A Comprehensive Listing of Transportation and In-Home Services in Calgary and Outlying Communities
A Guide to Mobility and Independence

A Comprehensive Listing of Transportation and In-Home Services in Calgary and Outlying Communities

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Message from the Working Group

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

To assist in this effort, we have put together a listing of organizations and businesses that provide in-home services and transportation in Calgary and surrounding areas. All of the organizations and businesses listed in this guide were contacted or identified through web-based searches. As well, a majority of the organizations listed have a focus on seniors and/or offer seniors a discount toward the services that they offer.

Although our searches were comprehensive, it is possible that we may have missed some organizations and/or businesses providing services to seniors. If so, we apologize in advance and request that those organizations and/or businesses contact us to enable the addition of their organization in this Guide.

If you require further information or more copies of this guide, please call the Medically At-Risk Driver Centre at (780) 492-6273. You also can access a version (PDF format) of this document by going to the following website: www.mard.ualberta.ca
Table of Contents

Household Services ................................................................. 6
  Meal Delivery ................................................................... 6
  Grocery Shopping & Delivery ........................................ 8
  Housekeeping ................................................................ 9
  Yard & Garden .................................................................. 10
  Banking ............................................................................ 14
  Library Services ................................................................. 16

Medical & Personal Services .................................................. 17
  Aids to Daily Living .......................................................... 17
  Audiologists & Hearing Aid Practitioners ...................... 18
  Dental .............................................................................. 19
  Denturists ........................................................................ 19
  Registered Dietitians & Nutrition .................................. 22
  Medical Alarm Systems ................................................... 22
  Home & Respite Care ......................................................... 24
  Medical Laboratory Home Collection ............................. 30
  Occupational Therapy ....................................................... 32
  Pharmacy .......................................................................... 32
Religious Organizations ................................................................. 33

Support & Resource Services .......................................................... 34
Support Societies ............................................................................... 34
Seniors’ Resources ........................................................................... 35

Transportation Services ................................................................. 37
Public Bus Services ........................................................................... 37
Intercity Bus Services ........................................................................ 39
Taxis ................................................................................................. 40
Alternate Transportation ................................................................... 42
Household Services

Meal Delivery

Airdrie Meals on Wheels Society
Phone: 403-815-1400
Website: www.airdriemealsonwheels.ca/
Delivered meals are available to senior citizens; persons with disabilities; individuals recovering from illness, injury, and operations; those whose caregivers are temporarily away; and, individuals with special needs. Each delivery consists of soup, a sandwich, salad, an entrée, and a dessert. Meals are delivered during the lunch hour, between 11am and 1pm, Monday through Friday.
Price: Each meal costs $6.00.

Airdrie Mobile Cuisine
Phone: 403-702-3663
Website: www.airdriemobilecuisine.com
Delivers meals to clients with options including fresh daily meal delivery, frozen meal delivery, or delivery of frozen meats. Please note that a minimum order quantity applies for frozen food orders. Meals are delivered between 11am and 1pm, Monday through Friday. Online, phone, or email ordering is available.
Price: Varies depending on order.
Calgary Meals on Wheels
Phone: 403-243-2834
Website: www.mealsonwheels.com
Delivers meals to clients who are 60 years of age and older, housebound, or unable to prepare their meals due to illness or to those who are recovering from surgery.

Lunch and Supper Program
Two meals daily are delivered 7 days a week depending on the needs of the client. Available 3 to 7 days a week with delivery between 11am to 1pm, Monday through Friday. Weekend meals are delivered with Friday’s meals.
Price: Cost is on a sliding scale based on client income.

Frozen Entrée Program
An alternative to the Lunch and Supper Program. Meals are available for delivery between 11am to 1pm, Monday through Friday or available for pick-up at the Calgary location between 8am to 3pm, Monday through Friday. One week advance notice and a minimum of 5 meals per order is required.
Price: $5.25 per meal.

Chopsticks on Wheels Program
Traditional Chinese-style meals are offered for delivery 3 to 5 days a week, as needed.
Price: $5.25 per meal.

Cooking for You
Phone: 403-266-5464
Website: www.cookingforyou.ca
A prepared meal delivery service with online ordering available.
Price: There is a $50.00 minimum order with an additional $5.00 delivery charge. Total price depends on the order.

Healthy Chef Delivery
Phone: 403-265-2433
Website: www.healthychefdelivery.com
A frozen meal delivery service with online ordering available.
Price: Total price depends on the order. Cost of delivery is an additional $11.95.

Strathmore Meals on Wheels
Phone: 403-934-5335 or 587-727-3034
Provides locally prepared meals to Strathmore clients who are housebound or unable to prepare their meals due to illness or to those who are recovering from surgery. Meals are delivered in the evening, Monday through Friday.
Price: Each meal costs $6.50.
Grocery Shopping & Delivery

Most major grocers (other than Safeway) do not deliver. However, in addition to Safeway, the following organizations specialize in grocery delivery services:

**Calgary Pick N Drop Service**
Phone: 1-855-745-3767  
Website: [www.pickndrop.ca](http://www.pickndrop.ca)  
A food, grocery, beverage, and medication delivery service with texting, online, or phone ordering available.  
Price: Cost of delivery is $14.99 for ten items or 15% of the total cost of the order.

**Canada Safeway Limited**
Phone: Call the nearest Safeway store (listed in phone books as Canada Safeway Limited).  
Website: [www.safeway.ca](http://www.safeway.ca)  
Delivers groceries following in-store or online purchase, with groceries delivered to the door on the same day. All locations of Safeway Stores provide this service.  
Price: Cost of delivery is $11.00 for Calgary locations.

**Kerby Centre – Seniors Grocery Delivery**
Phone: 403-234-6571  
Website: [www.kerbycentre.com](http://www.kerbycentre.com)  
A delivery service for groceries, prescriptions, and personal items for those who qualify. Must be aged 55 and older, frail, disabled, or temporarily out of hospital, and with a household income less than $23,500 for an individual, or $34,000 for a couple.  
Price: Cost of delivery is $3.00 in addition to the cost of the items ordered.

