

# SENIORS PROGRAMS AND SERVICES



## **Seniors programs and services** **INFORMATION GUIDE**

---

**2014 – 2015**

*Alberta*  Government

For more information about seniors programs and services, please call:

**Alberta Supports Contact Centre**

Toll-free anywhere in Alberta: **1-877-644-9992**

Edmonton: **780-644-9992**

Website: **[www.albertasupports.ca](http://www.albertasupports.ca)**

Deaf or hearing impaired with TDD/TTY units:

Toll-free anywhere in Alberta: **1-800-232-7215**

Edmonton: **780-427-9999**

The information provided is subject to the provisions of the pertinent Government Acts and Regulations. Changes to programs, services, and office locations may occur after the publication of this booklet.

Permission is granted to reprint this document.

Published by: Alberta Seniors

October 2014

ISBN: 978 0 7785 6820 9

# Table of contents

## **Income support programs . . . . 4**

Provincial Government programs . . . . .	4
Federal Government programs . . . . .	7

## **Housing . . . . . 10**

Provincial Government programs . . . . .	10
Finding accommodation . . . . .	11

## **Government contacts . . . . . 13**

Alberta Supports . . . . .	13
Seniors Information Services Offices . . . . .	14
Government of Alberta Contact Centre . . . . .	14
Service Alberta Contact Centre . . . . .	14
Government of Canada – Service Canada . . . . .	15
Contacting your MLA . . . . .	15
Alberta Ombudsman . . . . .	15
Office of the Public Guardian and Trustee . . . . .	15
Office of the Alberta Health Advocates . . . . .	18
Office of the Seniors Advocate . . . . .	18
Advanced Care Planning . . . . .	18
Utilities Consumer Advocate . . . . .	19

## **Health services . . . . . 20**

Alberta Health Care Insurance Plan . . . . .	20
Dental and Optical Assistance for Seniors . . . . .	22
Alberta Aids to Daily Living (AADL) . . . . .	23

Alberta Blue Cross – Coverage for Seniors . . . . .	25
Continuing care services . . . . .	27
Alberta Health Services . . . . .	29
Private health insurers . . . . .	31
Alberta Monitoring for Health program . . . . .	31

## **Community agencies . . . . . 32**

Seniors Advisory Council for Alberta . . . . .	32
Funding opportunities . . . . .	32
Family and Community Support Services (FCSS) . . . . .	33
Meals on Wheels . . . . .	33
Money Mentors . . . . .	33

## **Protecting you and your information . . . . . 34**

Privacy legislation . . . . .	34
Elder abuse . . . . .	34
Protection for Persons in Care . . . . .	35
Continuing Care Health Service Standards . . . . .	36
Supportive living and long-term care accommodation standards . . . . .	36
Alberta Human Rights Commission . . . . .	37
Service Alberta . . . . .	38
Alberta Securities Commission . . . . .	38

## **Transportation . . . . . 39**

Bus passes . . . . .	39
Seniors driving services . . . . .	39
Alberta Transportation . . . . .	39
Alberta Motor Association: Driving Angel Program . . . . .	40
Parking placards for persons with disabilities . . . . .	40

## **Congratulatory messages for seniors . . . . . 41**

Message from the Queen . . . . .	41
Message from the Governor General of Canada . . . . .	41
Message from the Prime Minister of Canada . . . . .	42
Message from the Premier of Alberta . . . .	42

## **General information . . . . . 43**

Birth, marriage and death certificates . . . .	43
--	----

Lawyer referral service . . . . .	43
Local information and referral centres . . . . .	43
Taxes . . . . .	45
Veterans . . . . .	46
Power of attorney . . . . .	46
Funeral planning . . . . .	47
Last will and testament . . . . .	48

## **Recreation and leisure . . . . . 49**

Alberta 55 Plus Winter and Summer Games . . . . .	49
Historic sites and cultural facilities . . . . .	49
Provincial parks . . . . .	49
Fishing licences . . . . .	49
Seniors' View of the Alberta Legislature . . . . .	50

## **Quick reference list . . . . . 51**

## **Index . . . . . 54**



# Income support programs

## Provincial Government Programs

---

### Seniors financial assistance programs

The Government of Alberta offers the following financial assistance programs for seniors:

- Alberta Seniors Benefit
- Special Needs Assistance for Seniors
- Dental and Optical Assistance for Seniors
- Seniors Property Tax Deferral program

To apply for Alberta Seniors Benefit, Special Needs Assistance for Seniors, and Dental and Optical Assistance for Seniors, you must complete a Seniors Financial Assistance application form. You need only apply once.

To apply for the Seniors Property Tax Deferral program, you must complete a Seniors Property Tax Deferral application and agreement form.

### General eligibility

You are eligible to apply for the seniors financial assistance programs, if you:

- are 65 years of age or older;

- have lived in Alberta for at least three months immediately before applying;

and

- are a Canadian citizen, or have been admitted into Canada for permanent residence (landed or sponsored immigrant)

If you meet all of the above eligibility requirements, your level of assistance will be determined based upon the specific criteria for each program.

### Income

The following Seniors Financial Assistance programs are income based:

- Alberta Seniors Benefit
- Dental and Optical Assistance for Seniors
- Special Needs Assistance for Seniors

Your applicable income information is obtained directly from the Canada Revenue Agency, with your consent, and used to determine your eligibility for assistance.

The Seniors Property Tax Deferral program is not income based.

## Alberta Seniors Benefit

The Alberta Seniors Benefit program provides a monthly income supplement to federal income sources including Old Age Security (OAS) and Guaranteed Income Supplement (GIS).

Eligibility for a benefit is determined by:

- the type of accommodation you live in;
- your marital/cohabitation status;
- your income (combined with your spouse/partner's income if applicable); and
- having lived in Canada for 10 years and receiving the federal OAS pension.

### General eligibility

In general, a single senior with an annual income of \$26,200 or less, and senior couples with a combined annual income of \$42,500 or less, are eligible for a cash benefit. These income levels are guidelines only, and are for seniors whose income includes a full OAS pension.

## Special Needs Assistance for Seniors

The Special Needs Assistance for Seniors program provides a lump-sum payment to eligible low-income seniors. This program provides assistance with allowable extraordinary personal expenses. A senior's total annual income and the expense requested are used to determine the amount funded. The maximum assistance available is \$5,000 in a benefit year.

### Available assistance

Assistance is available for allowable special needs such as appliances, essential home repairs and some medical expenses.

### General eligibility

To be considered for the Special Needs Assistance for Seniors program, you must have applied to the Alberta Seniors Benefit program, or submit a Seniors Financial Assistance application. A single senior with a total combined annual income of \$26,200 or less, or a senior couple with a total combined annual income of \$42,500 or less may receive assistance.

## Dental and Optical Assistance for Seniors

The Dental Assistance for Seniors program provides basic dental coverage, according to an approved benefit schedule, to a maximum of \$5,000 every five years.

The Optical Assistance for Seniors program provides assistance, to a maximum of \$230, towards the purchase of prescription eyeglasses every three years.

Seniors who receive the Alberta Seniors Benefit are automatically enrolled. The amount of coverage you receive is based on your total annual income.

*Continued next page...*

## General eligibility

To be considered for the Dental and Optical Assistance programs, you must complete the Seniors Financial Assistance application form. A single senior with a total annual income of \$31,675 or less, or a senior couple with a total combined income of \$63,350 or less, may receive assistance.

## How it works

Alberta Blue Cross processes the dental and optical claims. Alberta Blue Cross issues payments to the service provider (dentist/denturist or optical provider) or the senior, depending on how the claim is submitted.

To find out how much of your dental/optical work is covered, you or your service provider can call Alberta Blue Cross at **1-800-661-6995**. Your Personal Health Number is required when you or your service provider submit a claim or have a dental/optical claim question.

Your claim will be paid in one of two ways:

1. If your service provider bills Alberta Blue Cross directly, the program will pay the service provider for the amount that is covered by the program. If there is a difference between the amount covered by the program and your bill, you need to pay the difference.
2. If your service provider does not bill Alberta Blue Cross directly, you pay the full bill. Then, you can submit an Alberta

Blue Cross Claim Form (available from your service provider or online at [www.ab.bluecross.ca](http://www.ab.bluecross.ca)) to get reimbursed for the eligible amount.

## Seniors Property Tax Deferral Program

The Seniors Property Tax Deferral program allows eligible senior homeowners to defer all or part of their annual residential property taxes through a low-interest home equity loan with the Alberta Government.

### General eligibility

To qualify, your home must be your primary residence, where you live most of the time, and you must have a minimum of 25% equity in your home. This means all charges registered against your home in a Land Titles Office cannot exceed 75% of your home's assessed value, as shown on your municipal assessment.

### Interest

Interest charges start from the date the program pays your residential property taxes on your behalf to your municipality and end when your loan has been repaid in full. The interest rate is variable and is reviewed every six months in April and October.

### How to apply

To apply for the Seniors Property Tax Deferral program, you must complete a Seniors Property Tax Deferral application and agreement form. You may apply at



any time, however, to avoid late penalties, senior homeowners are encouraged to apply as early as possible before their residential property taxes are due. All registered owners must sign the application form.

For more information on provincial government financial assistance programs for seniors, or to request a Seniors Financial Assistance application, contact:

### **Alberta Seniors**

Box 3100

Edmonton, AB T5J 4W3

Toll-free anywhere in Alberta:

**1-877-644-9992**

Edmonton: **780-644-9992**

Website: [www.seniors.alberta.ca](http://www.seniors.alberta.ca)

### **Income support for non-seniors**

The Government of Alberta provides income support for non-seniors through programs such as Alberta Works and the Assured Income for the Severely Handicapped (AISH) programs.

For more information, contact:

### **Alberta Supports Contact Centre**

Toll-free anywhere in Alberta:

**1-877-644-9992**

Edmonton: **780-644-9992**

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

## **Federal Government Programs**

---

The Government of Canada administers the Old Age Security Program, Guaranteed Income Supplement, the Allowance and the Canada Pension Plan.

Call toll-free from Canada and the United States:

English: **1-800-277-9914**

French: **1-800-277-9915**

TTY: **1-800-255-4786**

Hours of Operation:

8:30 a.m. – 4:30 p.m.

Website: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

### **Old Age Security Pension**

To be eligible for the federal Old Age Security pension (OAS), you must:

- be at least age 65 (you do not need to be retired);
- be a legal resident of Canada; and
- have lived a minimum of 10 years in Canada after the age of 18.

You must apply for this pension. If possible, send in your application six months before your 65<sup>th</sup> birthday.

If you are 65 or older and are not covered by the conditions above, you may still qualify for a pension since Canada has social security agreements with many countries. Call Service Canada for information.

*Continued next page...*

## Guaranteed Income Supplement

The Guaranteed Income Supplement (GIS) is available to seniors who receive the OAS pension and have little or no other income.

To be eligible for this supplement, you must be a resident of Canada. The amount of the supplement that you receive depends on:

- marital status, and
- total family income in the previous calendar year. If you are married or living common-law, the income of your spouse or common-law partner is included.

The GIS is added to the federal OAS payment each month. An application must be submitted to receive this benefit.

To continue receiving GIS benefits each year, you must submit a renewal form or file an income tax return by April 30. Couples must file separate income tax returns.

## Allowance/Allowance for the Survivor

The allowance is paid to the spouse or common-law partner of a senior receiving GIS.

To be eligible you must:

- be age 60 through 64,

- have lived in Canada a minimum of 10 years after the age of 18,
- not be voluntarily separated or divorced from your spouse or common-law partner, and
- meet legal residence requirements.

The amount of the Allowance depends on a couple's combined income in the previous calendar year.

People who may be eligible for the Allowance should apply six months before their 60<sup>th</sup> birthday. It may be applied for any time between ages 60 and 64 and can continue until the age of 65.

The Allowance for the Survivor is available to widowed spouses or surviving common-law partners who have little or no other income and who are between the ages of 60 and 64.

To continue receiving the Allowance or Allowance for the Survivor, you must file an income tax return by April 30 each year. If you continue to be eligible, your Allowance or Allowance for the Survivor will automatically be renewed. If you do not file your return, you must complete a renewal form.

