor bus service on many routes. Call (780) 496-1611 for exact routes.

Price: Adult cash fare is \$2.50/trip; books of 10 tickets are \$21.00. Senior (65 years) cash fare is \$2.50; books of ten tickets are \$18.50. Senior yearly passes \$111.25 or \$12.00 per month. For seniors with income below \$16,000.00 or couples with income below \$25,000 yearly pass is \$48.00.

#### **DATS**

Mailing Address only:

11904-154 Street, Edmonton, AB T5V 1J2

Phone: (780) 496-4570

Fax: (780) 496-1008

Email: [dats@edmonton.ca](mailto:dats@edmonton.ca)

Website: [www.gov.edmonton.ca](http://www.gov.edmonton.ca)

Provides shared ride transportation service for pre-registered Edmontonians, over 16 who cannot use regular transit buses due to a physical or cognitive disability. Rides must be booked 2 to 3 days in advance and up to 10:00am the day before. Booking hours are 7:30am to 6:30pm Monday to Friday and 9:00am to 5:00pm on Saturday and Sunday.

Price: \$2.50 per trip (one way), a book of 10 tickets is \$21.00 or a monthly pass is \$74.25.



## **Taxi**

### **Checker/Prestige Cabs**

10135-31 Avenue, Edmonton, AB T6N 1C2

Phone: (780) 484-4444

Offers group charter service (10 passenger vans).

### **Co-op Taxi Line Ltd.**

10538-114 Street, Edmonton, AB T5H 3J7

Phone: (780) 425-2525

Website: [www.co-optaxi.com](http://www.co-optaxi.com)

Offers specialized vans with wheel chair lifts, which can be booked a few hours ahead of time; however, to ensure a van they ask that you book 24 hours ahead. As well there is a 10% discount on taxi coupons for seniors, which will be delivered to the customer's door free of charge. For more information, contact Co-op Taxi.

### **Yellow Cab**

10135-31 Avenue, Edmonton, AB T6N 1C2

Phone: (780) 462-3456

Website: [www.edmontonyellowcab.com](http://www.edmontonyellowcab.com)

Offers seniors discounts with coupons. Handicapped vans also are available; with the van service is provided outside of the city. Must call for van in advance. There is a minimum charge of \$10.00, plus the metered rate.

Price: \$20.00/coupon package (\$25.00 value), contact (780) 465-8502 for this exclusive senior's rate.



## **Alternative Transportation**

### **Capital Health Home Care - Volunteer Driver Service**

Phone: (780) 496-1300

Rides are provided to and from medical appointments for Home Care clients who are frail, elderly, or disabled. Must be a Home Care client receiving services. An assessment for eligibility is done by a case manager.

### **Classic Caregivers Ltd.**

Phone: (780) 428-2750

Fax: (780) 428-2735

Email: [edmonton@classiccaregivers.com](mailto:edmonton@classiccaregivers.com)

Website: [www.classiccaregivers.com](http://www.classiccaregivers.com)

Provides transportation based on client needs (Doctor's appointments [with an escort if needed], social events, etc). 24 hour a day service.

Price: Varies depending on service.

### **Driving Miss Daisy**

Phone: (780) 470-0123

Website: <http://www.drivingmissdaisy.net/>

Seniors' transportation, accompaniment, and assistance. Rides are provided to and from the doctor, grocery store, dental appointments, hair salon, personal shopping, Adult Day Programs, Dialysis, airport service, social events, etc. Grocery and personal shopper available (delivered). Safe and reliable transportation, security cleared, reasonable rates, and wheelchair/walker friendly.

Price: Varies by destination. Charges are per hour or portion thereof.

### **Fort Saskatchewan Specialized Transportation Service Society**

Provide rides within Fort Saskatchewan but will travel to Edmonton for medical appointments. Operates Monday to Friday 8:00am to 5:00pm.

Price: \$3.50 for one-way rides within Fort Saskatchewan. Prices vary for trips into Edmonton.

**Handi Bus, Leduc**

Phone: (780) 986-5000

Travels within the Leduc area (no service to Edmonton) for those 55 years and up and for adults with a disability. Operates Monday to Friday 9:00am to 5:00pm. Noon rides can be pre-arranged.

Price: \$3.25 each way.

**Handi Bus, St. Albert**

Phone: (780) 418-6060

Travels within St. Albert for those not able to ride a regular bus. City wheelchair accessible buses available to the city. Must have a medical form completed before using the service. Operates Monday to Friday, 8:00 a.m. to 5:00 p.m.

Price: \$5.00 one-way within St. Albert.