**Sunterra Market**
Phone: 403-287-0553  
Website: [www.suntermarket.com](http://www.suntermarket.com)  
A grocery delivery service from Sunterra Market with online or phone ordering available.  
Price: Varies depending on order. The minimum order is $50.00 with an additional delivery charge of $8.00 (on Tuesdays, delivery charge is only $4.00 for seniors).
**Sustainable Produce Urban Delivery**  
Phone: 403-615-3663  
Website: [www.spud.ca](http://www.spud.ca)  
A delivery service that offers local and organic produce as well as grocery items. Online ordering is available.  
Price: Cost depends on the size of the grocery order with an additional cost for delivery depending on order size and delivery location.

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**Housekeeping**

**Calgary Family Services – Senior Support Program**  
Phone: 403-269-9888  
Website: [www.calgaryfamily.org](http://www.calgaryfamily.org)  
For those aged 65 and older requiring support because of medical or social needs. Provides homecare services to clients depending on needs identified through an initial assessment. Services include light housekeeping, laundry, companionship, as well as shopping and meal preparation. Caregiver respite also is available.  
Price: Cost is on a sliding scale based on client income.

**City Links: Home Maintenance Services**  
Phone: 403-974-3112 or call 311  
Website: [www.calgary.ca/CPS/CNS/Pages/Seniors/City-Links/Home-Maintenance-Services.aspx](http://www.calgary.ca/CPS/CNS/Pages/Seniors/City-Links/Home-Maintenance-Services.aspx)  
Provides house cleaning and other services for seniors who qualify. To qualify for this service, one must be aged 65 and older, without family or community assistance, unable to do basic house or yard work, and with a household income under $23,647 for a single individual, $29,440 for a couple, or $36,193 for a household of three people. Waiting periods are in place for all services.  
Price: The service is free of charge although the client must provide the equipment.
Hillhurst/Sunnyside Community Association – Community Assistance for Seniors
Phone: 403-283-0554 ext 224
Website: http://hillhurstsunnyside.org/seniors/community-assistance-for-seniors/
Provides light cleaning to those aged 60 and older and living in the T2N or T2E postal code areas.
Price: Cost is on a sliding scale based on income and partial subsidies are available for low income individuals.

Nature and Nurture Concierge
Phone: 403-714-2284
Website: www.natureandnurture.ca
Provides light housekeeping, laundry, and other in-home services for seniors.
Price: Varies depending on services needed.

Senior Home Care Solution
Phone: 403-860-3180
Website: www.seniorhomecaresolution.com
Provides house cleaning and other household tasks. This organization also will help arrange the provision of other in-home services for seniors from other organizations. Call for more information.
Price: Varies depending on the service needed.

Yard & Garden

Bowcliff Care/Share Program
Phone: 403-240-0250
Website: www.bowcliffseniors.org
Provides low income seniors in the T3C and T3E postal code areas with lawn care and snow removal services. They also can refer isolated seniors to various outreach programs to help link them with the appropriate resources.
Price: Cost is on a sliding scale based on client income.
Bowmont All Season Services (BASS) for Seniors
Phone: 403-202-3186
Website: http://www.bowmontbasssociety.ca/
Provides low income seniors and persons with disabilities who live in the neighbourhoods of Bowness, Montgomery or Greenwood/Greenbriar with low and no cost yard maintenance and snow removal.
Price: Cost is on a sliding scale based on client income and yard size.

City Links: Home Maintenance Services
Phone: 403-974-3112 or call 311
Website: www.calgary.ca/CSPS/CNS/Pages/Seniors/City-Links/Home-Maintenance-Services.aspx
Provides yard work and snow removal to those aged 65 and older, without family or the availability of community assistance, and with a household income under $23,647 for a single individual or $29,440 for a couple. A waiting period is in place for all services.
Price: The service is free, although the client must provide the equipment.

Greater Forest Lawn 55+ Society – Snow and Mow
Phone: 403-272-4661
Website: www.gfls.org
Provides snow removal and yard work programs to seniors who live in the Forest Lawn, Southview, Dover, Erin Woods, Albert Park/Radisson Heights, Forest Heights, Penbrook Meadows, or Applewood neighbourhoods.
Price: Cost is on a sliding scale based on income.

Haysboro Seniors Resource Group: Snow Removal and Yard Care
Phone: 403-252-6534 or 403-255-7438
http://www.haysboro.org/haysboro-senior-resources-group/
Provides snow removal and yard care services for seniors in the Haysboro area.
Price: There is a $25.00 administration fee per season. Snow removal is $15.00 - $30.00; lawn care is $15.00 and up depending on yard size.

Highwood Community: Snow Removal Project
Phone: 403-282-1030
Provides snow removal services for seniors in the Highwood area.
Price: From $40.00 per month.
Hillhurst/Sunnyside Community Association
Phone: 403-283-0554 ext 224
Website: Website: [http://hillhurstsunnyside.org/seniors/community-assistance-for-seniors/](http://hillhurstsunnyside.org/seniors/community-assistance-for-seniors/)
Provides snow removal and yard care services to those aged 60 and older living in the T2N or T2E postal code areas.
Price: Cost is on a sliding scale and partial subsidies are available for low income individuals.

Marlborough/Marlborough Park Seniors Voice: Snow Removal and Yard Care
Phone: 403-273-6955 or 403-764-6867
Provides snow removal and yard care services for seniors in the Marlborough/Marlborough Park area.
Price: There is a $10.00 administration fee. Snow removal is $8.00 for basic service; lawn care is $20.00 and up depending on yard size.

Mount Pleasant Community Association: Snow Removal Project
Phone: 403-289-9235
Provides snow removal services for seniors in the Mount Pleasant area.
Price: $5.00 for basic service.

Millican Ogden Works – Mow/Snow Program
Phone: 403-236-8139
Provides snow removal and yard care services to seniors in the Millican Ogden, Riverbend, and Lynnwood neighborhoods.
Price: Snow removal is $8.00 for basic service. For seniors with income over $40,000, yard care services are $28.00; for seniors with income under $24,600 yard care services are $10.00; for seniors with income between the limits, yard care services are on a sliding scale. Subsidies are available for extremely low income seniors or special needs clients.