## Canada Pension Plan

The federal government administers the Canada Pension Plan (CPP). You contribute to the CPP through employment or self-employment. There are different types of CPP benefits. Application forms are available at any Service Canada Centre by calling 1-800-277-9914, or on the website at [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca).

The most applicable CPP benefits for seniors are:

### Retirement pension

You may be eligible for a retirement pension if you worked and have made at least one valid contribution to the CPP. The pension may start at age 65 or, as early as the month following your 60<sup>th</sup> birthday, at a reduced rate.

For details about these changes, please visit the Service Canada website at [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca), or call **1-800-277-9914**.

A spouse, or common-law partner can apply to share CPP retirement pension payments if both are aged 60 or more. Even if only one of you has been a contributor to the CPP, that pension can still be shared. Pension sharing can result in income tax savings.

## Survivor benefits

There are three types of survivor benefits.

- The CPP death benefit is a one-time payment to, or on behalf of, the estate of a deceased CPP contributor.
- The survivor pension is a monthly pension paid to the surviving spouse or common-law partner of a deceased contributor.
- The surviving child's benefit is a monthly benefit for dependent children of a deceased contributor. Children must be younger than 18, or if 18 to 25, must be in school full time.

For information on other CPP benefits, call Service Canada toll-free at **1-800-277-9914**, or visit [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

For the most up-to-date information, please visit the Service Canada website.

# Housing

## Provincial Government Programs

---

### Seniors Property Tax Deferral

The Seniors Property Tax Deferral program allows eligible senior homeowners to defer all or part of their annual residential property taxes through a low-interest home equity loan with the Alberta Government. The program is not based on income. Please see pages 6-7 for program details.

### Seniors Lodge Program

Lodge accommodation offers single or double bedrooms, meals, housekeeping, recreational opportunities and other services to seniors.

Seniors whose incomes fall within allowable limits, as determined by the local housing management body, and who are functionally independent, with or without the help of existing community based services, may wish to apply for this program. Eligible applicants are prioritized on the basis of need and available units. Community residency requirements may be in place.

Local housing management bodies administer lodges and set the accommodation rates. To assist lower-income residents, each eligible resident must be left with at least \$315 per month in disposable income after lodge accommodation costs.

For more information about the Seniors Lodge program, contact:

#### **Alberta Seniors, Housing Division**

44 Capital Boulevard  
10044 – 108 Street  
Edmonton, AB T5J 5E6  
Edmonton: **780-422-0122**

Website:

**[www.seniors.alberta.ca](http://www.seniors.alberta.ca)**

In all other areas of the province, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

Your local housing management body has detailed information about lodges and senior self-contained living in your area. For assistance contacting a housing management body, contact:

#### **Alberta Supports Contact Centre**

Toll-free anywhere in Alberta:

**1-877-644-9992**

Edmonton: **780-644-9992**

Website: **[www.albertasupports.ca](http://www.albertasupports.ca)**

## Seniors Self-Contained Housing

Local housing management bodies provide affordable apartment style accommodations for low-income seniors who cannot afford private sector housing.

Seniors whose income falls within allowable limits and are functionally independent, with or without the help of existing community-based services, may wish to apply for this program through their local housing management body. Eligible applicants are prioritized on the basis of need and unit availability. Rent is based on 30 per cent of a household's adjusted income.

A searchable list of management bodies is available at

<http://housing.alberta.ca/522.cfm>

For more information about the Seniors Self-Contained Housing program, contact:

### **Alberta Seniors**

Edmonton: **780-422-0122**

In all other areas of the province, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

## Residential Access Modification Program (RAMP)

Homeowners and tenants (if the landlord agrees) who use a wheelchair (or if 65+, a wheelchair or 4-wheel walker) on an ongoing basis may apply to receive a provincial government grant to assist with modifications

that improve wheelchair access into and within their personal residences.

For more information contact:

### **RAMP**

12th Floor Milner Building  
10040 104 Street  
Edmonton AB T5J 0Z2  
Phone: **1-877-427-5760**  
Email: [ramp@gov.ab.ca](mailto:ramp@gov.ab.ca)

## Finding accommodation

---

### Seniors housing registries

#### **Provincial Seniors Housing Registry**

The Alberta Senior Citizens' Housing Association (ASCHA) has a free online provincial housing registry which allows for searches by location, organization, project, support services and application criteria.

For more information

Phone: **780-439-6473**

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

### Local registries

Housing registries have lists of senior citizens apartments, lodges and management bodies. They can also help you find private accommodation. Housing registries for seniors are located at:

#### **Calgary**

Kerby Centre  
1133 7 Avenue SW  
Calgary, AB T2P 1B2

*Continued next page...*

Phone: **403-705-3230**

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

### **Edmonton**

SAGE – Seniors Association

of Greater Edmonton

15 Sir Winston Churchill Square NW

Edmonton, AB T5J 2E5

Phone: **780-423-5510**

E-mail: [info@Mysage.ca](mailto:info@Mysage.ca)

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

### **Edmonton Aboriginal Senior Centre**

Cottage E

10107 134 Avenue NW

Edmonton, AB T5E 1J2

Phone: **780-476-6595**

If a housing registry is not available in your area, contact:

- your local information centre, listed on pages 43-44;
- a Family and Community Support Services Office, listed in your telephone directory; or
- the Alberta Supports Contact Centre, listed on page 13.

### **Supportive living and long-term care public reporting information**

To locate information about supportive living and long-term care accommodations, learn about facilities' compliance with provincial accommodation standards, compare accommodations, and view verified complaints, visit

[www.asalreporting.gov.ab.ca/astral/](http://www.asalreporting.gov.ab.ca/astral/) or contact the Standards Compliance and Licensing Branch at **780-644-8428**.

For information on long-term care and supportive living, please see pages 25-26 and 35-36.

### **Landlord and tenant information**

The *Residential Tenancies Act* identifies how a landlord or tenant may end a tenancy, how and when rent can be increased, remedies available to landlords and tenants, and security deposit requirements. For more information or to obtain a copy of the tipsheet *Information for Landlords and Information for Tenants*, contact Service Alberta at:

Toll-free: **1-877-427-4088**

Edmonton: **780-427-4088**

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

# Government Contacts

## Alberta Supports

---

Alberta Supports helps make it easier for Albertans to find information about provincial social based assistance programs, access the services and supports they need, and transition between programs.

Information is provided on Seniors Financial Assistance and other social based assistance programs such as Alberta Works, Assured Income for the Severely Handicapped (AISH) and Alberta Aids to Daily Living (AADL).

There are three ways to access Alberta Supports:

### Call:

Alberta Supports Contact Centre

Toll-free: **1-877-644-9992**

Edmonton and area: **780-644-9992**

TDD/TTY Toll-free: **1-800-232-7215**

Edmonton and area: **780-427-9999**

Fax: **780-422-5954**

Office hours are 8:15 a.m. to 4:30 p.m. Monday through Friday. Alberta Supports offices are closed on statutory holidays. Please have your personal health number ready when calling.

### Click

**[www.albertasupports.ca](http://www.albertasupports.ca)**

for general information on provincial programs and supports

### Come in

Office hours are 8:15 a.m. to 4:30 p.m. Monday through Friday, closed statutory holidays.

### Calgary

1st Floor, Fisher Park  
6712 Fisher Street SE  
Calgary, Alberta T2H 2A7

### Edmonton

Argyll Centre  
6325 Gateway Boulevard NW  
Edmonton, Alberta, T6H 5H6

### Fort McMurray

1st Floor, Provincial Building  
9915 Franklin Avenue  
Fort McMurray, Alberta, T9H 2K4

### Lethbridge

1st Floor, Provincial Building  
200 - 5 Avenue South  
Lethbridge, Alberta, T1J 4L1

*Continued next page...*



## Medicine Hat

1st Floor, Provincial Building

346 - 3 Street SE

Medicine Hat, Alberta, T1A 0G7

**\*office is closed noon – 1:00pm**

## Peace River

2nd Floor Midwest Building

9715 51 Street T8S 1T4

## Red Deer

2nd Floor, First Red Deer Place

4911 - 51 Street

Red Deer, Alberta, T4N 4V4

## Slave Lake

Slave Lake Mall

100 Main Street South

Slave Lake, Alberta T0G 2A0

## St. Paul

1st Floor, Provincial Building

5025 - 49 Avenue

St. Paul, Alberta, T0A 3A4

**\*office is closed noon – 1:00pm**

## Whitecourt

2nd Floor, Midtown Mall

5115 49 Street

Whitecourt, Alberta, T7S 1N7

## Seniors Information Services Offices

---

A walk-in office is located in Edmonton at:

### Main Floor, Standard Life Centre

10405 Jasper Avenue NW

Edmonton, AB T5J 4R7

## Government of Alberta Contact Centre Toll-free 310-0000

---

You can reach any provincial government program toll-free by calling the Government of Alberta Contact Centre. Staff are available to answer your questions and direct your calls Monday to Friday, 8:00 a.m. to 6:00 p.m. To use this service anywhere in Alberta, dial **310-0000** and enter the 10 digit provincial telephone number for the program you wish to contact, or dial zero, or stay on the line for assistance.

**Example:** If you are calling Alberta Health from outside the Edmonton area, dial toll-free **310-0000**, and then **780-427-1432**. (In Edmonton, dial **780-427-1432** directly.)

For toll-free, province wide access from a cellular telephone, enter #310 (Telus/Bell) or \*310 (for Rogers Wireless).

Deaf callers only (requires TTY unit):

Toll-free anywhere in Alberta:

**1-800-232-7215**

Edmonton: **780-427-9999**

## Service Alberta Contact Centre

---

The Service Alberta Contact Centre provides information to consumers about their rights and responsibilities in the marketplace. It also provides information and advice about consumer complaints.

Consumer tipsheets are available, at no charge, by calling the Service Alberta



Contact Centre or visiting the department's website. For more information, contact:

Toll-free anywhere in Alberta:

**1-877-427-4088**

Edmonton: **780-427-4088**

Website: **[www.servicealberta.ca](http://www.servicealberta.ca)**

## Government of Canada

---

### Service Canada Call Centre

For information regarding Old Age Security (OAS), Guaranteed Income Supplement (GIS) or Canada Pension Plan (CPP) benefits, contact the Service Canada Call Centre:

English: **1-800-277-9914**

French: **1-800- 277-9915**

TTY: **1-800-255-4786**

Hours of Operation:

8:30 a.m. – 4:30 p.m

Website: **[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)**

### Service Canada Centres

The federal government has offices throughout the province that you can visit to obtain information about OAS, GIS and CPP benefits. For information about the location nearest you or to book an appointment to see a Service Delivery Agent, call the Service Canada Call Centre above.

### Contacting your MLA

---

An online listing of MLAs and contact information is located at

**<http://streetkey.elections.ab.ca/>**

## Alberta Ombudsman

---

The Alberta Ombudsman determines administrative fairness. The Office responds to complaints of unfair treatment by Alberta government departments, agencies, professional organizations and the patient concerns resolution processes of health authorities.

The Ombudsman:

- is independent from the government;
- is impartial;
- focuses on fairness;
- is approachable and responsive;
- provides services free of charge; and
- is not an advocacy service.

An online complaint form is available at: **[www.ombudsman.ab.ca](http://www.ombudsman.ab.ca)**, or contact by phone at:

Edmonton: **780-427-2756**

Calgary: **403-297-6185**

In all other areas of the province, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

### Office of the Public Guardian and Trustee

---

The Office of the Public Guardian and Trustee offers assistance and services relating to personal directives for capable Albertans; substitute decision making options for adults that lack capacity; and, where appropriate, will act as guardian

*Continued next page...*

and/or trustee for represented adults (people who are unable to manage their own personal and/or financial affairs because of mental disability). The Office of the Public Guardian and Trustee may also act as administrator of the estates of deceased persons, in cases where it is appropriate to do so. In addition, the Office of the Public Guardian and Trustee acts to protect the financial interests of minors (persons under 18 years of age) and missing persons where appropriate.

