

# Seniors Housing and Resource Guide

## Glossary of Terms

**Independent Living**—Housing for functionally independent seniors.

- **Adult Lifestyle Apartments**  
These privately owned and operated apartments do not allow tenants under the age of 18. While not exclusively for seniors, some locations only accept tenants over 60. Rents are set at market rates.
- **Home Adaptation Program**  
Intended for permanent modifications, this Alberta Government program provides homeowners, tenants and landlords with up to \$5,000 to improve wheelchair accessibility and movement.
- **Public & Non-Profit Housing**  
Owned and operated by non-profit societies, these low-cost rental units receive some government subsidy. Again, this is not exclusively a seniors' housing category, but some locations are reserved for tenants over 60. Rents are set lower than market rates, and are income tested. Because of high demand, there is often a wait-list of 6 to 18 months to get in.
- **Senior Citizens' Apartments**  
The Apartments—Senior Citizens classification in the yellow pages indicates private and public apartments open only to senior tenants. Actual age constraints vary.
- **Seniors Self-Contained Housing**  
This Alberta Government program provides subsidized accommodations for low-income seniors. Studio or one-bedroom suites include a private kitchen and bathroom. Rent is set at 30 per cent of the tenant's monthly income.

**Independent/Supportive**—Private suites with various levels of non-medical support.

- **Condominiums**  
Many of these privately operated developments have an over 50 age requirement. Purchase includes a share in the common property of the condominium. Some condos provide support services.
- **Life Lease Projects**  
Life lease contracts grant the resident the right to occupy a unit for the balance of his or her life. Life lease projects are not subsidized. Some projects offer support services.
- **Seniors Lodge Program**  
The Alberta Government subsidizes non-profit associations for the provision of meals, housekeeping, linen service and 24-hour non-medical personnel. Residents over the age of 65 manage their own self-care, though they can bring in some home care support.

**Assisted Living**—Housing with health and personal care.

- **Designated Assisted Living**  
Private facilities have a contract with the Regional Health Authority (RHA) to provide room and board as well as 24-hour personal care and support services. The RHA covers the cost of all support services. Residents pay room and board. Potential residents must be assessed by their RHA before being admitted.

- **Private Assisted Living**  
Privately funded operators set rents at market rates, offer various sizes and types of suites, meals, social activities, bus service and housekeeping. Nursing care is available for an additional fee.

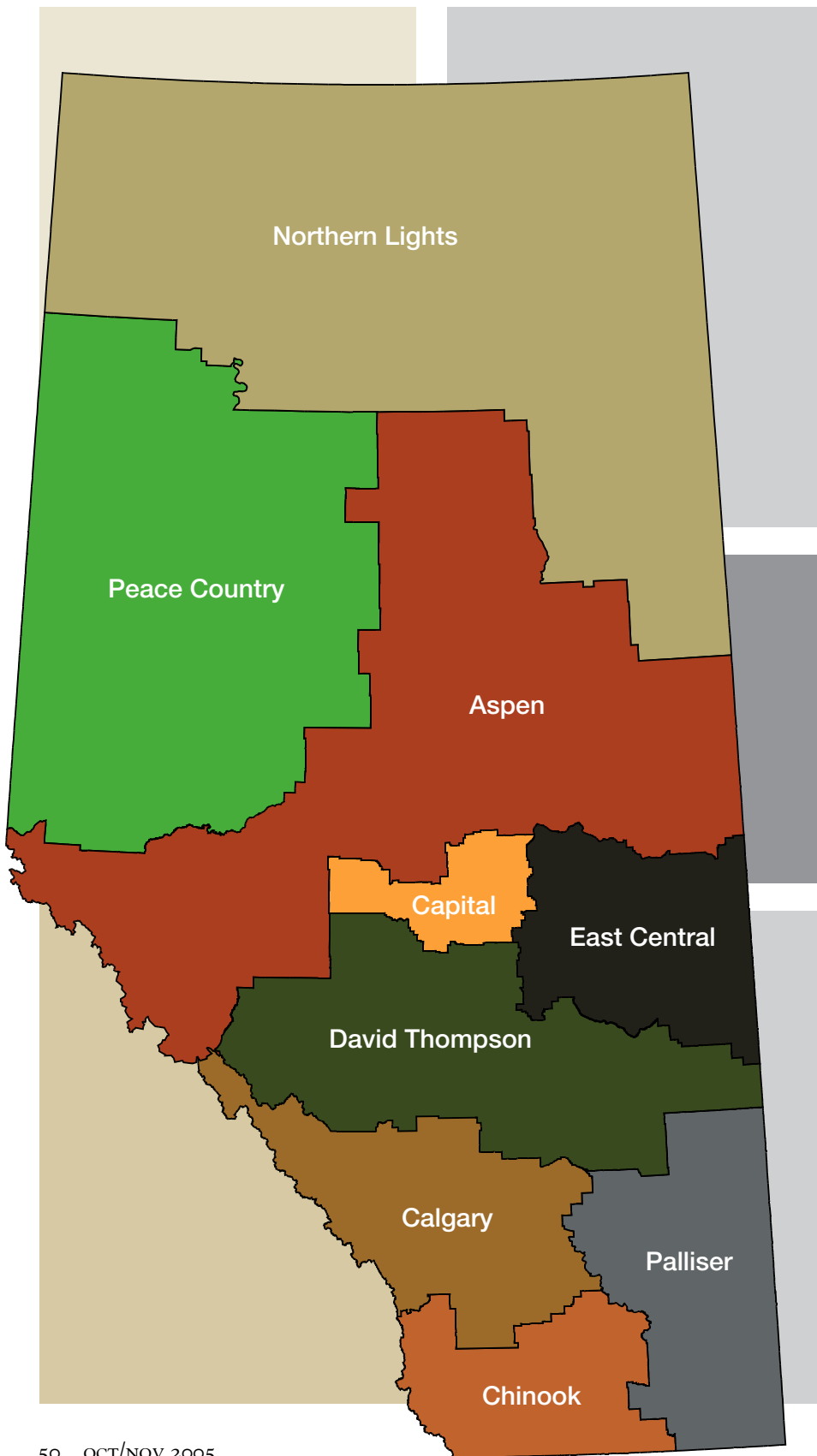
- **Private Care Homes**  
These home-like residences for four or more seniors offer private rooms with a shared bathroom and dining room, meals, personal assistance and support services. The RHA pays for services; residents pay room and board.