Nature and Nurture Concierge
Phone: 403-714-2284
Website: [www.natureandnurture.ca](http://www.natureandnurture.ca)
Provides household repairs and maintenance, garden maintenance, and other services for seniors.
Price: Varies depending on services needed.
Senior Home Care Solution
Phone: 403-860-3180
Website: www.seniorhomecaresolution.com
Provides home maintenance, lawn and garden care, and snow removal to seniors. Senior Home Care Solution also will assist seniors in arranging other in-home services from other organizations. Call for more information.
Price: Varies depending on the service needed.
Alberta Treasury Branch (ATB)
Phone: 1-800-332-8383
Website: www.atb.com
Offers automatic teller machines (ATMs), telephone banking, and online banking services. Assistance with telephone banking is provided during office hours. A sit-down waiting area instead of waiting in line also is available. Seniors 59 years of age or older have the option of a no-fee chequing account.

Bank of Montreal (BMO)
Phone: 1-877-225-5266
Website: www.bmo.com
Offers ATMs, telephone banking, and online banking services. As well, seniors have the option of the Senior Plan that provides unlimited transactions, personalized cheques and discounts on other fees for investments. There is no monthly fee for the Senior Plan.

Canadian Imperial Bank of Commerce (CIBC)
Phone: 1-800-645-2422
Website: www.cibc.com
Offers ATMs, telephone banking, and online banking services. Branches offer 15-20 minute courses on how to use these services. Phone your local branch for more information. As well, seniors have the option of the CIBC 60 Plus Advantage which offers discounts on the CIBC Everyday Chequing Account, CIBC Premium Growth Account, and CIBC US$ Personal Account.

Canadian Western Bank
Phone: 403-262-8700
Website: www.cwbank.com
Offers telephone banking and online banking services. Special services are offered for those 57 years of age or older with the Gold Leaf Plus account that offers no banking fees on most services. Call for further details.
Royal Bank (RBC)
Phone: 1-800-769-2511
Website: www.rbcroyalbank.com
Offers ATMs, telephone banking, online banking services, along with personal service to anyone who requests it. As well, seniors are offered rebates on account fees.

Scotia Bank
Phone: 1-800-472-6842
Website: www.scotiabank.com
Offers ATMs, telephone banking, and online banking services. In-branch assistance is offered for those learning to use these services. Customers with investments at Scotia Bank can be visited at home. As well, seniors have the option of the Scotia Plus Program which offers no monthly banking fees, no banking transaction fees, and more.

Servus Credit Union
Phone: 1-877-378-8728
Website: www.servuscu.ca
Offers ATMs, telephone banking, online banking services, along with personal service to anyone who requests it. Personnel in some branches also go out to nursing homes to speak with Servus Credit Union members.

TD – Canada Trust
Phone: 1-866-222-3456
Website: www.tdcanadatrust.com
Offers ATMs, telephone banking with an automatic demonstration system, and online banking services. They also offer personalized assistance to those learning or having problems with any of their systems. Seniors are offered a 25% rebate off monthly banking fees.
Library Services

Calgary Public Library
Central Library
6th Floor North 616 Macleod Trail SE, Calgary AB., T2G 2M2
Phone: 403-260-2701
Website: www.calgarypubliclibrary.com
In addition to offering adaptive technologies at library locations, the Calgary Public library offers the Homebound Readers' Program where volunteers are matched with individuals to deliver chosen reading material to their homes.
Price: Library cards are $9.00 annually for seniors.

Marigold Library System: Library to You
Phone: 1-855-934-5334
Website: www.marigold.ab.ca
This service is generally used by those unable to use the public library or who live too far away from a library. Books are requested from a catalogue and are mailed to the individual. Free return labels are sent with the book(s). The service is available to residents and non-residents of municipalities that participate with the Marigold Library System. Member municipalities include Airdrie, Chestermere, Cochrane, Okotoks, Strathmore, and Wheatland County. Call to see if your municipality is included.
Price: The service is free to residents of Marigold-affiliated municipalities. Non-residents pay a $70.00 annual fee.
Medical & Personal Services

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

Aids to Daily Living

Calgary Community Aids for Independent Living
4th Floor Sheldon M. Chumir Health Centre, 1213 4th St SW, Calgary AB, T2R 0X7
Phone: 403-955-6955
Website www.seniors.gov.ab.ca/aadl
Assists individuals with chronic disability or illness and those with a terminal illness in receiving authorized basic medical equipment and supplies for more independent functioning in a home or home-like setting. This service requires a referral or assessment to determine an individual's eligibility. The individual pays 25% of the cost of the equipment to a maximum of $500.00 per family.

Canadian Red Cross Society
Suite 3-3300, 14 Ave NE, Calgary AB, T2A 6J4
Phone: 403-273-4426
Website: www.redcross.ca
Provides individuals in need with free loan of health care equipment including wheel chairs, walkers, crutches, canes, and bathing seats. Loan periods for equipment can be up to three months.
Audiologists & Hearing Aid Practitioners

Audiologists & Hearing Aid Practitioners

Apex Hearing Systems
#202, 40 Elizabeth St, Okotoks AB, T1S 1J7
Phone: 403-938-3790
Website: www.apexhearing.com
Provides audiological testing and hearing aid repair. Since this service does not provide in-home visits please refer to the Transportation Section of this Guide for mobility options.

Avenida Hearing Centre
# 211, 12445 Lake Fraser Dr SE, Calgary AB, T2J 7A4
Phone: 403-278-2202
Website: www.avenidahearing.com
Provides in-home audiological testing, hospital visits, and pickup and drop off hearing aid supplies.

Destination Hearing Inc.
7-214 Grande Blvd W, Cochrane AB, T4C 2G4
Phone: 403-851-1116
Website: www.destinationhearing.com
Provides audiological testing and hearing aid repair. Since this service does not provide in-home visits please refer to the Transportation Section of this Guide for mobility options.