A variety of decision making mechanisms are available through the Office of the Public Guardian and Trustee for adults lacking capacity, including:

### Supported Authorization Decision Making

- The adult has capacity to make their own decisions.
- They choose someone they trust to assist them with finding information, making decisions and communicating their wishes and decisions.
- Is helpful for people who face complex decisions; and/or people whose first language is not English and/or for people with mild disabilities.

### Co-Decision Making

- The assisted adult lacks capacity to make personal decisions by themselves and does not have a guardian or personal directive.
- The adult could make personal decisions if guided by someone else.

- A co-decision making court order is appropriate for family or close friends.

### Guardianship and Trusteeship

- This is a court-appointed surrogate decision maker to assist or make personal and/or financial decisions on behalf of a represented adult.
- This promotes the rights of a represented adult for those who are no longer able to care for themselves or make reasonable judgements.

### Personal Directive

This is a legal document that allows you, the maker, to plan for future non-financial decisions such as healthcare and residential placement, should you lose the capacity to make decisions. You complete this document while you have the capacity. You choose the person who will make decisions on your behalf based on your wishes and beliefs.

There is a secure online registry where you may voluntarily register your personal directive at no cost. For more information, or to download a personal directive form, visit [www.humanservices.alberta.ca/guardianship-trusteeship.html](http://www.humanservices.alberta.ca/guardianship-trusteeship.html)

For more information on the Office of the Public Guardian and Trustee, visit the website [humanservices.alberta.ca/guardianship-trusteeship.html](http://humanservices.alberta.ca/guardianship-trusteeship.html), or contact the Office of the Public Guardian and Trustee at:

## Northern Alberta

### Grande Prairie Office

1501 Provincial Building  
10320 99 Street  
Grande Prairie, AB T8V 6J4  
Phone: **780-833-4319**

### Lloydminster Office

Main Floor Provincial Building  
5124 50 Street  
Lloydminster, AB T9V 0M3  
Phone: **780-871-6490**

### St. Paul Office

318 Provincial Building  
5025 49 Avenue  
St. Paul, AB T0A 3A4  
Phone: **780-645-6278**

### Edmonton

Provincial Office  
Room 350, Standard Life Building  
10405 Jasper Avenue NW  
Edmonton, AB T5J 4R7  
Phone: **780-422-1868**

### Edmonton Office (Public Guardian)

4th Floor, 108th Street Building  
9942 108 Street NW  
Edmonton, AB T5K 2J5  
Phone: **780-427-0017**

### Edmonton Office (Public Trustee)

4th Floor, Brownlee Building  
10365 97 Street NW  
Edmonton, AB T5J 3Z8  
Phone: **780-427-2744**

## Central Alberta

### Red Deer Office

Room 203, Provincial Building  
4920 51 Street  
Red Deer, AB T4N 6K8  
Phone: **403-340-5165**

### Calgary

900 Barclay Centre  
444 7 Avenue SW  
Calgary, AB T2P 0X8  
Phone: **403-297-3364**

## Southern Alberta

### Lethbridge Office

500 Provincial Building  
740 4 Avenue S  
Lethbridge, AB T1J 0N9  
Phone: **403-381-5648**

### Medicine Hat Office

Room 107, Professional Building  
346 3 Street SE  
Medicine Hat AB T1A 0G7  
Phone: **403-529-3744**

In all other areas of the province, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

## Office of the Seniors Advocate

---

As part of the Office of the Alberta Health Advocates, the Seniors' Advocate helps seniors, their families, and their caregivers navigate the health care and continuing care systems and provides information on support programs and services for seniors. It also receives concerns and complaints about these systems and services, and makes referrals to the appropriate channels for resolution.

The Seniors' Advocate:

- Helps seniors and their families understand and access the growing number of seniors' services.
- Requests inspections and investigations related to care in seniors' facilities.
- Provides public education on the rights and interests of seniors.

The Health Advocate:

- Builds awareness about the Health Charter and what people can expect from the health system, and their responsibilities.
- Helps people navigate the health system.
- Looks into situations where people believe their interactions with the health system haven't been consistent with the Health Charter.
- Redirects complaints to existing resolution mechanisms where appropriate.

For more information or to contact the Office of the Seniors Advocate:

Website:

**[www.albertahealthadvocates.ca](http://www.albertahealthadvocates.ca)**

Edmonton area: **780-422-1812**

Toll-free anywhere in Alberta:

**Dial 310-0000 and then the number**

## Advanced Care Planning

---

Thinking about your future health care and talking about your beliefs and values with your family and your health care team is important, especially if those people will be helping to make decisions with you or for you. Advance Care Planning is a process you can undertake with your family and with your health care team. Goals of Care Designations are medical orders written by your doctor. They serve to communicate to any of your care teams the general direction of care that can be considered for you - care decisions that match your particular goals and beliefs with care that is medically appropriate for your circumstances.

For more information about Advanced Care Planning, talk to your healthcare provider or visit

**<http://www.conversationsmatter.ca/>**

## Utilities Consumer Advocate

---

The Utilities Consumer Advocate (UCA) represents the interests of Alberta's residential, farm, and small business

electricity and natural gas consumers. The UCA works to ensure consumers have the information, representation, and protection they need to help them make informed choices in Alberta's deregulated electricity and natural gas markets.

The UCA's mediation team is available to answer consumer's questions and provide detailed advice and information about the electricity and natural gas industry. Common topics include contracts, billing, and distribution fees to name a few. When consumers have exhausted known avenues of issue resolution, the UCA will investigate and mediate concerns with utility companies.

Contact the UCA:

In Alberta: **310-4UCA (310-4822)**

Outside of Alberta: **780-644-5130**

Email: [UCAhelps@gov.ab.ca](mailto:UCAhelps@gov.ab.ca)

Address: Suite 1701, TD Tower,

10088-102 Avenue,

Edmonton, AB T5J 2Z1

# Health services

## Alberta Health Care Insurance Plan

---

### Eligibility

You must register for Alberta Health Care Insurance Plan (AHCIP) coverage to receive insured hospital and physician services.

Coverage is provided to eligible residents of Alberta who meet the following criteria:

- Legally entitled to be or to remain in Canada and makes his/her permanent home in Alberta;
- Committed to being physically present in Alberta for at least 183 days in a 12 month period;
- Not claiming residency or obtaining benefits under a claim of residency in another province, territory or country;
- Any other person deemed by the regulations to be a resident not including a tourist, transient or visitor to Alberta.

Detailed information on applying for AHCIP coverage is available on the Alberta Health website at [www.health.alberta.ca](http://www.health.alberta.ca)

Basic coverage includes:

- full coverage for medically necessary insured services provided by physicians according to the Schedule of Medical Benefits;
- medically necessary oral and maxillofacial surgical procedures and some specific dental procedures performed by an oral surgeon or dentist according to the Schedule of Oral and Maxillofacial Surgery Benefits;
- some foot care services if provided in Alberta by a podiatrist. Benefits are limited for each service and payable according to the Schedule of Podiatry Benefits to a maximum payable per benefit year\* of \$250 (check with podiatrist prior to treatment);
- a podiatric surgery program that provides full coverage for medically necessary services provided by a podiatric surgeon in an Alberta hospital or non-hospital surgical facility under contract with Alberta Health Services according to the Schedule of Podiatric Surgery Benefits;
- some optometry services, if provided in Alberta. Benefits are limited to one complete exam, one partial exam and

one diagnostic procedure per benefit year\*;

- an operator's license medical examination for people 74.5 years of age and over;
- Some publicly funded physiotherapy services are provided through Alberta Health Services (AHS) Ambulatory Community Physiotherapy program. The physiotherapist determines the number of treatments to be publicly funded based on the client's presenting condition or injury. For more information, please contact Alberta Health Services through Health Link:

Edmonton: **780-408-5465**

Calgary: **403-943-5465**

Toll-free for anywhere in Alberta:  
**1-866-408-5465.**

\* The benefit year for the Alberta Health Care Insurance Plan is from July 1 to June 30.

For details on basic coverage and services covered outside Alberta, contact Alberta Health.

## Uninsured Services

The AHCIP provides full coverage for medically necessary insured services provided by physicians. However, uninsured services, such as the copying and transfer of medical records from one physician to another, are not covered. You can expect to pay the full fee for uninsured services and must be informed of this

by your physician before the service is provided.

- The ACHIP is not a dental plan and as such it does not cover services such as office visits, x-rays, splints, models, orthodontic treatments, dentures and other dental services.
- Podiatrists may bill residents an amount in addition to the amount payable by the AHCIP.
- Patients are also responsible for the full cost of any uninsured services, including medical and surgical appliances, supplies and facility fees when provided in a podiatrist's clinic.

Some services not covered by the AHCIP may be covered by other government sponsored or private supplementary health insurance.

## Hospital services

Alberta Health provides funding to Alberta Health Services for in-patient and outpatient hospital services. These services are not funded if obtained in a private facility. When you are admitted to an acute care hospital in Alberta for insured services, you will receive standard ward care, meals, nursing and other services while you are a patient in the hospital.

If you request a private or semi-private hospital room, a room charge may be applied by the hospital, unless a physician

*Continued next page...*



indicates it is medically required. You may be able to purchase coverage for these charges from some private insurers. See page 31 for information on private insurers.

For more information about coverage for hospital services, contact Alberta Health Services through Health Link:

Edmonton: **780-408-5465**

Calgary: **403-943-5465**

Toll-free for anywhere in Alberta:

**1-866-408-5465**

### Temporary absence from Alberta

Individuals must be physically present in Alberta for at least 183 days in a 12-month period to remain eligible for coverage from the AHCIP.

### Recurring absence from Alberta

You may remain eligible for AHCIP coverage if, on a recurring basis, you are absent from Alberta for up to 212 days in a 12-month period for the purpose of vacation.

- Please contact Alberta Health before you leave to ensure your coverage under the AHCIP remains current.

Alberta Health covers only some limited physician and hospital expenses outside Alberta. It is strongly recommended that Alberta residents carry private supplementary insurance when travelling outside of Alberta to cover unforeseen emergency care and transportation, as these costs may be significant.

Please see the Health Coverage Outside Alberta Brochure, available at [www.health.alberta.ca](http://www.health.alberta.ca) for more details on coverage and claim guidelines.

For details on temporary absence and extensions of coverage and services covered outside of Alberta, contact Alberta Health:

#### By mail:

Alberta Health  
Box 1360 Stn Main  
Edmonton, AB T5J 2N3

#### By telephone:

Edmonton: **780-427-1432**

Outside the Edmonton area, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

Website: [www.health.alberta.ca](http://www.health.alberta.ca)

## Dental and Optical Assistance for Seniors

---

### Dental Assistance for Seniors

The Dental Assistance for Seniors program provides basic dental coverage to a maximum of \$5,000 per eligible senior, every five years.

### Optical Assistance for Seniors

The Optical Assistance for Seniors program provides assistance of up to \$230 per eligible senior, towards the purchase of prescription eyeglasses every three years.

Please see pages 5-6 for program details.



## Alberta Aids to Daily Living (AADL)

---

The Government of Alberta offers the Alberta Aids to Daily Living (AADL) program which assists Albertans with a long-term disability, chronic illness or terminal illness in maintaining independence in their communities through the provision of basic medical equipment and supplies to meet their clinically assessed needs.

You may be eligible for AADL benefits if you meet the following criteria:

- are an Alberta resident;
- have a valid Alberta Personal Health Number; and
- requires benefits due to a long-term disability, chronic illness or terminal illness. Long-term and chronic are defined as six months or longer.

An assessment by an AADL authorizer or specialty assessor determines the clinical need for medical equipment and supplies that an Albertan may be eligible for through this program. This may be a nurse, physical therapist, occupational therapist, respiratory therapist, audiologist or other health care professional who may work in a community health care centre, hospital, long-term care centre, home care program or private practice. Please contact Alberta Health Services to locate an AADL authorizer and consult the vendor lists on the AADL website to locate an AADL specialty assessor.