**Long-Term Care**—Long-term care facilities offer more medical and non-medical support than is available in assisted living facilities. Long-term care facilities are also called care centres or nursing homes. Access to long-term care is based on a medical assessment by the RHA. Seniors who require care beyond the support available in the community or in other types of housing receive meals, personal care, nursing treatment, medication supervision and recreational activities. Residents pay room and board for semi-private and private rooms with private or shared bath to a maximum of \$48.30 per day.

**Age in Place**—Facilities that allow seniors to use increasing levels of service—from supportive living, through to long-term care services—as they need them while remaining in the same accommodations.

**Respite Care**—a program that provides time off for informal caregivers. A variety of programs and services are available.

# Resources by Regional Health Authority



## Chinook

### CHINOOK REGIONAL HEALTH AUTHORITY

960 19 St S, Lethbridge T1J 1W5  
403 388 6009. [www.chr.ab.ca](http://www.chr.ab.ca)  
Long-term care (LTC) facilities: 15  
Chinook Regional Health Access  
Centre, for LTC info and assessment:  
403 382 6380  
toll free: 866 382 6380

### HOUSING RESOURCES

**Nord-Bridge Senior Citizens  
Organization**  
1904 – 13th Ave N, Lethbridge.  
403 329 3222  
**Lethbridge Senior Citizens  
Organization**  
500 11 St S, Lethbridge.  
403 320 2222. [www.lethseniors.com](http://www.lethseniors.com)

### OUTREACH, ADVOCACY AND SUPPORT

**Alzheimer Society Lethbridge Area,**  
Lethbridge. 403 329 3766  
**Canadian Cancer Society,**  
Lethbridge. 403 327 5452  
**Canadian Diabetes Association,**  
Lethbridge. 403 327 4114  
**Canadian National Institute for  
the Blind,** Lethbridge. 403 327 1044  
**Cardston and District Association  
for the Handicapped,** Cardston.  
403 653 3766  
**Federal Superannuates National  
Association,** Lethbridge.  
403 328 0801  
**Lethbridge Visually Impaired Craft  
Group,** Lethbridge.  
403 327 4713

## Palliser

### PALLISER HEALTH REGION

666 5 St SW, Medicine Hat T1A 4H6  
403 529 8042. www.palliserhealth.ca  
LTC facilities: 14  
Contact Palliser Health Region for assessment.