Okotoks Hearing Centre
28 McRae St, Okotoks AB, T1S 1A6
Phone: 403-955-1458
Provides audiological testing and hearing aid repair. Since this service does not provide in-home visits please refer to the Transportation Section of this Guide for mobility options.

Rideau Hearing Services
41-2580 Southland Dr SW, Calgary AB, T2V 4J8
Phone: 403-209-1455
Website: www.hearingaids.net
Provides in-home audiological testing and hearing aid repair to Calgary residents.
The Hearing Loss Clinic Inc
161-31 Southridge Dr, Okotoks AB, T1S 2N3
Phone: 403-995-9991
Website: www.hearingloss.ca
Provides audiological testing and hearing aid repair. Since this service does not provide in-home visits please refer to the Transportation Section of this Guide for mobility options.

Dental

Dental Hygiene Holistic Care
# 502, 234-5149 Country Hills Blvd, Calgary AB, T3A 5K8
Phone: 403-993-7031
Website: www.healthyteeth4life.ca
Provides preventative oral care and mobile dental hygiene care for seniors at home or to those in nursing homes.

Denturists

Affordable Mobile Denture Clinic
9512-21 St SE, Calgary AB, T2C 4H2
Phone: 403-236-5514
Provides in-home denture services in Calgary. Evening and weekends appointments are available.

Airdrie Denture Centre
216 Main St NE, Airdrie AB, T4B 2B4
Phone: 403-948-7377
Provides services such as denture repairs and maintenance. Evening and weekend appointments are available. As this service does not provide in-home visits, please see the Transportation Section of this Guide for mobility options.
Amery Denture Centre
# 112 Sunridge Professional Centre, 2675-36 St NE, Calgary AB, T1Y 6H6
Phone: 403-291-2272
Website: www.amerydenture.net
Provides in-home denture services in Calgary. Evening and weekends appointments are available.

Chinook Denture Clinic
#700 Chinook Professional Tower, 6455 Macleod Trail S, Calgary AB, T2H 0K9
Phone: 403-253-9050
Website: www.denturescalgary.com
Provides a free shuttle service to the clinic for clients without transportation. Evening and weekend appointments are available.

Cochrane Denture Centre
#2, 214 Grande Blvd W, Cochrane AB, T4C 1B3
Phone: 403-932-4938
Provides services such as denture repairs and maintenance. Evening and weekend appointments are available. As this service does not provide in-home visits, please see the Transportation Section of this Guide for mobility options.

Lionel Stewart Mobile Denture Services
Phone: 403-276-2837
Provides in-home denture services in Calgary.

Mobile Denture Care Clinic
201, 4015 17 Ave SE, Calgary AB, T2A 0S8
Phone: 403-273-1934
Provides in-home denture services in Calgary.

Okotoks Denture Centre
15-900 Village Lane, Okotoks AB, T1S 1Z6
Phone: 403-995-9357
Provides services such as denture repairs and maintenance. As this service does not provide in-home visits, please see the Transportation Section of this Guide for mobility options.
Onyx Denture Clinic
#161E, 31 Southridge Dr, Okotoks AB, T1S 2N3
Phone: 403-995-0852
Provides services such as denture repairs and maintenance. Seniors are offered a discount on services. As this service does not provide in-home visits, please see the Transportation Section of this Guide for mobility options.

Precision Denture Clinic
#111, 1011 Glenmore Trail SW, Calgary AB, T2V 4R6
Phone: 403-252-4140
Website: www.precisiondentureclinic.ca
Provides in-home denture services in Calgary. Evening and weekend appointments are available.

Smile Denture Clinic
# 439, 131-9 Ave SW, Calgary AB, T2P 1K1
Phone: 403-269-3505
Provides in-home denture services in Calgary. Evening and Saturday appointments are available. As this service does not provide in-home visits, please see the Transportation Section of this Guide for mobility options.

Wheatland Denture Centre
#115, 2 Ave, Strathmore AB, T1P 1L5
Phone: 403-901-0440
Website: www.mybite.ca
Provides services such as denture repairs and maintenance. As this service does not provide in-home visits, please see the Transportation Section of this Guide for mobility options.

Woodside Denture Centre
#3, 409 1 Ave NW, Airdrie AB, T4B 3E2
Phone: 403-948-0954
Website: www.woodsidedenturecentre.com
Provides services such as denture repairs and maintenance. As this service does not provide in-home visits, please see the Transportation Section of this Guide for mobility options.
Registered Dietitians & Nutrition

Dietitians of Canada
Website: www.dietitians.ca
This website consists of business listings of registered dietitians across Canada.

Kerby Centre: Nutrition Screening
Phone: 403-234-6566
Website: www.kerbycentre.com
Through the Kerby Centre, the Nutrition Screening program is a drop-in service that identifies nutrition difficulties in individuals before these nutritional deficiencies lead to disability or illness. Individuals can then be referred to a registered dietitian or to community services that can help maintain health through good nutrition. Call for more information.

Medical Alarm Systems

AE Security LifeSentry
Phone: 403-531-1555
Website: www.aesecurity.ca
A personal response/emergency alarm system that connects individuals with emergency response 24 hours a day, 7 days a week. Can be used by seniors living alone or those with medical conditions.

AlarmCare by AlarmForce
Phone: 1-800-267-2001
Website: www.myalarmcare.com
A personal response/emergency alarm system that connects individuals with emergency response 24 hours a day, 7 days a week. Can be used by seniors living alone or those with medical conditions.
**LifeCall**  
Phone: 1-800-661-5433  
Website: [www.lifecall.ca](http://www.lifecall.ca)  
A personal response/emergency alarm system that connects individuals with emergency response 24 hours a day, 7 days a week. Can be used by seniors living alone or those with medical conditions.

**Philips Lifeline from Bethany Care Society**  
Phone: 1-866-832-5426 in Calgary or Toll Free: 1-800-338-1411 in Alberta  
Website: [www.bethanycare.com](http://www.bethanycare.com)  
Provides personal response and support services to individuals including persons with disabilities and seniors throughout Alberta.