**Note:** Medical doctors are not authorizers and do not determine eligibility.

### How does the program work?

AADL is a cost-share program. You pay 25 per cent of the cost of program benefits to a maximum of \$500 per individual/family, per benefit year (July 1 to June 30). If you choose an upgraded item, you are also responsible for paying any additional amount.

Low-income Albertans, below qualifying income thresholds, are exempt from cost sharing. Your authorizer or local community health care centre will have a Cost-Sharing Exemption Application for you to complete and submit to the address on the form.

If you are exempt from cost sharing, your authorizer and vendor will be notified through the AADL system. If you choose an upgraded item, you are responsible for paying any additional costs regardless of cost share status.

### What is covered?

Only certain medical equipment and supplies are provided. You must be assessed and authorized for AADL benefits before you receive them. AADL cannot refund clients who purchase their own medical equipment and supplies before being assessed and authorized for equipment and supplies. Equipment and

*Continued next page...*

supplies must be purchased from an AADL approved vendor within the province of Alberta, unless otherwise specified.

The program does not provide coverage for canes, reachers, foot orthotics, eyeglasses, prescription drugs, dental care or dentures.

## Hearing aids

Hearing aids are provided to seniors and their dependants through AADL registered suppliers only, and cost sharing applies. When visiting a hearing aid supplier, please ensure that they are registered with AADL as a vendor.

For more information about registered vendors, contact:

### Alberta Aids to Daily Living

Toll-free anywhere in Alberta:

**1-877-644-9992**

Edmonton: **780-644-9992**

Website: <http://www.health.alberta.ca/services/aids-to-daily-living.html>

Benefit information:

- If you are a cost-share client, AADL contributes \$900 towards one hearing aid only. If you are exempt from cost sharing, AADL will contribute up to \$1,200 per affected ear. This does not include upgrades. If a more expensive hearing aid is purchased, you are responsible for the difference.
- With prior approval, AADL will provide a personal listening device instead of a hearing aid.

- Replacement of batteries is at your own cost.
- AADL will assist with the invoice cost of factory repairs for the hearing aid once per benefit year after the original purchase warranty expires.
- Minor servicing and additional fees charged by the hearing aid practitioner are at your own cost.

## Medical/surgical supplies and rehabilitation or respiratory equipment

An AADL authorizer or specialty supplier must assess your need for equipment and supplies and complete an authorization form. Some items may require a physician's prescription.

Program authorizers or specialty suppliers have complete lists of all items provided through AADL. A maximum number of benefits are available each year. For details on specific medical/surgical supplies, rehabilitation and respiratory equipment covered by AADL, contact Alberta Health Services or:

### Alberta Aids to Daily Living

10th Floor, Milner Building

10040 104 Street

Edmonton AB T5J 0Z2

Toll-free anywhere in Alberta:

**1-877-644-9992**

Edmonton: **780-644-9992**

Website: <http://www.health.alberta.ca/services/aids-to-daily-living.html>

## Alberta Blue Cross

---

### Coverage for Seniors

Alberta Health provides premium-free coverage for health-related services not covered by the Alberta Health Care Insurance Plan through Alberta Blue Cross *Coverage for Seniors*. This coverage is available to all Albertans 65 years of age and older and their eligible dependants. *Coverage for Seniors* starts the first month after you turn 65.

Once you are registered with Alberta Health and your date of birth has been validated, you will be sent an Alberta Blue Cross card. To receive services, you must show your card.

*Coverage for Seniors* uses the same benefit year as Alberta Health – July 1 to June 30.

### Ambulance services

Ambulance services refer to transportation to or from a public or general, active treatment hospital. You must be ill or injured and transported in a ground vehicle licensed under the *Ambulance Services Act*. *Coverage for Seniors* will pay up to the maximum rate set by Alberta Health.

**Note:** Inter-facility transfers are not covered under Alberta Blue Cross *Coverage for Seniors*. Inter-facility transfers are covered by Alberta Health Services.

### Prescription drugs

Alberta Health covers 70 per cent of the cost of prescription drugs listed in the *Alberta Drug Benefit List*. You pay the other 30 per cent, up to a maximum of \$25 per prescription or refill. The pharmacy bills Alberta Blue Cross directly.

**Note:** If an interchangeable (i.e. generic) drug product is available, *Coverage for Seniors* will pay the least-cost alternative price.

Purchase only the medicine you need, in quantities you will use. The maximum prescription quantity is a 100-day supply. It is best to be stabilized on the drug dose before getting this quantity. A pharmacist cannot dispense a larger quantity without pre-authorization from Alberta Blue Cross. If you plan to travel outside Alberta and need medication for more than 100 days, talk to your pharmacist at least two weeks before your departure. This will give your pharmacist enough time to obtain authorization.

*Coverage for Seniors* also provides coverage for services received in other parts of Canada or outside the country. You may be asked to pay for these services at the time they are provided. To be reimbursed, send Alberta Blue Cross a completed and signed Alberta Blue Cross health claim form, with receipts attached. Benefits for services received out-of-country are paid in Canadian funds according to approved Alberta benefit rates.

*Continued next page...*

## Diabetic Supplies

*Coverage for Seniors* provides diabetic supplies for insulin-treated diabetics only, up to a maximum of \$600 per eligible person each benefit year for diabetic supplies purchased from a licensed pharmacy. Diabetic supplies include needles, syringes, lancets and blood glucose and urine testing strips.

## Chiropractic Services

Up to \$25, per visit to a maximum of \$200, per person each benefit year, for services provided by a chiropractor who is lawfully entitled to practice.

## Clinical Psychological Services

Up to \$60 per visit, to a maximum of \$300 per family each benefit year, for treatment of mental or emotional illness by a registered chartered psychologist.

## Home Nursing Care

Coverage up to \$200, per family each benefit year, for nursing care provided in the patient's home by written order of a physician. Home nursing care must be provided by a registered nurse or licensed practical nurse who is not a relative of the patient.

For more information about Alberta Blue Cross, visit their website at [www.ab.bluecross.ca](http://www.ab.bluecross.ca) or contact your nearest Alberta Blue Cross Office.

## Alberta Blue Cross Offices

### Calgary

Main Floor  
715 5 Avenue SW  
Calgary, AB T2P 2X6  
Phone: **403-234-9666**

### Edmonton

Blue Cross Place  
10009 108 Street NW  
Edmonton, AB T5J 3C5  
Phone: **780-498-8000**

### Grande Prairie

108, 10126 120 Avenue  
Grande Prairie, AB T8V 8H9  
Phone: **780-532-3505**

### Lethbridge

470 Chancery Court  
220 4 Street S  
Lethbridge, AB T1J 4J7  
Phone: **403-328-1785**

### Medicine Hat

95 Carry Drive Plaza  
105 Carry Drive SE  
Medicine Hat, AB T1B  
Phone: **403-529-5553**

### Red Deer

152 Riverside Office Plaza  
4919 59 Street  
Red Deer, AB T4N 6C9  
Phone: **403-343-7009**

People living outside these areas can call toll-free:

**1-800-661-6995** (Customer services)

**1-800-394-1965** (Individual plans)

## Continuing care services

---

Alberta's continuing care system provides Albertans with the health, personal care and accommodation services they need to support their independence and quality of life. Continuing care services are provided in three streams:

- home living;
- supportive living; and
- facility living.

Each stream can provide clients with a broad range of health and personal care, accommodation and hospitality services.

In addition, Alberta Health Services may be able to offer various models of care within these streams. This may include: group homes; special centres for individuals with Alzheimer's disease and related disorders; transitional living settings; and various types of seniors' day programs. Individuals who receive publicly-funded health services through Alberta Health Services will undergo a needs assessment to determine their care and service needs.

### Home living/home care services

The home living stream is designed to support individuals living in their own homes, apartments, condominiums or

other independent living options that require care.

Alberta Health Services is responsible for assessing clients and providing the home care services necessary to meet the unmet needs of individuals, of all ages who have varying degrees of short and long-term illness and/or disability.

Individuals can access home care services through self-referral or a referral made by friends, family, health care providers or other community agencies acting on their behalf.

Assessed home care services provided at no charge include professional case management, professional health, personal care, caregiver support and respite care. Client charges may apply to the provision of assessed home and community support services.

### Supportive living

Supportive living combines accommodation services with other supports and care. Supportive living services are designed to assist individuals in maintaining a level of independence. Supportive living is not intended for individuals who have complex health care needs.

In addition to providing a place to live, services in supportive living accommodations can include meals, housekeeping and social activities.

*Continued next page...*

Supportive living residents may receive home care services.

In order to access some supportive living options, individuals may need to undergo an assessment by Alberta Health Services staff.

More information on supportive living is available online at:

Website: [www.health.alberta.ca](http://www.health.alberta.ca)

Outside the Edmonton area, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

### **Alberta Senior Citizens' Housing Association (ASCHA)**

Phone: **780-439-6473**

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

### **Calgary**

Kerby Centre

Phone: **403-265-0661**

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

### **Edmonton**

Seniors Association of Greater Edmonton (SAGE)

Phone: **780-423-5510**

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

### **Facility living/long-term care centres**

Long-term care facilities provide support to individuals who require 24/7 nursing support to meet medical needs associated with chronic disease or frailty. As part of the continuing care system, long-term care facility living provides room and board in

a secure living arrangement along with personal care and support with activities of daily living. Similar supports are provided in other congregate environments with the additional presence of professional health care staff.

All long-term care facilities across Alberta are operated by or under contract to Alberta Health Services. Some may be stand alone buildings; some may be in sites where a mixture of services are provided and some may be within acute care hospitals.

Health services provided in long-term care facilities are publicly funded under the following conditions:

- you must be eligible for registration with the Alberta Health Care Insurance Plan;
- you must have lived in Alberta for three consecutive years at any time previously; or
- you must have lived in Alberta for one year immediately prior to applying; and
- you must have been a resident of Canada for 10 years or more.

Residents of long-term care facilities do not pay for:

- prescription drugs as prescribed by a physician or ambulance services when the transfer is to or from a hospital.

Individuals living in long-term care facilities are responsible for paying accommodation charges for housing and hospitality



services. Charges may vary according to the type of room. Charges change periodically. The current rates are:

- \$49.60/day for standard accommodation (three or four beds in one room)
- \$52.30/day for semi-private accommodation (two individuals in one room)
- \$60.45/day for private accommodation

Low-income seniors may be eligible for financial assistance through the Alberta Seniors Benefit program.

For information, call **1-877-644-9992** or visit **[www.seniors.alberta.ca](http://www.seniors.alberta.ca)**.

A person's need for long-term care facility services is assessed by a healthcare professional from Alberta Health Services (AHS). Anyone can request an assessment. Once a request is made, an AHS Case Manager will meet with the person and discuss the situation. If a long-term care facility is determined to be the best support to meet the identified needs, AHS staff will work with the Case Manager, the individual and family to find the site that would best meet client's needs. AHS' goal is to make sure individuals get the right services in the right place in a timely manner.

For more information about long-term care accommodations, contact Alberta Health Services.

## Alberta Health Services

---

For information on the locations and the range of programs and services available, contact Alberta Health Services.

### South Zone

110 200 4 Avenue SW,  
Lethbridge, Alberta T1J 4E1  
**403-388-6009 or 403-388-6391**

Or

666 5 Street SW  
Medicine Hat, Alberta T1A 4H6  
**403-529-8000**

### Calgary Zone

10101 Southport Road SW  
Calgary, Alberta T2W 3N2  
**403-943-1111**

### Central Zone

43 Michener Bend  
Red Deer, Alberta T4P 0H6  
**403-341-8622**  
**Toll Free 1-800-752-8957**

### Edmonton Zone

1J2 Walter Mackenzie Centre  
8440 112 Street  
Edmonton, Alberta T4V 1Y8  
**780-407-8822**

### North Zone

9732 100 Avenue  
Westlock, Alberta T7P 2G3  
**780-349-8705**

Or visit **<https://myhealth.alberta.ca>**

*Continued next page...*

## Health Link Alberta

Health Link Alberta is a toll-free telephone advice and health information service answered by registered nurses, 24 hours a day, seven days a week. You can call Health Link from anywhere in the province by dialing **1-866-408-LINK (5465)**.