**Handi Bus, Stony Plain**

Phone: (780) 963-5444

Operates Monday to Friday, 8:30 a.m. to 4:00 p.m. Will accommodate some weekends and other hours.

Price: Varies by destination.

**Helping Hands: Operation Friendship**

9526-106 Avenue, Edmonton, AB T5H 0N2

Phone: (780) 429-2626

Fax: (780) 429-2626

Email: [info@ofss.org](mailto:info@ofss.org)

Two staff drivers available to transport people to medical appointments or grocery shopping through the *Helping Hands* program. The service is for individuals who are not able to use the regular transportation system. Must book 1 day in advance. Can accommodate wheelchairs.

Price: No charge to residents 55 years of age - Must live within the boundaries of Operation Friendship (118<sup>th</sup> Avenue on the North, 101<sup>st</sup> Street on the West, the river on the South, and 82<sup>nd</sup> Street on the East). Will drive anywhere in the city.

**Lifestyle Helping Hands**

4069-106 St, Edmonton, AB T5J 2S3

Phone: (780) 450-2113

Email: [lhhsa@shaw.ca](mailto:lhhsa@shaw.ca)

Provides door through door service for seniors in southwest Edmonton. Operate on weekdays from 11:00am to 3:00pm.

Price: \$10.00 annual membership fee. \$7.00 per 1.5 hours of the driver's time.

**SCAT (Strathcona County Accessible Transit), Sherwood Park**

Phone: (780) 449-9680

Provides door to door service in Sherwood Park. Service also is provided to designated areas of Edmonton. Operates Monday to Friday, 6:00am to 10:00pm (rides within Sherwood Park) and 6:00am to 6:00pm (rides into Edmonton). There is no service on holidays.

Price: \$4.50 each way in Sherwood Park with a ticket; \$4.75 for cash; \$7.00 each way into Edmonton with a ticket: \$7.50 for cash. No charge for Mandatory Aide to accompany rider.

**SCONA Drop In Centre (Senior Citizen Opportunity Neighborhood Association)**

Phone: (780) 433-5377

A non-profit organization that offers rides to seniors on the Edmonton Southside.

Price: \$10.00/year membership. Rides are free to residents living on the Southside of Edmonton.

**Seniors Assisted Transportation Society of Greater Edmonton (SATS)**

9907-108 Ave, Edmonton, AB T5H 1A5

Phone: (780) 732-1221

Fax: (780) 732-1227

Website: [www.satsofedmonton.org](http://www.satsofedmonton.org)

Volunteer drivers provide rides within the city limits. Information is first mailed out to clients and then someone is sent for an assessment. Not able to accommodate wheelchairs. Call 3 days in advance to book. Service is available Monday to Friday 8:30am to 4:30pm, up to two times a week.

Price: \$20.00 annual membership. Tickets are available for purchase at \$7.00 per ticket. Rides 2 hours and under: 1 ticket - \$7.00. Rides greater than 2 hours: 2 tickets (\$14.00).

### **Seniors Caring About Seniors**

7814-83 Street, Edmonton, AB T6C 2Y8

Phone: (780) 465-0311

Website: [www.sscas.com](http://www.sscas.com)

A not-for-profit organization offering services to residents living on the south side of Edmonton. Eligibility requirements include a minimum age of 65 and a disability or frailty. Alternate transportation and home and garden repairs are offered. Volunteer drivers will drive to destination anywhere in the city limits. Not wheelchair equipped. Operates Monday to Friday, 9:00am to 4:00pm. Price: \$10.00/year memberships. Charge of \$6.00 for 1.5 hours.

### **Seniors Outreach Network Society**

Phone: (780) 451-4589

Fax: (780) 944-2566

Email: [outreach@shaw.ca](mailto:outreach@shaw.ca)

Provide door through door service north of the North Saskatchewan River.

Price: \$15.00/year annual membership fee.

### **Spruce Grove Specialized Transit Service**

Phone: (780) 962-2456

Fax: (780) 962-9501

Provide door to door service for seniors.

Price: Varies depending on destination.

### **St. Albert Senior Citizens Club**

Phone: (780) 459-0433

Fax: (780) 459-9588

Website: [www.stalbertseniorsclub.org](http://www.stalbertseniorsclub.org)

Provide door through door service within St. Albert for individuals 50 years of age and older. Operate Monday to Friday 8:30am to 4:30pm. Prefers 24 hours notice for booking rides.

Price: \$47.50/year annual fee. \$3.00 for a one-way trip.

### **Possible Occasional Transportation Sources**

- The senior citizens drop in centers in your local area.
- Your local seniors association.
- Your local church.

To locate the service provider that best suits your individual needs, please visit <http://www.seniorscouncil.net> and click on 'Find a ride'.