**Priority Care Call**  
Phone: 403-568-8844 or Toll Free: 1-877-322-0334  
Website: [www.prioritycarecall.com](http://www.prioritycarecall.com)  
A personal response/emergency alarm system that connects individuals with emergency response 24 hours a day, 7 days a week. Can be used by seniors living alone or those with medical conditions.

**Retire-At-Home: Smart Link Medical Alarm System**  
Phone: 403-253-4011  
Website: [www.retireathome.com](http://www.retireathome.com)  
A personal response/emergency alarm system that connects individuals with emergency response 24 hours a day, 7 days a week. Can be used by seniors living alone or those with medical conditions. Call for more information.

**The Good Samaritan TeleCare**  
Phone: 1-800-676-8397  
Website: [www.gss.org](http://www.gss.org)  
Provides 24 hour a day personal emergency response services and telephone support services for residents throughout Alberta. Call for more information.
Home & Respite Care

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

Airdrie Community Links Program
Phone: 403-945-3900
Website: www.nrvcl.ab.ca
Provides outreach programs such as friendly visiting, senior connect, and senior respite.

Alberta Health Services - Home Care Program
Community Care Access
Phone: 403-943-1920
Website: www.albertahealthservices.ca/services.asp?pid=saf&rid=1069915
Community Care Access is the point of entry to programs offered by Alberta Health Services including companion care, the Adult Day Support Program, and to those who require overnight stay in a care facility. Needs are identified through an initial Home Care assessment.

Always Care
Phone: 403-265-5694
Provides in-home support services including companionship, personal care, palliative care, rehabilitation care, incidental transportation, home care support, and special needs care.
Price: Varies depending on services needed.

Bayshore Home Health
Phone: 403-229-3929
Website: www.bayshore.ca
Provides in-home nursing, personal care services, home support services, and companionship privately and through government care programs, personal and group insurances plans, and through workplace safety insurance. Services are available 24 hours a day, 7 days a week.
Price: Varies depending on services needed.
Care Givers Home Health Care Inc.
Phone: 403-770-4774
Website: www.caregivershomehealthcare.com
Provides in-home support services, with specialization in caring for those with Alzheimer’s disease and clients needing palliative care. Nurses, homemakers, sitters for hospital care, and personal care attendants (PCAs) are available 24 hours a day, 7 days a week. All employees are insured and bonded, and trained in First Aid/CPR. Live-in attendants also are available.
Price: Varies depending on services needed.

Care to Share Seniors Services Inc.
Phone: 403-567-1923
Website: www.caretoshare.ca/
Provides non-medical in-home support services including housekeeping, meal preparation, companionship, transportation to appointments and outings, lawn maintenance, and snow removal. Services are available 24 hours a day, 7 days a week.
Price: Varies depending on services needed.

CBI Home Health – Eldercare Services
Phone: 403-232-8770
Website: www.cbi.ca
Provides in-home support services including nursing, homemaking, and personal care. Is able to provide staff that are trained in caring for clients with dementia and for clients needing palliative care.
Price: Varies depending on services needed.

Classic Caregivers Ltd.
Phone: 403-242-2750
Website: www.classiclifecare.ca
Provides in-home support services including nursing, homemaking and personal care, palliative care, respite for caregivers, live-in care, and transportation to appointments and outings. Services are available 24 hours a day, 7 days a week.
Price: Varies depending on services needed.
Comfort Keepers  
Phone: 403-228-0072  
Website: www.comfortkeepers.ca  
Provides in-home support services including personal care and hygiene, companionship, home and housekeeping, transportation to appointments and outings, senior's and Alzheimer care, etc. Services are available 24 hours a day, 7 days a week. Price: Varies depending on services needed.

Comprehensive Care  
Phone: 403-240-7327  
Website: www.comprehensivecare.ca  
Provides in-home support services including respite for caregivers, home care, and palliative care. Services are available 24 hours a day, 7 days a week. Price: Varies depending on services needed.

Focus on Caring Inc.  
Phone: 403-264-3839  
Website: www.focusoncaring.com  
Provides in-home support services such as general nursing care, companionship and personal care, palliative care, dementia care, and home support services. Services are available 24 hours a day, 7 days a week. Price: Varies depending on services needed.

Granddaughters Personal Care  
Phone: 403-828-0550  
Website: www.granddaughters.ca  
Provides non-medical in-home support services for seniors. Services include companionship, personal planning, help with personal errands, accompanying clients to appointments, etc. Price: Varies depending on services needed.

Heart and Home Nursing Inc  
Phone: 403-263-7637  
Provides in-home support services including respite for caregivers, companionship, personal care, light housekeeping, meal preparation, errand running, and accompanying clients to appointments. Price: Varies depending on services needed.
Home Instead Senior Care  
Phone: 403-984-9225  
Website: [www.homeinstead.com](http://www.homeinstead.com)  
Provides in-home support services including personal care, companionship, housekeeping, transportation to appointments and outings, etc. Services are available 24 hours a day, 7 days a week.  
Price: Varies depending on services needed.

Home Care Assistance  
Phone: 403-452-4446  
Website: [http://homecareassistance-calgary.com/](http://homecareassistance-calgary.com/)  
Provides in-home support services and senior’s care for residents in the Calgary area. All caregivers are fully bonded.  
Price: Varies depending on services needed.

Kerby Centre – Adult Day Support Program  
Phone: 403-705-3214  
Website: [www.kerbycentre.com](http://www.kerbycentre.com)  
Provides individuals aged 50 and older with health challenges with a one or two day a week program consisting of recreational activities and health monitoring. An assessment from Alberta Health Services is required before entry to the program.  
Price: $8.00 per day.

Nurse Next Door  
Phone: 403-454-1399  
Website: [www.nursenextdoor.com](http://www.nursenextdoor.com)  
Provides in-home support services such as companionship, light housekeeping, meal preparation, dementia care, nursing care, and palliative care. Services are available 24 hours a day, 7 days a week.  
Price: Varies depending on services needed.