## Day support programs and day hospitals

Day support programs are group programs that individuals may attend on a daily basis. They are intended as an alternative to admission to an acute care hospital or long-term care facility for people who are frail and/or disabled, and those who need health maintenance, rehabilitation and social or recreational activities.

The programs take place in a variety of settings.

To find out if there is a day support program or a day hospital in your community, contact Alberta Health Services.

## Geriatric assessment and rehabilitation programs

Specialized geriatric assessment and rehabilitation programs are offered in several communities. For information, contact Alberta Health Services. See page 29 for contact information.

## Mental health services

A variety of mental health services are available to Albertans of all ages. These include mental health information and education, assessment, counselling, treatment and follow-up services.

For more information, contact Alberta Health Services or the Alberta Mental Health Help Line at **1-877-303-2642**.

## Public health services

Public health services are available to all Albertans through Alberta Health Services. These may include:

- immunization against diseases such as influenza;
- health education and counselling;
- nutrition education;
- dental hygiene education;
- sexual health education and counselling; and
- speech-language pathology services.

Information, phone numbers and addresses for public health services in your area are available by contacting Alberta Health Services (page 29).



## Private Health Insurers

---

Private health insurance companies offer health benefit plans to complement existing seniors health benefits sponsored by the Government of Alberta. These insurance plans offer a range of benefits. For more information, contact the Canadian Life and Health Insurance Association toll-free at **1-800-268-8099** or visit their website at **www.clhia.ca**.

## Alberta Monitoring for Health Program

---

The Alberta Monitoring for Health Program assists eligible Albertans who have diabetes by covering a portion of the cost of diabetes management supplies. This program is administered by the Canadian Diabetes Association and funded by Alberta Health.

As of July 1, 2012, coverage for insulin dependant seniors is provided by Alberta Blue Cross Coverage for Seniors.

To be eligible for this program, you must:

- have diabetes mellitus;
- be a full-time resident of Alberta;
- have valid Alberta Health Care Insurance registration;
- have supplies and/or medication prescribed by a physician;
- manage your diabetes through diet, oral medications and/or insulin therapy;
- have received training in self-monitoring of blood glucose;

- not receive diabetes management supplies from other programs such as Assured Income for the Severely Handicapped (AISH), Alberta Works, or Alberta Child Health Benefit; and
- not have insurance coverage for any diabetes management supplies such as blood glucose test strips and lancets.

Having insurance coverage for insulin or oral medication will not affect eligibility.

You must also meet **one** of the following family status and income levels:

- single with a taxable income less than \$23,598 per year;
- married/common-law with a combined, taxable income less than \$37,021 per year; or
- single/married/common-law (with dependant children) with a combined family, taxable income less than \$44,974 per year.

For information, contact:

### **Alberta Monitoring for Health Program**

Suite 100 West Chambers Building  
12220 Stony Plain Road NW  
Edmonton, Alberta T5N 3Y4

Phone: **780-423-2634**

Toll-free: **1-800-267-7532**

Fax: 780-409-2634

# Community agencies

## Seniors Advisory Council For Alberta

---

The Seniors Advisory Council for Alberta is a government appointed body made up of representatives from across the province.

Members of the Seniors Advisory Council for Alberta consult with seniors and seniors' organizations to gather Albertans' suggestions and feedback. Through these interactions, the Council provides advice to the government on legislation and policies affecting seniors and the coordination of programs and services for seniors.

To share your comments or to meet with Council members, contact:

### Seniors Advisory Council for Alberta

Phone: **780-422-2321**

Fax: 780-422-8762

E-mail: [saca@gov.ab.ca](mailto:saca@gov.ab.ca)

Website: [www.seniors.alberta.ca](http://www.seniors.alberta.ca)

In all other areas of the province, call the Government of Alberta Contact Centre at 310-0000 to be connected toll-free.

## Funding opportunities

---

### Provincial Grants

Every day, non-profit Alberta Lottery Fund and charitable organizations in Alberta

help to make a positive difference for many people. The Alberta Lottery Fund enhances quality of life by reinvesting gaming revenues in communities to support volunteer organizations and their community initiatives. The Government of Alberta has several grant programs and foundations that assist these groups in their efforts.

Funding may be available through:

### Community Initiatives Program

Toll-free: **1-800-642-3855**

### Community Facility Enhancement Program

Toll-free: **1-800-642-3855**

### Alberta Historical Resources Foundation

Edmonton: **780-431-2305**

### Alberta Foundation for the Arts

Edmonton: **780-427-9968**

### Alberta Sport Connection

Edmonton: **780-415-1167**

For more information about these and other available grant programs, go to:

**[www.culture.alberta.ca/grantprograms](http://www.culture.alberta.ca/grantprograms)**

In other areas of the province, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

## Federal grants

### New Horizons for Seniors Program

The New Horizons for Seniors Program (NHSP) is a federal grants and contributions program that supports projects led or inspired by seniors who want to make a difference in the lives of others and in their communities. For more information, contact:

English: **1-800-277-9914**

French: **1-800-277-9915**

TTY: **1-800-255-4786**

Website: **[www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)**

For questions on New Horizons for Seniors, select “0” to speak with an agent.

## Family and Community Support Services (FCSS)

---

Under FCSS, communities design and deliver social programs that promote and enhance well-being among individuals, families and communities. These provincial/municipal/Métis Settlement programs are available in most parts of Alberta and provide information, funding and assistance with the development of community-based preventive social programs, including services for senior citizens.

In some communities, FCSS assists seniors by offering home support services,

information and referral, and outreach programs. For information, contact the FCSS or Community Services office listed in your local telephone directory.

## Meals on Wheels

---

Meals on Wheels is a non-profit organization that provides home delivered, low-cost meals to seniors, shut-ins and those with mental or physical disabilities. These services are available in many areas of Alberta. For information about Meals on Wheels, refer to your local telephone directory or contact Alberta Health Link at **1-866-408-LINK (5465)**.

## Money Mentors

---

Money Mentors is the only Alberta-based, not-for-profit credit counselling agency. Through a number of services, help is provided to families and individuals to recover from financial crisis and move forward. Services offered include credit counselling, money coaching, retirement planning and financial literacy.

To learn more or to book your free Financial Needs Assessment, please call **1-888-294-0076** or visit the website at **[www.moneymentors.ca](http://www.moneymentors.ca)**

# Protecting you and your information

## Privacy legislation

---

Personal information that you provide to the Government of Alberta, or any public body, is protected under the *Freedom of Information and Protection of Privacy (FOIP) Act*.

The FOIP act aims to strike a balance between the public's right to know and the individual's right to privacy, as those rights relate to information held by public bodies in Alberta.

The FOIP act gives you the right to access information about you. If you want to make a request for a copy of your personal information, you must fill out a FOIP request form from [www.servicealberta.ca/foip/making-a-foip-request.cfm](http://www.servicealberta.ca/foip/making-a-foip-request.cfm) and submit it to the public body holding your information.

For more information, you can contact the FOIP office at 780-422-5111.

*The Health Information Act* protects health information held by custodians and the *Personal Information Protection Act* protects personal information held by private sector organizations. More information may be found at the Information and Privacy Commissioner's

website at [www.oipc.ab.ca](http://www.oipc.ab.ca), or by calling **780-427-8089**.

## Elder abuse

---

Elder abuse is any action or inaction by self or others that jeopardizes the health or well-being of any older adult. It is divided into six categories: physical, emotional, financial, sexual, medication abuse or neglect. It may include the infliction of physical injury, restraint, exploitation, threats, ridicule, humiliation, forced isolation, or forced change in living arrangements. It may also include neglect; that is, the refusal or failure to care for an older person whether intentional or unintentional.

The following is a list of resources you can call if you are a senior experiencing abuse or you know a senior that may be being abused.

**NOTE:** If you suspect a crime has been committed or that someone is in immediate danger call your local police or RCMP.

### **Alberta Family Violence Info Line**

24 hours Toll-free **310-1818**

Service provided in more than 170 languages.

### **Calgary Elder Abuse Resource Line**

Phone: **403-705-3250** (24 hours)

### **Edmonton Seniors Abuse Help Line**

Phone: **780-454-8888** (24 hours)

### **Grande Prairie-Seniors Outreach Information and Resources**

Phone: **780-539-6255**

### **Lethbridge Elder Abuse Response Network**

Phone: **403-394-0306**

### **Medicine Hat Community Response to Abuse and Neglect of Elders (CRANE)**

Phone: **403-529-4798** (24 hours)

### **Red Deer Helping Elder Abuse Reduction (H.E.A.R.)**

24-Hour Seniors Abuse Resource  
Information Line

Phone: **403-346-6076** (local)

Toll-free **1-877-454-2580** and ask to speak  
to an advocate

### **Alberta Elder Abuse Awareness Network (AEAAN)**

The Alberta Elder Abuse Awareness  
Network is a province-wide network of  
professionals dedicated to preventing elder  
abuse by increasing community awareness  
around elder abuse and the resources  
available to address it.

More information about the Alberta Elder  
Abuse Awareness Network is available on  
the website at [www.albertaelderabuse.ca](http://www.albertaelderabuse.ca)

### **Safeguards for Vulnerable Adults Information and Reporting Line**

Phone: **1-888-357-9339**

Report the abuse of an adult receiving  
publicly funded care or support services  
(Protection for Persons in Care) complaints  
of non-compliance to the accommodation  
standards for supported living and long-  
term care, or the actions of a guardian or  
trustee.

### **Health Link Alberta**

Phone: **1-866-408-5465** (24 hours)

Provides telephone advice and information  
on health related topics.

## **Protection for Persons in Care**

---

The Protection for Persons in Care  
office addresses reports of abuse and  
administers the *Protection for Persons in  
Care Act*. This act promotes the safety and  
well-being of adult Albertans who receive  
care or support services from publicly  
funded service providers. The act requires  
that all service providers protect clients  
from abuse and maintain a reasonable  
level of safety. The act also requires  
that all abuse be reported. A complaints  
officer reviews every allegation reported to  
Protection for Persons in Care.

The Protection for Persons in Care office  
responds to reports of abuse of adults  
receiving care or support services from  
publicly funded service providers. This  
includes: hospitals, seniors' lodges, nursing

*Continued next page...*

homes, mental health facilities, shelters and other supportive living settings.

To report abuse, call the Information and Reporting Line at **1-888-357-9339** 8:15 a.m. – 4:30 p.m., Monday to Friday.

For more information, call the number above or visit <http://www.health.alberta.ca/services/protection-persons-care.html>

## Continuing Care Health Services Standards

---

The Continuing Care Health Services Standards apply to all publicly-funded continuing care health services regardless of whether they are provided directly by, or under contract to, Alberta Health Services.

Alberta Health is responsible for ensuring that health service standards are met. These standards apply where publicly-funded health care is provided, namely by home care providers and facility operators.

For more information on the health service standards and their enforcement, contact:

### Alberta Health

11th floor, ATB Place North  
10025 Jasper Avenue T5J 1S6  
Phone: **780-644-8428**

In all other areas, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

Website: [www.health.alberta.ca](http://www.health.alberta.ca)  
E-mail: [ahinform@health.gov.ab.ca](mailto:ahinform@health.gov.ab.ca)

If you have concerns about the quality of health services provided through home care or in a publicly funded long-term care facility, raise them first with the provider and Alberta Health Services. See page 29 for contact information.

## Supportive living and long-term care accommodation standards

---

The Government of Alberta ensures that supportive living and long-term care facilities meet accommodation standards set by the government. These standards cover services like meals, housekeeping and building maintenance. They help ensure that quality accommodation and related services are being provided to residents throughout the province. This is done by licensing supportive living accommodations and monitoring long-term care facilities for their compliance with the standards.

### Supportive living and long-term care public reporting

The Government of Alberta has an online public reporting site for Albertans to use to see how individual supportive living and long-term care accommodations comply with the accommodation standards.

The public reporting site provides easy access to up-to-date information on each supportive living and long-term care accommodation, including:



- location and contact details;
- compliance with accommodation standards;
- supportive living licence status – accommodations with a full licence have complied with all accommodation standards. Accommodations with a conditional licence have a compliance action plan in place to meet all accommodation standards by a specified date; and
- verified complaints listed for three months after they have been resolved.

