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 waitlist 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
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

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
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 3rd 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 3rd Street, Brooks. 403 362 4131
Senior Citizens Advisory Committee, Medicine Hat. 403 529 8385
Seniors Outreach, Medicine Hat. 403 502 8718
Stoke Recovery Association, Medicine Hat. 403 526 6764

**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 14th 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.mcfcycling.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 17th 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 6th 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 17th 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 54th 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 11th 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,**
6114 - 1213 4th St SW, Calgary. 403 943 2330

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

**Family Caregiver Centre,**
Kerby Centre 1133 7 Ave SW, Calgary. 403 277 5875

**Kerby Centre for the 60 Plus,**
Kerby Centre 1133 7 Ave SW, Calgary. 403 277 5875

**Palliser Health Region**
403 529 8042. www.palliserhealth.ca

**Seniors Outreach Society,**
Brooks & District Seniors Outreach, Medicine Hat. 403 529 8385

**Senior Citizens Association,**
200, 1829 54th St SE, Calgary. 403 280 7642

**SeniorConnect,**
Calgary. 403 284 7700

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

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

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

Capital

CAPITAL HEALTH
112 Walter Mackenzie Centre
8440 112 St, Edmonton T6G 2B7
780 497 8008. www.capitalhealth.ca
LTC facilities: 42
Community Care Access, LTC info and assessment: 780 496 1300

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.

OUTREACH, ADVOCACY AND SUPPORT
Alberta Retired Teachers’ Association, 403 Barnett House
11010 142 St, Edmonton.
780 447 9474

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

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

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

CanSurmount Cancer,
Fort McMurray. 780 791 0714

Northern Lights

NORTHERN LIGHTS HEALTH REGION
7 Hospital St,
Fort McMurray T9H 1P2
780 791 6024. www.nlhr.ca

LTC facilities: 5
To access Continuing Care Services, call the Home Care Senior Nurse: 780 791 6251

OUTREACH, ADVOCACY AND SUPPORT
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

Province-wide Resources

Alberta Senior Citizens’ Housing Association (ASCHA)
9711 47 Ave, Edmonton T6E 5M7
780 439 6473. 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
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
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
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 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.