Paramed Home Health Care  
Phone: 1-800-465-5054  
Website: [www.paramed.ca](http://www.paramed.ca)  
Provides in-home, nursing home, or in-hospital care. Services include nursing, personal care, foot care, and homemaking. Companionship and live-in services also are offered. Care workers have special training in working with individuals who have a dementia, to those with brain injuries, as well as to palliative care patients. A complimentary needs consultation is offered.  
Price: Varies depending on services needed. Offers both individual and group rates.
Qualicare
Phone: 403-209-2210
Website: www.qualicarecalgarywest.com
Provides in-home support services including personal care and companionship, respite for caregivers, live-in care, and palliative care. Also offers Alzheimer’s and dementia care, support for patients with Lou Gehrig’s (ALS) disease and Parkinson’s disease, as well as hospital support.
Price: Varies depending on services needed.

Retire-at-Home Health Services
Phone: 403-476-8874
Website: www.retireathomecalgary.com
Provides in-home support services such as personal care, companionship services, nursing care and foot care. Also offers medical equipment and supplies. Subsidies are available for low income seniors.
Price: Varies depending on services needed.

Revera Health Services
Phone: 403-228-3877
Website: www.reveraliving.com
Provides in-home support services include nursing care, eldercare, companionship services, foot care, occupational therapy, physiotherapy, and respite for caregivers. Services are available 24 hours a day, 7 days a week.
Price: Varies depending on services needed.

Senior Homecare by Angels
Phone: 403-248-6886
Website: www.seniorhomecarebyangels.com
Provides in-home support services including personal care, medication reminders, transportation to appointments and outings, companionship services, hygiene assistance, etc. Services are available 24 hours a day, 7 days a week.
Price: Various depending on services needed.

Signature Care: Home Services for Seniors
Phone: 403-508-2827
Website: www.sigcare.com
Provides in-home support services including companionship, meal preparation, light housekeeping, and respite for caregivers. Services are available 24 hours a day, 7 days a week.
Price: Varies depending on services needed.
**Victorian Order of Nurses**
Phone: 403-640-4765
Provides in-home support services including respite for caregivers, homemaking, and personal care. Services are available 24 hours a day, 7 days a week. Price: Varies depending on services needed.

**We Care Home Health Services**
Phone: 1-866-729-3227
Website: [www.wecare.ca](http://www.wecare.ca)
Provides in-home support services including personal care and hygiene, companionship, home and housekeeping, nursing services, transportation to appointments and outings, etc. Services are available 24 hours a day, 7 days a week.
Price: Varies depending on service needed.
Medical Laboratory Home Collection

Calgary Laboratory Services
Website: www.calgarylabservices.com

For the patient to qualify for mobile home collection services, they must meet at least one of the following criteria:

- Has a mental health problem that prevents them from leaving his/her residence
- Has a dementia or brain injury that presents a safety risk while travelling
- Has a condition in which a trip of an hour or more outside of the home would compromise their health
- Has high oxygen requirements that cannot be met with portable oxygen.

In-home tests can only be requested by the patient’s attending physician and requires a mobile collection service requisition form to be completed. Patients who do not meet the criteria for home collection may go to any community collection site.

For further information, please phone: 403-770-3351

Calgary Laboratory Services Community Collection Sites:

Avenida
Bay 517, 12445 Lake Fraser Dr SE 403-777-5117

Beddington
#209, 8120 Beddington Blvd NW 403-777-5105

Glenbrook
Bay 154, 3715-51 St SW 403-777-5119

Glenmore
D264, 1600-90 Ave SW 403-777-5114

Gulf
#344, 401-9 Ave SW 403-777-5109

Market Mall
#300, 4935-40 Ave NW 403-777-5103
Marlborough
#455, 433 Marlborough Way NE  403-777-5108

McKnight
5426 Falsbridge Drive, NE  403-777-5120

North Hill
#254, 1632-14 Ave NW  403-777-5102

Ranchlands
#150, 1829 Ranchlands Blvd NW  403-777-5106

Riverbend
#180, 200 Rivercrest Dr SE  403-777-5115

Sheldon M. Chumir Patient Service Centre
3rd Floor, 1213-4 St SW  403-955-6188

Sloane Square
#210, 5920-1A St SW  403-777-5113

South Calgary Health Centre
#211, 31 Sunpark Plaza SE  403-777-5121

Stadium
#160, 1620-29 St NW  403-777-5104

Sunridge
#3, 2681-36 St NE  403-777-5110
Community Collection Sites in Surrounding Areas:

Airdrie Laboratory Services
103, 217 Centre Ave, Airdrie    403-948-3813

Alpen Medical Clinic
346 Railway St W, Cochrane    403-851-0091

Calgary Laboratory Services
60 Grand Blvd, Cochrane    403-932-4811

Okotoks Health and Wellness Centre
11 Cimarron Common, Okotoks    403-995-2684

Strathmore District Health Services
200 Brent Blvd, Strathmore    403-361-7123

Occupational Therapy

Alberta College of Occupational Therapists (ACOT)
Phone: 1-800-561-5429
Website: www.acot.ca
Please note that ACOT cannot provide a direct referral to an occupational therapist but can supply a business listing.

Pharmacy

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

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

Alzheimer Society of Calgary
#201, 222 58 Ave SW, Calgary AB, T2H 2S3
Phone: 403-290-0110 or Toll Free 1-877-569-HELP (4357)
Website: www.alzheimercalgary.com
Provides access to information about Alzheimer’s disease and other dementias through their resource centre as well as through their support groups for individuals with Alzheimer’s disease (and other dementias) and their families.

Canadian Diabetes Association
204, 2323-32 Ave NE, Calgary AB, T2E 6Z3
Phone: 403-266-0620
Website: www.diabetes.ca
Provides service, education, and support to those affected by diabetes.

Canadian National Institute for the Blind
15 Colonel Baker Place, Calgary AB, T2E 4Z3
Phone: 403-266-8831
Website: www.cnib.ca
Provides services and information to individuals with vision loss and their families. Group programs and referrals also are available.

Deaf and Hard of Hearing Society
63 Cornell Road NW, Calgary AB, T2L 0L4
Phone: 403-284-6200
Website: www.deafandhearalberta.ca
Provides services and programs for people with hearing loss.
Stroke Recovery Association of Calgary
Box 5051, Station A, Calgary AB, T2H 1X1
Phone: 403-827-7520
Website: www.sracalgary.ca/
Provides care and support services for stroke survivors and their families.

