

Seniors Resources & Supports

HOME Supports

Innisfail Helping Hands: (403) 350-9175
Helping Hands Red Deer: (403) 346-7777
Comfort Keepers: (587) 802-3365
Nurse Next Door: (403) 506-3304
Home Instead: In-Home Senior Care:
(403) 222-0393
AHS Continuing Care Access Line:
1-855-371-4122
Central Alberta Palliative Care: (403) 596-3764
Boomer Movers: (403) 586-1070
Simply Sorted Co: (403) 357-9029
Mint & Harmony Home Organizing:
(403) 896-6504

FOOD/FINANCIAL/HOUSING

Red Deer Food Bank & Pantry: Walk-in basis only. 10, 7429 49 Ave. Red Deer T4P 1N2
Innisfail & Area Food Bank: (403) 227-0600
Red Deer County Frozen Meal Program:
(403) 350-2150
Seniors Financial Assistance & Benefits:
1-877-644-9992 & sfa.alberta.ca
Alberta Supports Red Deer office:
1-877-644-9992 or (403) 340-5353
Emergency Income Support: 1-866-644-5135
Canada Revenue Agency (CRA): 1-800-959-8281 / 1-800-387-1193 (Benefits Inquiries)
Service Canada: 1-800-622-6232
Alberta Aids to Daily Living: Toll Free: 310-0000, when prompted, dial 780-427-0731
Veterans Affairs Canada: 1-866-522-2122
Salvation Army Innisfail: (403) 227-1880
Parkland Foundation (Housing for Seniors):
(403) 227-3412
Red Deer Housing Authority: (403) 343-2177
Bridges Community Living: (403) 343-1077
CAWES Women's Shelter: 1-888-346-5643
Golden Circle Housing Lists:
<https://goldencircle.ca/outreach/housing-list/>
Alberta Seniors Housing Directory:
<https://housingdirectory.ascha.com/>

HEALTH/WELLNESS Supports

Health Link Alberta: Call 811
Lifeline: (403) 343-4550
Primary Care Network (PCN): (403) 343-9100
Alzheimer Society Red Deer: 1-866-950-5465
Diabetes Specialty Clinic (AHS): 1-877-314-6997
Feet Terrific Nursing Footcare: (587) 731-3338
Public Health Nutrition: (403) 356-6387
Mental Health Help Line: 1-877-303-2642
Canadian Mental Health Association:
(403) 342-2266
The Lending Cupboard: (403) 356-1678
Penhold Medical Clinic: (403) 573-4828
Penhold IDA Pharmacy: (403) 886-4466
Penhold Pharmasave: (403) 573-0555
Penhold Dental Care: (403) 886-7665

OTHER Supports

Alberta 211: Call 211
Penhold Seniors Drop In Centre: (403) 886-2999
Golden Circle Outreach: (403) 343-6074
Family Services of Central Alberta:
(403) 343-6400
Caregiver Connections: (403) 342-2266
Caregivers Alberta: 1-877-453-5088
Innisfail PACE Transportation: (403) 227-0677
Drive Happiness: (780) 424-5438
Utilities Consumer Advocate: 310-4822
Career Assistance Network: (403) 341-7811
Employment Placement & Support Services:
(403) 343-6249

LEGAL/ADVOCACY

Alberta Abuse Helpline: 1-855-443-5722
Non-Emergency Elder Abuse Information Resource Line: (403) 346-6076 or 1-877-454-2580
Office of the Alberta Health Advocates:
Toll Free: 310-0000, when prompted, dial 780-422-1812
Office of the Public Guardian & Trustee:
(403) 340-5165 or 1-877-427-4525
Protection for Persons in Care Reporting Line:
1-888-357-9339
Central Alberta Community Legal Clinic:
(403) 314-9129 or 1-877-314-9129
Legal Aid: 1-866-845-3425
Fraud/Scams: Call local police detachment & Canadian Anti-Fraud Centre 1-888-495-8501