### HOUSING RESOURCES

#### Seniors Information Services

203 Provincial Building, 346 3 St SE,  
Medicine Hat. 403 529 3156

#### Veiner Centre

225 Woodman Ave SE,  
Medicine Hat.

403 529 8383. www.medicinehat.  
ca/cityservices/veiner

### OUTREACH, ADVOCACY AND SUPPORT

**Are You Okay? Daily Call Service,**  
Medicine Hat. 403 529 8384

**Brooks & District Seniors**

**Outreach Society,** 327 3 Street W,  
Brooks. 403 362 4131

**Senior Citizens Advisory  
Committee,** Medicine Hat.

403 529 8385

**Seniors Outreach,** Medicine Hat.

403 502 8718

**Stroke Recovery Association,**  
Medicine Hat. 403 526 6764

## Calgary

### CALGARY HEALTH REGION

10101 Southport Rd SW,  
Calgary T2W 3N2  
403 943 1104.  
www.calgaryhealthregion.ca  
LTC facilities: 37  
Designated assisted living  
assessment: 403 943 1685

Community Care Access, for LTC info  
and assessment: 403 943 1920  
Transition Services, for those who have  
been assessed: 403 943 1685

### HOUSING RESOURCES

#### Accessible Housing Society

103, 2003 14 St NW, Calgary.  
403 282 1872. www.ahscalgary.ca

#### The Kerby Centre

1133 7 Ave SW Calgary.  
403 705 3246. www.kerbycentre.com

Holds complete listings of all levels  
of seniors housing. Advice available  
by appointment.

#### Metropolitan Calgary Foundation Housing for Seniors

101, 1121 Centre St N, Calgary.  
403 276 5541. www.mcfhousing.com  
Contact for entrance into the  
subsidized lodge system.

### OUTREACH, ADVOCACY AND SUPPORT

**Alberta War Brides Association,**  
Calgary Branch Rotary Park Legion  
607 1 St NE, Calgary.

**Alzheimer Society of Alberta,**  
202, 2323 32 Ave NE, Calgary.

403 250 1303

**Alzheimer Society of Calgary,**  
201, 222 58 Ave SW, Calgary.

403 290 0110

**Bethany Lifeline,** 1001 17 St NW,  
Calgary. 403 270 4357

**British Pensioners Association of  
Alberta,** 610 8 Ave SE, Calgary.

**Calgary Chinese Elderly Citizens  
Association,** 111 Riverfront Ave SW,  
Calgary. 403 269 6122

**Calgary Counselling Centre,**  
200, 940 6 Ave SW, Calgary.

403 265 4980

**Calgary Immigrant Seniors Society,**  
Calgary. 403 264 4243

**Calgary Naval Veterans Association,**  
Victoria Park Community Centre,  
Calgary. 403 266 2145

**Calgary Seniors Resource Society,**  
1020, 1202 Centre St S, Calgary.  
403 266 6200

**Calgary Vietnamese Canadian  
Senior Citizens Association,**  
126, 4909 17 Ave SE, Calgary.  
403 272 2788

**Calgary Widowed Services,**  
Calgary. 403 272 3729

**Canadian Association of Retired  
Persons,** 424 Midpark Blvd SE,  
Calgary. 403 256 8603

**Canadian Hispanic Senior Services  
Society,** 200, 1829 54 St SE,  
Calgary. 403 569 0133

**Canadian National Institute for  
the Blind,** 15 Colonel Baker Pl NE,  
Calgary. 403 266 8831

**Canadian Pacific Pensioners  
Association,** 10, 131 9 Ave SW,  
Calgary. 403 262 1238

**Canadian Western Pensioners  
Association,** 909 11 Ave SW,  
Calgary. 403 245 7470

**Canmore Seniors Drop-In Centre,**  
Canmore. 403 678 2457

**CNR Retired Pensioners  
Association,** Kerby Centre  
1133 7 Ave SW, Calgary.

403 277 5875

**Community Geriatric Mental  
Health Services,** G114 – 1213 4 St  
SW, Calgary. 403 943 2330

**Deaf and Hard of Hearing Services,**  
63 Cornell Rd NW, Calgary.  
403 284 6201

**Family Caregiver Centre,** Main  
Floor, 1509 Centre St S, Calgary.  
403 303 6027

**Federal Superannuates National  
Association,** Kerby Centre  
302, 1133 7 Ave SW, Calgary.  
403 265 0773

**Kerby Centre for the 60 Plus,**  
1133 7 Ave SW, Calgary.

403 705 3246

**Pastoral Institute,** Calgary.  
403 265 4980

**Rockyview General Hospital,  
Specialized Geriatric Services,**  
Calgary. 403 943 3453

**SeniorConnect,** Calgary.  
403 264 7700

**Seniors' Help Line Distress Centre,**  
Calgary. 403 264 7700

**South Asian Seniors' Advisory  
Council,** Calgary. 403 280 7642

**Telecare Calgary Help Line,**  
Calgary. 403 266 0700

## David Thompson

### DAVID THOMPSON REGIONAL HEALTH AUTHORITY

602, 4920 51 St, Red Deer T4N 6K8  
403 341 8622. www.dthr.ab.ca  
LTC facilities: 27

LTC info and assessment: contact  
nearest Community Health Centre  
(CHC).