Seniors’ Resources

Airdrie Community Links
#211, 125 Main St NW, Airdrie AB, T4B 0P7
Phone: 403-945-3900
Website: www.nrvcl.ab.ca
Provides resources for seniors such as outreach, assistance in accessing resources in the community, friendly visiting, respite for caregivers, and caregiver support.

Calgary Family Services
#200, 1000-8th Ave SW, Calgary AB, T2P 3M7
Phone: 403-269-9888
Website: www.calgaryfamily.org
Offers various types of seminars and programs, community outreach, and in-home support for seniors in the community.

Calgary Seniors’ Resource Society
3639-26 St NW, Calgary AB, T1Y 5E1
Phone: 403-266-6200
Website: www.calgaryseniors.org
Provides resources for seniors such as outreach programs, visiting and social activities, support and information, and referrals to services in the community. Can help with questions about finances and affordable housing for seniors.
Kerby Centre
1133-7th Ave SW, Calgary AB, T2P 1B2
Phone: 403-265-0661
Website: www.kerbycentre.com
Provides services such as a day support program, education and recreation courses, as well as information about seniors housing and other services including legal and financial advice.
Transportation Services

Public Bus Services

Access Calgary
Phone: 403-537-7770 for eligibility inquiries
Website: www.accesscalgary.ca
Provides a shared-ride, door-to-door transportation service within the city limits of Calgary for those not able to use Calgary Transit buses and C-trains. Rides can be booked up to 4 days in advance until 1pm the day before the trip. To utilize this service one must be approved by Access Calgary.
Price: Adult fare is $3.00 per trip; an adult book of 10 tickets is $30.00; monthly passes are $96.00; and low income monthly passes are $44.00. Senior pricing is not available with this service. Attendant cards are available for people accompanying clients with mobility aids.

Calgary Transit System
Phone: 403-262-1000
Website: www.calgarytransit.com
Low floor buses are available on many routes and C-train stations all are wheelchair accessible.
Price: Adult fare is $3.00 per trip; an adult book of 10 tickets $30.00; and an adult monthly pass is $96.00. The senior yearly pass costs $95.00. For seniors with a household income below $18,745 or $28,530 for couples, the yearly pass is $15.00.
Public Bus Services in Surrounding Areas:

Access Airdrie
Phone: 403-948-8875
Website: [www.airdrie.ca/transit/accessairdrie.cfm](http://www.airdrie.ca/transit/accessairdrie.cfm)
A shared, curb-to-curb service for those not able to use Airdrie Transit's local fixed route system. Operates 6am to 8pm, Monday through Friday and Saturday is shared with Dial-a-Bus service. Access Airdrie to Calgary provides curb-to-curb service from Airdrie to Calgary for individuals not able to utilize conventional public transportation
Price: Adult and senior cash fare is $2.00 per trip, and a book of 10 tickets is $17.50. A monthly pass is $60.00 for adults and $45.00 for seniors. Low income rates are available. For Access Airdrie to Calgary, cost of fare is based on distance travelled: less than 30 km travelled is $10.00; 30 km to 40 km travelled is $12.00; 40 km to 50 km travelled is $14.00; and 50 km to 60 km travelled is $16.00.

Airdrie Transit
Phone: 403-948-8875 or 403-948-8888 for Dial-a-Bus Service on Saturday
Website: [www.airdrie.ca/transit/index.cfm](http://www.airdrie.ca/transit/index.cfm)
Provides local transportation around Airdrie. Buses run on a fixed schedule service from 6am to 6pm, Monday through Friday. Dial-a-Ride operates 6pm to 9pm, Monday through Friday. On Saturday only, Dial-a-Bus is active from 9am to 9pm. Also, the Airdrie Intercity Express (ICE) connects between Airdrie and Calgary, Monday through Friday.
Price: Local Adult and Senior cash fares are $2.00 per trip. A book of 10 tickets is $17.50. A monthly pass is $60.00 for Adults and $45.00 for Seniors. Low income rates are available. For Airdrie Intercity Express (ICE) Adult and Senior fares are $8.00 per trip, while a book of 10 tickets is $65.00. A monthly adult pass is $195.00 and a monthly senior’s pass is $150.00.
Intercity Bus Service

**Greyhound**
850-16th St SW Calgary AB, T3C 3V7
Phone: 403-263-1234
Website: [www.greyhound.ca](http://www.greyhound.ca)
Greyhound offers intercity bus transportation in many locations in Canada and the United States. Greyhound also offers wheelchair accessible coaches. Individuals requiring wheelchair accessible transportation need to make reservations at least 24 hours in advance.
Price: Varies depending on departure and destination locations; senior passengers (aged 62 and older) may request a 10% discount.

**Red Arrow Motorcoach**
2500-855 2 St SW, Calgary AB, T2P 4J8
Phone: 403-531-0350
Website: [www.redarrow.ca](http://www.redarrow.ca)
Red Arrow Motorcoach offers transportation to and from Calgary, Edmonton, Red Deer, Lethbridge, Banff, and Lake Louise. Red Arrow also offers wheelchair accessible coaches. Individual requiring wheelchair accessible transportation need to make reservations at least 24 hours in advance.
Price: Varies depending on departure and destination locations; seniors are offered discount prices.
Taxis

**Associated Cabs**  
Phone: 403-299-1111  
Website: [www.associatedcab.ca](http://www.associatedcab.ca/)  
Wheelchair accessible cabs are available and customers are able to book trips online. Also offers clients a pre-paid and reliable taxi card option when paying for trips. Senior discounts are available.

**Checker Yellow Cabs**  
Phone: 403-299-9999  
Website: [www.thecheckergroup.com](http://www.thecheckergroup.com)  
Wheelchair accessible vans are available.

**Delta Cab Ltd.**  
Phone: 403-278-9999  
Website: [www.deltacab.ca](http://www.deltacab.ca)  
Taxi vans are available. Senior discounts are available.