For more information about the public reporting site or the supportive living accommodation standards and licensing, contact:

### **Standards Compliance and Licensing Branch**

11th floor, ATB Place North  
10025 Jasper Avenue T5J 1S6  
Phone: **780-644-8428**

E-mail: [ASAL@gov.ab.ca](mailto:ASAL@gov.ab.ca)

Website: [www.health.alberta.ca](http://www.health.alberta.ca)

Public reporting site:

[www.asalreporting.gov.ab.ca/astral](http://www.asalreporting.gov.ab.ca/astral)

In all other areas, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

If you have concerns about the quality of accommodations in supportive living or long-term care facility, raise them first with the provider. If you are not satisfied, you

can contact the accommodation complaint line toll-free at **1-888-357-9339**.

If you have a question or concern about the fairness of how your complaint was addressed, you can contact the Alberta Ombudsman — see page 15.

## **Alberta Human Rights Commission**

---

The Alberta Human Rights Commission administers the *Alberta Human Rights Act*, which protects people in Alberta from discrimination. The Commission provides free, confidential information, a complaint resolution service, and education programs and services related to rights and responsibilities under Alberta's human rights law. For more information, contact:

### **Alberta Human Rights Commission**

Edmonton Confidential

Inquiry Line: **780-427-7661**

Calgary Confidential

Inquiry Line: **403-297-6571**

To call toll-free within Alberta, dial **310-0000** and then enter the area code and phone number.

E-mail: [humanrights@gov.ab.ca](mailto:humanrights@gov.ab.ca)

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

### **TDD/TTY Service**

Edmonton: **780-427-1597**

Calgary: **403-297-5639**

Toll-free: **1-800-232-7215**

*Continued next page...*

## Service Alberta

---

Service Alberta provides advice, tipsheets and information about a wide range of topics including

- Fraud awareness
- Consumer information
- Landlord and tenants
- Driving and vehicles
- Birth/death /marriage certificates
- Land titles

For more information, visit the website [www.servicealberta.ca](http://www.servicealberta.ca) or call

### **Service Alberta Contact Centre**

Edmonton: **780-427-4088**

Toll-free: **1-877-427-4088**

## Alberta Securities Commission

---

The Alberta Securities Commission (ASC) provides free, impartial information on investing and how to protect your money from investment fraud. You can call or visit the ASC website to check out an individual or firm offering you an investment (e.g.; whether they are registered and if they have any disciplinary history), or to make a complaint against an individual or company if you think you have been a victim of investment fraud. You can also request

free information brochures on the following topics and more:

- Investment
- Avoiding frauds and scams
- Cold calls/ Boiler room scams
- Internet scams
- Investing basics
- Investment ads
- Investment seminars
- Choosing and working with an advisor

For more information, contact the ASC:

### **Alberta Securities Commission**

Toll-free: **1-877-355-4488**

Email: [inquiries@asc.ca](mailto:inquiries@asc.ca)

[www.albertasecurities.com](http://www.albertasecurities.com)



# Transportation

## Bus passes

---

Communities may offer people who are 65 years of age and over a bus pass at a reduced cost. You must supply proof of age when applying and may be asked to supply income information.

For information about public transportation and bus passes, contact your municipality.

### Calgary

Calgary Transit Customer Service Centre  
224 7 Avenue SW (walk-in)  
Calgary, AB T2P 0W6  
Phone: **403-262-1000**  
Website: **www.calgarytransit.com**

### Edmonton

Edmonton Transit Customer Service  
Edmonton City Hall, NW corner  
(1 Sir Winston Churchill Square)  
Phone: **780-496-1665 or 311**  
Website: **www.takeets.com**

### Lethbridge

Lethbridge Transit  
619 4 Avenue N  
Lethbridge, AB T1H 0K4  
Phone: **403-320-4978**  
Website: **www.lethbridge.ca**

### Red Deer

City Hall, Community Services  
4914 48 Avenue  
Red Deer, AB T4N 3T4  
Phone: **403-342-8225**  
Website: **www.city.red-deer.ab.ca**

## Seniors driving services

---

Many communities offer driving services for seniors. Volunteers will drive seniors to destinations such as doctor appointments, shopping centres, or social outings. There is often a minimal fee. Private services are also often available. For more information about seniors driving services, contact your local information centre (see pages 43-44) or the Family and Community Support Services office listed in your telephone directory.

## Alberta Transportation

---

The Driver Fitness and Monitoring Section of Alberta Transportation is responsible for making decisions relating to a person's medical and/or physical fitness to drive. Medical reports are required upon renewal of an operator's licence at age 75, 80 and every two years thereafter. The Alberta Health Care Insurance Plan will pay for

*Continued next page...*

medical exams for motor vehicle operators who are 74 years and six months of age and over.

For more information about transportation items of interest contact:

### **Alberta Transportation**

Driver Fitness and Monitoring

Main Floor, 4999 98 Avenue

Edmonton, AB T6B 2X3

Phone: **780-427-8230**

Website: **[www.transportation.alberta.ca](http://www.transportation.alberta.ca)**

In all other areas of the province, call the **Government of Alberta Call Centre** at **310-0000** to be connected toll-free.

### **Alberta Motor Association: Driving Angel Program**

---

The Alberta Motor Association's Driving Angel program partners with communities to recognize and thank volunteer drivers. These volunteers provide transportation to seniors who may otherwise have difficulty getting to appointments, to buy groceries or to visit a friend.

This program also recognizes excellent customer service to seniors by other transportation providers such as taxi or bus drivers and other driving services.

For more information on this program or to nominate a Driving Angel, visit **[www.ama.ab.ca/AgingDrivers](http://www.ama.ab.ca/AgingDrivers)**.

### **Alberta Motor Association**

Aging Drivers and Senior's Transportation  
Advocacy and Community Services

Phone: **780-430-4856**

Website: **[www.ama.ab.ca/AgingDrivers](http://www.ama.ab.ca/AgingDrivers)**

### **Parking placards for persons with disabilities**

---

Persons who cannot walk 50 metres can apply for a parking placard or a disabled license plate. This service is provided through Alberta Registry Agents. For information about applying for a placard, check your Yellow Pages under License and Registry Services or online at **[www.servicealberta.gov.ab.ca](http://www.servicealberta.gov.ab.ca)**.

For more information, contact a motor vehicle specialist at the **Government of Alberta Contact Centre** by dialing **310-0000** and entering **780-427-7013**.

# Congratulatory messages for seniors

## Message from the Queen

---

On request, messages may be arranged for 60th wedding anniversaries and 100th birthdays and then every five years thereafter. If no message was previously received, one may be sent for a 61st anniversary or a 101st birthday. A copy of a marriage certificate, birth certificate or other supporting document must accompany each request. Supporting documents include your Old Age Security number, a dated newspaper clipping acknowledging a previous anniversary (50th), or a letter from a parish minister, rabbi or priest certifying the date of the wedding or birth.

For contact information, see *Message from the Governor General of Canada*.

## Message from the Governor General of Canada

---

On request, messages may be arranged for 50th wedding anniversaries and 90th birthdays, and then every five years thereafter. If no message was previously received, one may be sent for a 51st anniversary or a 91st birthday.

Ensure your request is provided to the Governor General's office at least eight weeks before the occasion. For more information contact:

### **Your Member of Parliament (MP)**

Or

### **Office of the Secretary to the Governor General**

Anniversaries Section

Rideau Hall

1 Sussex Drive

Ottawa, ON K1A 0A1

Phone: **1-613-993-2913**

Fax: 1-613-990-7636

Email: [anniv@gg.ca](mailto:anniv@gg.ca)

Website:

[http://archive.gg.ca/gg/02/index\\_e.asp](http://archive.gg.ca/gg/02/index_e.asp)

*Continued next page...*

## Message from the Prime Minister of Canada

---

On request, the Prime Minister sends congratulatory letters and certificates to Canadians celebrating a significant birthday or wedding anniversary.

Congratulatory letters are available for:

- 25th, 30th, 35th, 40th and 45th wedding anniversaries
- 65th and 70th birthdays

Congratulatory certificates are available for:

- 50th wedding anniversaries and up
- 75th birthdays and up

To request a certificate or letter from the Prime Minister, ensure your request is provided to the Prime Minister's office at least six weeks prior to the special date.

For more information contact:

Congratulatory Messages  
Office of the Prime Minister  
Room 105, Langevin Block  
Ottawa, ON K1A 0A2  
Phone: **1-613-941-6880**  
Fax: 1-613-941-6901  
E-mail: [pm@pm.gc.ca](mailto:pm@pm.gc.ca)  
Website: <http://pm.gc.ca/>

## Message from the Premier of Alberta

---

A scroll may be requested for a 75th birthday and every five years thereafter to age 95; and may be requested yearly thereafter. A scroll may be requested for a 25th wedding anniversary and every five years thereafter, and every year after the 65th wedding anniversary.

To request a scroll or letter from the Premier, ensure your request is provided to the Premier's office at least five weeks before the special birthday or anniversary.

For more information, contact:

### **Your Member of the Legislative Assembly (MLA)**

Or

### **Office of the Premier of Alberta**

Room 307, Legislature Building  
10800 97 Avenue  
Edmonton, AB T5K 2B7

Phone: **780-427-2251**

Fax: 780-427-1349

E-mail: [premier@gov.ab.ca](mailto:premier@gov.ab.ca)

Website:

<http://alberta.ca/premierscrolls.cfm>

# General information

## Birth, marriage and death certificates

---

If you require a birth, marriage or death certificate, you may apply through a registry agent. You will be required to present identification and prove you are eligible to make the application.

For a list of registry agents in your area, refer to your Yellow Pages under *License and Registry Services* or telephone:

Edmonton: **780-427-7013**

In all other areas, call the **Government of Alberta Contact Centre** at **310-0000**

to be connected toll-free.

Website: **[www.servicealberta.ca](http://www.servicealberta.ca)**

## Lawyer referral service

---

If you can afford to pay for a lawyer, but do not know of one who can help you, the Lawyer Referral Service of the Law Society of Alberta can provide you with the names of three lawyers. You receive the first half hour of discussion free of charge. During that time, you can discuss fees and decide whether you want to use the lawyer you have contacted.

For information, contact:

Lawyer Referral Service Office

Toll-free: **1-800-661-1095**

Calgary: **403-228-1722**

## Local information and referral centres

---

Many communities have local seniors' information centres.

