

Seniors Resources & Supports

HOME Supports

Helping Hands Red Deer: (403) 346-7777
Comfort Keepers Red Deer: (403) 347-3730
Nurse Next Door: (403) 506-3304
Home Instead: In-Home Senior Care:
(587) 802-9798
Continuing Care Access (AHS): 1-855-371-4122
Rural Care Co (formerly Central Alberta Palliative Care): (403) 596-3764
Boomer Movers: (403) 586-1070
Simply Sorted Co: (587) 484-0541
Mint & Harmony Home Organizing:
(403) 896-6504

FOOD/FINANCIAL/HOUSING

Red Deer Food Bank & Pantry: Walk-Ins 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 Programs:
1-877-644-9992,
alberta.ca/seniors-financial-assistance
Red Deer - Alberta Supports Centre:
1-877-644-9992 or (403) 340-5353
Emergency Financial Assistance:
1-866-644-5135
Canada Revenue Agency (CRA):
1-800-959-8281
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 Red Deer: (403) 346-2251
Parkland Foundation (Housing for Seniors):
(403) 227-4180
Red Deer Housing Authority: (403) 343-2177
Bridges Community Living: (403) 343-1077
CAWES Women's Shelter (24 Hour Helpline):
1-888-346-5643
Golden Circle Housing Lists:
www.goldencircle.ca
Alberta Seniors Housing Directory:
housingdirectory.ascha.com
Alberta's Affordable Housing:
findhousing.alberta.ca

HEALTH/WELLNESS Supports

Health Link Alberta: Call 811
Lifeline: (403) 343-4550
Primary Care Network (PCN): (403) 789-0307
Supervised Exercise Program (PCN) - Penhold:
(587) 484-0476
Alzheimer Society Red Deer: 1-866-950-5465
Feet First Foot Care: (403) 506-6038
Feet Terrific Nursing Footcare: (587) 731-3338
Alberta Healthy Living Program:
1-877-314-6997
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: (825) 819-0339

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: 1-888-336-4503 or
(780) 424-5438
Utilities Consumer Advocate: 310-4822
Henday Association for Lifelong Learning:
(403) 227-2866
Career Assistance Network: (403) 341-7811

LEGAL/ADVOCACY

Abuse Helpline: 1-855-443-5722
Elder Abuse Information Line: 1-877-454-2580
Office of the Alberta Health Advocates:
(780) 422-1812 Toll Free: 310-0000, before the
phone number
Office of the Public Guardian & Trustee (OPGT):
(403) 340-5165
**Office of the Advocate for Persons with
Disabilities:** 1-800-272-8841
Protection for Persons in Care Line:
1-888-357-9339
Community Legal Clinic (Central Alberta):
(403) 314-9129 or 1-877-314-9129
Legal Aid: 1-866-845-3425