**Mayfair Taxi Ltd.**  
Phone: 403-255-6555  
Website: [www.mayfairtaxi.com](http://www.mayfairtaxi.com)  
Taxi vans are available. Provides a 10% senior's discount.
# Taxis in Surrounding Areas:

## Airdrie
- **Airdrie Flames Taxi Ltd.**  403-948-4404  
- **Airdrie Yellow Cab**  403-980-7778  
- **All Season Taxi**  403-826-3078  
- **Alliance Taxi Cab Service**  403-945-3666  
- **Avacab Taxis Inc.**  403-948-0055  
- **Cowboy Taxi**  403-948-0055  
- **Liberty Taxi**  403-708-9044  

## Cochrane
- **Taxi 4 U**  403-932-0044  

## Okotoks
- **Alternate Cabs Inc.**  403-828-8294  
- **Big Rock Taxi**  403-938-9501  
- **O K Taxi Services**  403-938-3828  
- **Town Taxi**  403-975-2233  

## Strathmore
- **Strathmore Taxi**  403-934-4474
Alternate Transportation

Airdrie Community Links
Phone: 403-945-3900
Website: www.nrvc.ab.ca
Provides transportation to seniors unable to access other sources of transportation in the Airdrie community. Volunteers provide transportation within Airdrie and to Calgary for basic needs and medical appointments.

Calgary Seniors' Resource Society
Phone: 403-266-6200
Website: www.calgaryseniors.org
Provides escorted transportation for seniors unable to use public transportation and to those who require assistance during medical and banking appointments. Request at least two weeks advance notification and the organization will provide service for one appointment per client per week.
Price: $10.00 fee for a round trip.

Dreams Transportation Ltd.
Phone: 403-590-7433
Website: www.dreamstransportation.ca
Provides transportation to all parts of Calgary and out of town locations, including charter service anywhere in Alberta.
Price: Varies by destination and amount of service required.

Driving Miss Daisy
Phone: 1-877-613-2479
Website: www.drivingmissdaisy.net
Provides accompanied and assisted senior's transportation. Rides are provided to medical appointments, grocery shopping, to adult day programs, etc.
Price: All services are charged on a per hour basis or portion thereof and calculated based on the level of service required by the client.
Four Seasons Transportation  
Phone: 403-899-1882  
Website: www.4seasonstransport.com  
Provides transportation services to seniors in Calgary and surrounding areas including Airdrie, Okotoks, Cochrane, Chestermere, and Strathmore. Operates 24 hours a day, 7 days a week.  
Price: Charges $45.00 an hour or portion thereof.

Nature and Nurture Concierge  
Phone: 403-714-2284  
Website: www.natureandnurture.ca  
Provides transportation to appointments, errands, and outings for seniors.  
Price: Varies depending on services needed.

Okotoks Community Access Program  
Phone: 403-995-2773, for Alternate Cabs: 403-828-8294  
Website: www.okotoks.ca  
Provides subsidies to clients using Alternate Cabs taxi service. Individuals must be aged 60 or older with disabilities and have a Community Access Program Identification Card. Alternate Cabs operates 7am to midnight, Monday through Saturday, and 9am to 10pm on Sundays and Holidays. Please book 24 hours in advance.  
Price: Precise fare depends on the destination.

Open Door Seniors Fellowship of Calgary  
Phone: 403-269-7900  
Provides transportation services to seniors in Calgary.  
Price: Precise fare depends on destination.

Rocky View Regional Handi Bus Society  
Phone: 403-948-2887  
Website: www.rockyviewbus.ca  
Provides transportation primarily to Crossfield, Rocky View, Balzac/Sharp Hill/Butte Hill, Chestermere, Conrich, and South East Rocky View. Transportation is also provided to Beiseker, Irricana, Delacour, Madden, Langdon, and Cochrane (in conjunction with Big Hill Senior Citizens Activity Society) when scheduling permits. Travel between Airdrie and area and Calgary is offered at scheduled times. The service is offered to those not able to use regular transit services. The handi bus operates 7am to 4:30pm, Monday through Friday.  
Price: Cost of service depends on the distance travelled and the subsidies available in the community. One attendant may accompany the rider at no extra cost if assistance is required.
SOS Transportation – Supportive Outings and Services
Phone: 403-816-0428
Website: www.soscaregiver.ca
Provides transportation and companionship services. Client must be able to transfer into a SOS support worker’s vehicle with minimal assistance. Ramped vehicles are available upon request.
Price: There is a base rate of $30.00, although the price varies with the services required by the client.

Strathmore Handi Bus
Phone: 403-934-3418
Website: www.strathmore.ca/news.php?viewStory=342
Provides transportation services to residents of Strathmore and Wheatland County. Trips are provided for appointments with health care professionals as well as for shopping, entertainment, and cultural events when possible. Service is available to handicapped individuals and seniors aged 65 and older.
Price: The rates in Strathmore are $7.00 for medical trips and $10.00 for social trips. Out of town mileage rates are $1.00 per km for medical trips and $3.50 per km for social trips.

TLC Driving Services Ltd.
Phone: 403-710-9996
Website: www.withtlc.ca
Provides accompanied and assisted transportation to medical appointments, adult day programs, dialysis, for grocery shopping, and for a variety of trip purposes. Transportation to the airport (with assistance) is also provided. Regular service hours are 8am to 5pm, Monday through Friday. Services are available 24 hours a day, 7 days a week.
Price: Pricing is customized to the needs of the client and is paid by time increments by the quarter or full hour.

West Hillhurst Go-Getters
Phone: 403-283-3720
Website: www.westhillhurst.com/
Provides transportation to the grocery store (i.e., Co-op, Wal-mart, the Farmer’s Market) every Friday to members. Members must be aged 55 and older and residents of the West Hillhurst area.
Price: There is a $10.00 annual membership fee and a $3.00 fee for each trip.
Other Possible Sources of Transportation

- The Senior Citizen's Drop-In Centre in your local area
- Your local senior's association
- Your local church

To locate the service provider that best suits your individual needs, please visit www.mard.ualberta.ca and search through the on-line compendium of service providers in Alberta.