### Calgary

#### **Kerby Centre**

1133 7 Avenue SW

Calgary, AB T2P 1B2

Phone: **403-265-0661**

Fax: 403-705-3211

E-mail: [info@kerbycentre.com](mailto:info@kerbycentre.com)

Website: **[www.kerbycentre.com](http://www.kerbycentre.com)**

#### **Calgary Seniors' Resource Society**

3639 26 Street NE

Calgary, AB T1Y 5E1

Phone: **403-266-6200**

Fax: 403-269-5183

Website: **[www.calgaryseniors.org](http://www.calgaryseniors.org)**

### Camrose

#### **Service Options for Seniors**

102, 4909A 48 Street

Camrose, AB T4V 1L7

Phone: **780-672-4131**

Fax: 780-679-0194

Toll free: **1-866-672-4131**

E-mail: [donna@camroseseniorsinfo.ca](mailto:donna@camroseseniorsinfo.ca)

Website: **[www.camroseseniorsinfo.ca](http://www.camroseseniorsinfo.ca)**

*Continued next page...*

## Edmonton

### **SAGE — Seniors Association of Greater Edmonton**

15 Sir Winston Churchill Square NW  
Edmonton, AB T5J 2E5  
Phone: **780-423-5510**  
Fax: 780-426-5175  
E-mail: [info@Mysage.ca](mailto:info@Mysage.ca)  
Website: [www.mysage.ca](http://www.mysage.ca)

### **The Support Network — Edmonton's Crisis and Information Centre**

400, 10025 106 Street NW  
Edmonton, AB T5J 1G4  
Phone: **211** or **780-482-INFO (4636)**  
Fax: 780-488-1495  
Website: [www.thesupportnetwork.com](http://www.thesupportnetwork.com)

## Grande Prairie

### **Grande Prairie and Area Council on Aging Seniors Outreach**

102, 9905 101 Avenue  
Grande Prairie, AB T8V 0X7  
Phone: **780-539-6255**  
Fax: 780-538-1115  
Website: [www.gpcouncilonaging.com](http://www.gpcouncilonaging.com)

## Lacombe

### **Family and Community Support Services**

201, 5214 50 Avenue  
Lacombe, AB T4L 0B6  
Phone: **403-782-6637**  
Fax: 403-782-6639  
Website: [www.lacombefcss.net](http://www.lacombefcss.net)

## Lethbridge

### **Lethbridge Senior Citizens Organization**

500 11 Street S  
Lethbridge, AB T1J 4G7  
Phone: **403-320-2222**  
Fax: 403-320-2762  
Website: [www.lethseniors.com](http://www.lethseniors.com)

### **Nord-Bridge Senior Citizens Association**

1904 13 Avenue N  
Lethbridge, AB T1H 4W9  
Phone: **403-329-3222**  
Fax: 403-329-8824  
E-mail: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)  
Website: [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)

## Medicine Hat

### **Strathcona Centre**

1150 5 Street SE  
Medicine Hat, AB T1A 8C7  
Phone: **403-529-8307**  
Fax: 403-529-8369

### **Veiner Centre**

225 Woodman Avenue SE  
Medicine Hat, AB T1A 3H2  
Phone: **403-529-8383**  
Fax: 403-529-8382  
Email: [veiner@medicinehat.ca](mailto:veiner@medicinehat.ca)  
Website: [www.medicinehat.ca/veiner](http://www.medicinehat.ca/veiner)

## Red Deer

### **Golden Circle Senior Resource Centre**

4620 47A Avenue

Red Deer, AB T4N 6C3  
Phone: **403-343-6074**  
Fax: 403-343-7977  
E-mail: [info@goldencircle.ca](mailto:info@goldencircle.ca)  
Website: [www.goldencircle.ca](http://www.goldencircle.ca)

### **Sherwood Park**

#### **Strathcona County Seniors Referral & Information Line**

100 Ordze Avenue  
Sherwood Park, AB T8B 1M6  
Phone: **780-464-4265**  
Fax: 780-449-1354  
E-mail: [info@ivcstrathcona.org](mailto:info@ivcstrathcona.org)  
Website: [www.ivcstrathcona.org](http://www.ivcstrathcona.org)

### **St. Albert**

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

7 Tache Street  
St. Albert, AB T8N 2S3  
Phone: **780-459-0433**  
Fax: 780-459-9588  
E-mail: [info@stalbertseniorsclub.org](mailto:info@stalbertseniorsclub.org)  
Website: [www.stalbertseniorsclub.org](http://www.stalbertseniorsclub.org)

### **Wainwright**

#### **Wainwright & District Support Services**

902 5 Avenue  
Wainwright, AB T9W 1C7  
Phone: **780-842-2555**  
Fax: 780-842-5783  
Website: [www.wdfcs.ca](http://www.wdfcs.ca)

Contact information for many local seniors centres can be found in the *Directory of Seniors' Centres in Alberta*. This

publication is available on the website at [www.seniors.alberta.ca](http://www.seniors.alberta.ca).

## **Taxes**

---

### **General information**

Most types of income are taxable (including amounts paid to deceased individuals). Seniors may qualify for several federal and/or provincial tax credits within the tax system. Seniors eligible for the disability tax credit may also be eligible to claim additional medical expenses such as certain attendant care expenses. For more specific information for seniors on taxes, visit the Canada Revenue Agency website at <http://www.cra-arc.gc.ca/seniors/> or phone the general inquiry line at **1-800-959-8281**.

### **GST credit**

The Goods and Services Tax (GST) Credit is designed to offset the cost of the GST for individuals and families up to a certain income level.

To apply, you must file a tax return and complete the GST information section. If you are eligible, you will receive payments on the 5th of July, October, January and April. The credit is based on your net family income and if eligible, is paid to either you or your spouse/common law spouse, but not both.

*Continued next page...*



For information about the GST Credit, contact the Canada Revenue Agency at:

Toll-free: **1-800-959-1953**

Website: **[www.cra.gc.ca](http://www.cra.gc.ca)**

## Veterans

---

### Veterans Affairs Canada

Canada offers a range of services and benefits to qualified veterans and certain civilians, as well as their dependants or survivors. Veterans Affairs Canada provides disability pensions for service related injuries and economic support allowances. Additional benefits in the areas of health care, home help services, funeral and burial assistance, and commemoration are also available.

For more information, contact:

#### Calgary

Veterans Affairs Canada  
Bantrel Tower  
700-6 Avenue SW  
Calgary T2P 0T8

#### Edmonton

Veterans Affairs Canada  
940 Canada Place  
9700 Jasper Avenue NW  
Edmonton, AB T5J 4C3

Toll-free: **1-866-522-2122**

Website: **[www.veterans.gc.ca](http://www.veterans.gc.ca)**

### Last Post Fund

The Last Post Fund is dedicated to ensuring that no war veteran, military disability pensioner or civilian who meets wartime service eligibility criteria is denied a dignified funeral and burial due to lack of sufficient funds. The Last Post Fund also provides headstones for war veteran graves that have been unmarked for more than five years.

For more information, contact:

#### Last Post Fund

401-505 René-Lévesque W  
Montreal QC H2Z 1Y7

Toll-free: **1-888-465-7113**

Website: **[www.lastpostfund.ca](http://www.lastpostfund.ca)**

### Power of Attorney

---

Granting Power of Attorney gives another individual (called your attorney) the power to make decisions and act on your behalf. Power of Attorney is voluntary and limited to matters of property and finance. It does not allow someone to make personal or health decisions on your behalf. For information on guardianship or personal directives, see pages 15-18.

#### Limited versus general Power of Attorney

A *limited* Power of Attorney gives your attorney the power to handle certain financial affairs only; for example, your affairs at a particular bank.

A *general* Power of Attorney gives your attorney the power to handle all

financial affairs, including applying for and administering federal and provincial benefits.

## Power of Attorney/Enduring Power of Attorney

The following is a brief description of the differences between a Power of Attorney and an Enduring Power of Attorney.

For more detailed information, visit the Alberta Justice and Attorney General website at <http://justice.alberta.ca>, and refer to Financial property protection and administration.

### Power of Attorney

- you must be mentally competent to appoint an attorney;
- it takes effect immediately; and
- ends if you become mentally incapable of managing your affairs.

### Enduring Power of Attorney

- specifically states that the Power of Attorney remains in effect should you become mentally incapable of managing your affairs; and
- can contain conditions, such as requiring a written statement from a physician indicating that a specific event has occurred.

Although not mandatory, you may wish to consult a lawyer for assistance in drafting your Power of Attorney document.

## Funeral planning

---

*Saying Farewell: A guide to assist you through the death and dying process* is a booklet which provides information on funeral planning, who to contact when someone dies and settling affairs. To obtain a copy, contact:

### Alberta Supports Contact Centre

Edmonton: **780-644-9992**

Toll-free: **1-877-644-9992**

or print your own copy at:

**[www.seniors.alberta.ca](http://www.seniors.alberta.ca)**

Information on funeral planning is also available through the Alberta Funeral Service Association. For more information, contact:

### Alberta Funeral Service Association

Phone: **403-342-2460**

Fax: 403-342-2495

Website: **[www.afsa.ca](http://www.afsa.ca)**

### Alberta Funeral Services Regulatory Board

The Alberta Funeral Services Regulatory Board licenses and investigates complaints about funeral businesses, funeral directors, embalmers and funeral salespeople. They also have information on funeral planning and prearranging a funeral in Alberta.

For more information, contact:

### Alberta Funeral Services

#### Regulatory Board

11810 Kingsway Avenue

*Continued next page...*

Edmonton, AB T5G 0X5

Phone: **1-800-563-4652**

Fax: 780-452-6085

E-mail: [afsrb@telusplanet.net](mailto:afsrb@telusplanet.net)

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

## Last will and testament

---

A will is a written document that allows you to set out how your property is to be distributed after you die. A will allows you to name a person to act as your executor after your death and to make certain that your property is distributed according to your wishes. A will does not have any legal force or effect until after you die.

There are three different types of wills:

- formal will: prepared for you by a lawyer;
- holograph will: prepared by you and done in your handwriting; and
- will kit: forms obtained from stationery stores that you complete yourself.

If you require a lawyer or would like more information on wills or executors, contact the Lawyer Referral Service at **1-800-661-1095**.

## What happens if you die without a will?

If you die without a will, your property will be distributed according to the provisions of the *Intestate Succession Act*. Information about this act is available in the *Saying Farewell* handbook.

To request a copy of *Saying Farewell*, contact

### **Alberta Supports Contact Centre**

Edmonton: **780-644-9992**

Toll-free: **1-877-644-9992**

# Recreation and leisure

## Alberta 55 Plus Winter and Summer Games

---

This association promotes, develops and organizes activities leading to the Alberta 55 Plus Winter and Summer Games and the qualifiers for the Canada Senior Games. Participants take part in playoffs in eight zones across the province to qualify for the games, which are held every two years. Membership fees apply. For information, contact:

### Alberta 55 Plus

Percy Page Centre

11759 Groat Road

Edmonton, AB T5M 3K6

Phone: **403-803-9852**

Fax: 403-800-5599

E-mail: [info@alberta55plus.ca](mailto:info@alberta55plus.ca)

Website: [www.alberta55plus.ca](http://www.alberta55plus.ca)

## Historic sites and cultural facilities

---

An admission discount is provided to all seniors visiting Alberta's heritage facilities. A free guide outlining Alberta's museums and historic sites is available by calling **1-800-252 3782**. For more information, contact:

### Alberta Culture

#### Heritage and Museums

Edmonton: **780-431-2300**

Website: [www.history.alberta.ca](http://www.history.alberta.ca)

In all other areas of the province, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

## Provincial parks

---

Some provincial parks and recreation areas offer camping fee discounts to Albertans 65 years of age or older. For more information or to request the *Explore Alberta Parks* magazine contact:

### Parks Information

Toll-free: **1-866-427-3582**

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

## Fishing licences

---

Fishing licenses are not required if you are 65 or over and a resident of Alberta. You must carry proof of your age and you must comply with all sport fishing regulations.

**Note:** This policy does not apply to fishing in national parks in Alberta.

*Continued next page...*

For more information, contact:

## **Environment and Sustainable Resource Development**

Edmonton: **780-944-0313**

Toll-free: **1-877-944-0313**

Website:

**[http://esrd.alberta.ca/fish-wildlife/  
default.aspx](http://esrd.alberta.ca/fish-wildlife/default.aspx)**

In all other areas of the province, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

## **Seniors' View of the Alberta Legislature**

---

The Seniors' View offers guided tours for groups of seniors, along with the opportunity to attend Question Period in the Legislative Assembly and participate in mock legislature debates. For more information, contact:

### **Seniors' View**

Visitor Services, Pedway Mall

Edmonton: **780-427-7362**

Fax: 780-427-0980

Website: **[www.assembly.ab.ca/visitor](http://www.assembly.ab.ca/visitor)**

In all other areas of the province, call the **Government of Alberta Contact Centre** at **310-0000** to be connected toll-free.