Eckville CHC: 403 746 2201

Elnora CHC: 403 773 3636

Innisfail CHC: 403 227 7820

Lacombe CHC: 403 782 3218

Olds CHC: 403 556 8441

Ponoka CHC: 403 783 4491

Red Deer CHC: 403 341 2100

Rimbey CHC: 403 843 2288

Rocky Mtn. House CHC: 403 845 3030

Sundre CHC: 403 638 4063

Sylvan Lake CHC: 403 887 2241

### HOUSING RESOURCES

#### Golden Circle Resource Centre

4620 47 Ave, Red Deer.  
403 340 7647

### OUTREACH, ADVOCACY AND SUPPORT

Seniors Outreach Program,  
160 3 Ave, Three Hills.  
403 443 2555

## East Central

### EAST CENTRAL HEALTH

4703 53 St, Camrose T4V 1Y8  
780 608 8800. www.ech.ab.ca  
LTC facilities: 14

LTC info and assessment: contact  
the RHA.

### HOUSING RESOURCES

#### The Bethany Group

4612 53 St, Camrose.  
780 679 2002

### OUTREACH, ADVOCACY AND SUPPORT GROUPS

Bereavement Support Group at  
Saint Mary's Hospital, Camrose.  
780 679 6100

## Capital

### CAPITAL HEALTH

112 Walter Mackenzie Centre  
8440 112 St, Edmonton T6G 2B7  
780 407 8008.

www.capitalhealth.ca

LTC facilities: 42

Community Care Access, LTC info  
and assessment: 780 496 1300

### HOUSING RESOURCES

#### The Society for the Retired & Semi-Retired

15 Sir Winston Churchill Square  
102A Ave & 100 St, Edmonton.  
780 423 5510. www.srsr-seniors.com  
Has a housing registry and provides  
advising sessions by appointment.

#### Greater Edmonton Foundation: Housing for Seniors

14220 109 Ave, Edmonton.  
780 482 6561.

www.housingforseniors.org

For information about and applications  
for seniors apartments and lodge units.

Stony Plain Seniors Information  
Services, Stony Plain. 780 968 6552

### OUTREACH, ADVOCACY AND SUPPORT

Alberta Retired Teachers'  
Association, 403 Barnett House  
11010 142 St, Edmonton.  
780 447 9474

Alzheimer Society of Edmonton,  
Room 5R01 Edmonton General  
Continuing Care Centre, 11111  
Jasper Ave, Edmonton. 780 488 2266  
Arthritis Association of Edmonton,  
11420 142 St, Edmonton.

780 425 8792

#### Canadian Cancer Society,

1200 College Plaza, 8215 112 St,  
Edmonton. 780 455 7181

Canadian Diabetes Association,  
1010, 10117 Jasper Ave, Edmonton.  
780 423 1232

#### Canadian Hard of Hearing

Association Edmonton Branch,  
Edmonton. 780 436 5677

Canadian National Institute for the  
Blind, 12010 Jasper Ave, Edmonton.  
780 488 4871

Huntington Disease Resource  
Centre, 10707 29 Ave, Edmonton.  
780 434 3229

Native Seniors Centre, Edmonton.  
780 476 6595

Northgate Lions Senior Citizens'  
Centre, Edmonton. 780 496 7355

Parkinson's Society of Alberta,  
Room 3Y18 Edmonton General  
Continuing Care Centre, 11111  
Jasper Ave, Edmonton. 780 482 8993

Safely Home Alzheimer  
Wandering Registry, Edmonton.  
780 488 2266

Screen Test: Alberta Program  
for the Early Detection of Breast  
Cancer, 311 Kingsway Garden  
Mall, Edmonton. 780 474 4300

Seniors Abuse Help Line,  
Edmonton. 780 454 8888

Seniors Information Line,  
Edmonton. 800 642 3853

## Aspen

### ASPEN REGIONAL HEALTH AUTHORITY

Provincial Building  
10003 100 St, Westlock T7P 2E8  
780 349 8705. www.aspenrha.ab.ca  
LTC facilities: 20

LTC info and assessment: contact  
the RHA.

## HOUSING RESOURCES

**St. Paul Seniors Information Services**, 3rd floor Provincial Building, 5025 49 Ave, St Paul. 780 645 6297

## OUTREACH, ADVOCACY AND SUPPORT

**Bonnyville Alzheimer Support Group**, 4602 47 Ave, Bonnyville. 780 826 3341

## Peace Country

### PEACE COUNTRY HEALTH

2101, 10320 99 St,  
Grande Prairie T8V 6J4  
780 538 5387. [www.pchr.ca](http://www.pchr.ca)  
LTC facilities: 11  
LTC info and assessment: contact nearest Community Health Centre (CHC) or the RHA.  
Beaverlodge CHC: 780 354 2647  
Fairview CHC: 780 835 4951  
Fox Office CHC: 780 622 3730  
Grande Cache CHC: 780 827 3504  
Grande Prairie CHC: 780 532 4447  
Spirit River CHC: 780 864 3063  
Valleyview CHC: 780 524 3338  
Worsley CHC: 780 685 3752

## HOUSING RESOURCES

**Alberta Seniors Information Services Office**, Suite 1501 Provincial Building, 10320 99 St, Grande Prairie. 780 538 5300  
**Council on Aging Seniors Outreach**  
102, 9905 101 Ave,  
Grande Prairie. 780 539 6255  
**Gift Lake Métis Settlement Elders Centre**, Gift Lake.  
780 767 2757

## OUTREACH, ADVOCACY AND SUPPORT

**Seniors Outreach**,  
102, 9905 101 Ave,  
Grande Prairie. 780 539 6255  
**Victorian Order of Nurses**,  
121, 11330 106 St, Grande Prairie.  
780 402 2508

## Northern Lights

### NORTHERN LIGHTS HEALTH REGION

7 Hospital St,  
Fort McMurray T9H 1P2  
780 791 6024. [www.nlhr.ca](http://www.nlhr.ca)  
LTC facilities: 5  
To access Continuing Care Services, call the Home Care Senior Nurse: 780 791 6251

## HOUSING RESOURCES

**Rotary House Lodge**  
10116 Fraser Ave, Fort McMurray  
780 791 1164  
**Salvation Army Seniors**  
9919 MacDonald Ave,  
Fort McMurray.  
780 743 4135  
**Wood Buffalo Housing & Development Corporation**  
Fort McMurray. 780 799 4048

## OUTREACH, ADVOCACY AND SUPPORT

**CanSurmount Cancer**,  
Fort McMurray. 780 791 0714  
**Seniors Outreach Program**, 3rd Flr,  
9909 Franklin Ave, Fort McMurray.  
780 743 7870  
toll free: 800 973 9663 ext.7910

## Province-wide Resources

**Alberta Senior Citizens' Housing Association (ASCHA)**  
9711 47 Ave, Edmonton T6E 5M7  
780 439 6473. [www.ascha.com](http://www.ascha.com)  
Search the free Provincial Seniors Housing Registry for accommodations with all levels of care. Listings are extremely detailed yet easy to follow. The printed version is available from ASCHA for \$15 plus GST and shipping.

**Alberta Seniors Housing Services Division**  
Box 927, Edmonton T5J 2L8  
800 642 3853.  
[www.seniors.gov.ab.ca](http://www.seniors.gov.ab.ca)  
Contact Alberta Seniors about the seniors lodge program, seniors self-contained housing program and the home adaptation program.

**Alberta Caregivers Association (ACA)**  
780 447 9301.  
[www.albertacaregiversassociation.org](http://www.albertacaregiversassociation.org)  
While not devoted to seniors housing, the ACA supports people who are caring for chronically ill adults.

**Alberta Long Term Care Association (ALTCA)**  
780 435 0699.  
[www.longtermcare.ab.ca](http://www.longtermcare.ab.ca)  
The Alberta Care Directory, a complete listing of Long Term Care facilities throughout the province, is available for free at public libraries, MLA offices, RHA offices, by calling the ALTCA or through their website.

**The Care Guide**  
Canada-wide, [www.thecareguide.com](http://www.thecareguide.com) provides a searchable and comprehensive housing database for Alberta. Free copies of the print version of The Care Guide can be found at most seniors' resource centres and RHA offices.