# Quick reference list

## Accommodation Standards

### Complaint Line

Toll-free..... 1-888-357-9339

## Alberta Aids to Daily Living

Toll-free anywhere

in Alberta ..... 1-877-644-9992

Edmonton..... 780-644-9992

## Alberta Blue Cross™

Toll-free..... 1-800-661-6995

## Alberta Health Services

Toll-free..... 1-800-408-5465 (LINK)

*Long/Short-Term Care*

*Meals on Wheels*

*Mental Health Services*

*Home Care Services*

*Public Health Services*

*Day Support Programs*

## Alberta Health

Alberta Health Care Insurance Plan

Call 310-0000 to be connected

toll-free ..... 780-427-1432

## Alberta Monitoring for Health Program

Toll-free..... 1-800-267-7532

## Alberta Registries (Vital Statistics)

Call 310-0000 to be connected

toll-free ..... 780-427-7013

## Alberta Seniors Benefit Program

Toll-free..... 1-877-644-9992

Edmonton..... 780-644-9992

## Alberta Supports Contact Centre

Toll-free..... 1-877-644-9992

Edmonton..... 780-644-9992

## Assured Income for the Severely Handicapped (AISH)

Toll-free..... 1-866-477-8589

Edmonton..... 780-644-1364

## Canada Revenue Agency

### Community Volunteer Income Tax Program

Toll-free..... 1-800-959-8281

TTY..... 1-800-665-0354

## Service Alberta Contact Centre

Toll-free..... 1-877-427-4088

## Dental Assistance for Seniors Program

Toll-free..... 1-877-644-9992

Edmonton..... 780-644-9992

## Elder Abuse

### Calgary Kerby Rotary Shelter

(24 hr)..... 403-705-3250

### Edmonton Seniors Abuse Help Line

(24 hr)..... 780-454-8888

**Grande Prairie-Seniors Outreach**  
..... 780-539-6255

**Lethbridge Elder Abuse Response Network** ..... 403-394-0306

**Medicine Hat CRANE**  
(24 hr)..... 403-529-4798

**Red Deer Helping Elder Abuse Reduction (H.E.A.R.)** ..... 403-346-6076  
or toll free ..... 1-877-454-2580

### **Family and Community Support Services**

For information, contact the Family and Community Support Services office listed in your local telephone directory.

### **Geriatric Assessment and Rehabilitation Programs**

Contact Alberta Health Services.  
Please see page 29.

**Government of Alberta Contact Centre**  
Toll-free.....310-0000

**GST Credit**  
Toll-free..... 1-800-959-1953

**Handicapped parking placard**  
Call 310-0000 to be connected  
Toll-free..... 780-427-7013

**Health Link Alberta**  
Toll-free..... 1-866-408-5465

**Housing programs**  
*Seniors Lodge Program*  
Edmonton..... 780-422-0122

Seniors Self-Contained  
Housing Program..... 780-422-0122

*Residential Access Modification Program*  
Toll-free anywhere  
in Alberta ..... 1-877-427-5760

### **Housing registries**

**Calgary**  
Kerby Centre ..... 403-705-3230

### **Edmonton**

Edmonton Aboriginal  
Senior Centre ..... 780-476-6595  
SAGE — Seniors Association of Greater  
Edmonton..... 780-423-5510

### **Income Support Program for Non-Seniors**

Alberta Supports Contact Centre  
Toll-free..... 1-877-644-9992  
Edmonton..... 780-644-9992

### **Landlord and tenant information and consumer information**

Toll-free..... 1-877-427-4088

### **Money Mentors**

Toll Free ..... 1-888-294-0076

### **Office of the Public Guardian and Trustee**

Calgary ..... 403-297-3364  
Edmonton..... 780-422-1868  
Grande Prairie..... 780-833-4319  
Lethbridge ..... 403-381-5648  
Lloydminster..... 780-871-6490  
Medicine Hat. .... 403-529-3744



Red Deer..... 403-340-5165  
St. Paul..... 780-645-6278

**Optical Assistance for Seniors**

Toll-free..... 1-877-644-9992  
Edmonton..... 780-644-9992

**Protection for Persons in Care Act**

Toll-free..... 1-888-357-9339

**Provincial Parks**

Toll-free..... 1-866-427-3582

**Seniors Advisory Council for Alberta**

Call 310-0000 to be connected  
Toll-free..... 780-422-2321

**Service Canada Call Centre  
(Government of Canada)**

*Old Age Security*

*Guaranteed Income*

*Supplement/Allowance*

*Canada Pension Plan*

English..... 1-800-277-9914

French.....  
1-800-277-9915

TTY.....  
1-800-255-4786

**Special Needs Assistance  
for Seniors Program**

Toll-free..... 1-877-644-9992  
Edmonton..... 780-644-9992

**Veterans Affairs**

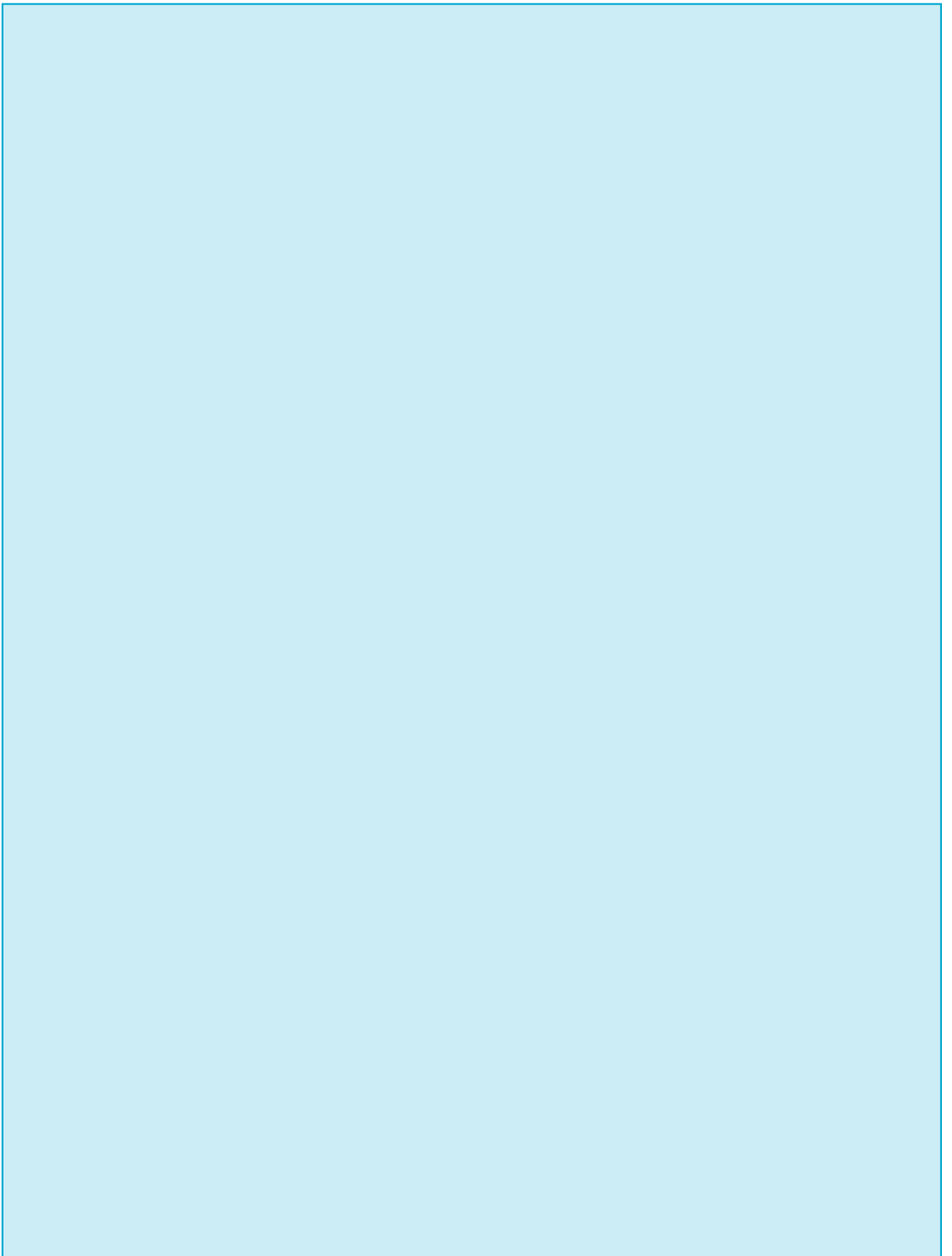
Toll-free..... 1-866-522-2122

# Index

Abuse .....	34	Bus passes .....	39
Advanced Care Planning.....	18	Canada Pension Plan (CPP).....	9
Alberta 55 Plus Winter and Summer Games.....	49	Chiropractic Services .....	26
Alberta Aids to Daily Living (AADL) program.....	13,23	Clinical Psychological Services .....	26
Alberta Blue Cross — Coverage for Seniors .....	25	Congratulatory letters and certificates....	41
Alberta Health Advocate .....	18	Consumer Information .....	38
Alberta Health Care Insurance Plan .....	20	Contacting your MLA .....	15
Alberta Health Services .....	29	Continuing care.....	27
Alberta Human Rights Commission .....	37	Continuing care health service standards .....	36
Alberta Monitoring for Health Program...	30	Day support programs .....	30
Alberta Motor Association’s Driving Angel program.....	40	Death certificate .....	43
Alberta Ombudsman.....	15	Dental and Optical Assistance for Seniors .....	5,22
Alberta Senior Citizens’ Housing Association (ASCHA).....	11,28	Diabetic Supplies .....	26
Alberta Seniors Advocate .....	18	Driving services for seniors .....	39
Alberta Seniors Benefit .....	5	Edmonton Aboriginal Senior Centre .....	12
Alberta Supports Contact Centre .....	13	Elder abuse .....	34
Allowance.....	8	Enduring Power of Attorney.....	47
Assured Income for the Severely Handicapped (AISH).....	7,13	Facility living.....	28
Birth certificate .....	43	Family and Community Support Services (FCSS) .....	33
		Fishing licenses .....	49
		Freedom of Information and Protection of Privacy (FOIP) Act. ....	34

Funeral planning .....	47	Money Mentors .....	33
Geriatric assessment and rehabilitation programs .....	30	Museums and historic sites .....	49
Goods and Services Tax (GST) Credit...	45	New Horizons for Seniors.....	33
Government of Alberta Contact Centre ..	14	Office of the Public Guardian and Trustee .....	15
Grants.....	32	Old Age Security pension (OAS).....	7
GST .....	45	Optical and Dental Assistance for Seniors .....	5,22
Guaranteed Income Supplement (GIS) .....	8	Parking placard or a disabled license plate.....	40
Health .....	20,29	Personal Directive.....	16
Health Link Alberta.....	30	Pensions .....	8,9
Hearing aids.....	24	Power of Attorney .....	46
Historical sites .....	49	Prescription medications .....	25
Home care.....	27	Protection for Persons in Care .....	35
Home Nursing Care .....	26	Provincial parks.....	49
Housing .....	10	Rehabilitation equipment .....	24
Housing registries .....	11	Residential Access Modification Program (RAMP) .....	11
Income support .....	4,7	Respiratory equipment .....	24
Income tax.....	45	SAGE – Seniors Association of Greater Edmonton .....	12,28,44
Kerby Centre.....	11,28,43	Seniors Advisory Council for Alberta .....	32
Landlord and tenant information.....	12	Seniors Centres .....	43
Last Post Fund.....	46	Seniors driving services.....	39
Last will and testament.....	48	Seniors Information Services Offices ...	14
Lawyer Referral Service .....	43	Seniors Lodge program .....	10
Long-term care.....	12,28,36	Seniors Property Tax Deferral Program.....	6
Marriage certificate .....	43	Seniors Self-Contained Housing .....	11
Meals on Wheels .....	33		
Medical supplies .....	24		
Mental health services .....	30		

Seniors' View of the Alberta Legislature .....	50
Service Alberta Contact Centre .....	14
Service Canada Call Centre .....	15
Service Canada Centres .....	15
Special Needs Assistance for Seniors .....	5
Supportive living.....	12,27,36
Supportive Living and Long term care public reporting information .....	12
Supportive Living and Long-term care accommodation standards .....	36
Surgical supplies.....	24
Taxes.....	45
Utilities Consumer Advocate.....	9
Veterans Affairs Canada .....	46
Wills.....	48



## **Alberta Supports Contact Centre**

Toll-free: 1-877-644-9992

Edmonton and area: 780-644-9992

[www.seniors.alberta.ca](http://www.seniors.alberta.ca)

## **Seniors Programs and Services Information Guide**

Alberta Seniors  
Box 3100  
Edmonton, Alberta  
T5J 4W3

*Alberta* 