



# Home Care

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Keeping You Well and Independent

For more information  
Email: [continuingcare@ahs.ca](mailto:continuingcare@ahs.ca)

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**Seniors Health &  
Continuing Care**  
Home Care



# Home Care Services

## What is home care?

Home care is a service to help you or your loved one remain safe and independent as long as possible. Home care includes professional and personal care services.



## Who is eligible for home care?

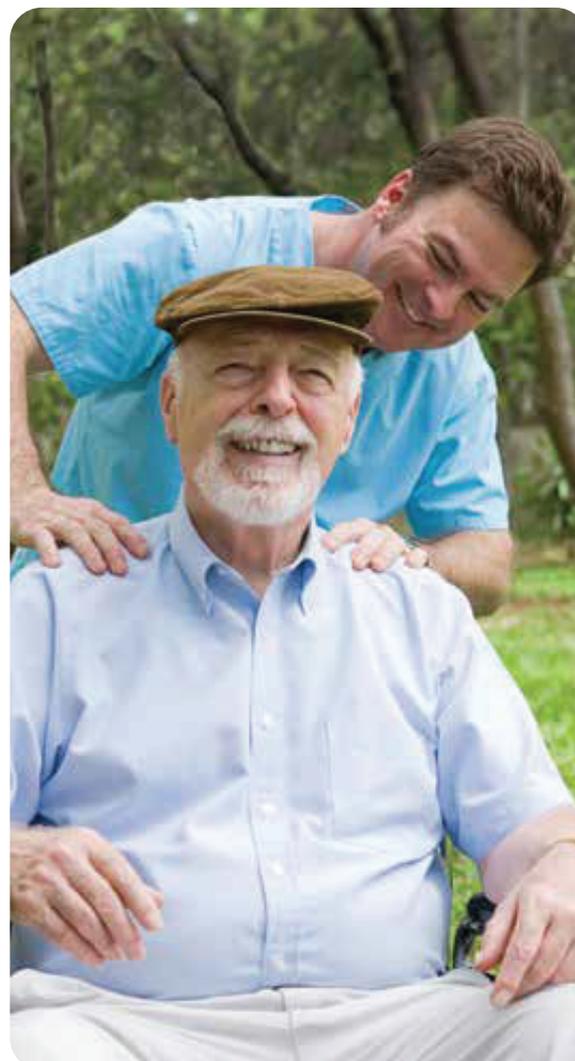
Anyone living in Alberta with a valid healthcare card can receive home care services as long as their needs can be safely met at home.

## Home care case managers

Home care case managers use standardized assessment tools to identify your needs and to link you and your loved ones with the most appropriate medical supplies or assistive equipment and technology.

## Professional health services include:

- prevention, screening and intake;
- assessment of health status and/or medical conditions;
- performing treatment and procedures;
- rehabilitation to maximize function;
- medication administration;
- palliative or end-of-life care;
- teaching and supervising self-care;
- teaching care and procedures to family members and other caregivers; and
- teaching and supervising home support service providers
- providing individual care and performing assigned activities.





### Personal care services include:

- personal hygiene (bathing and grooming);
- dressing;
- toileting and incontinence management;
- mobilization and transferring;
- assisting with dining, oral care; and with medications.

Some home care clients may require and receive home and community support services including services directed toward meeting therapeutic recreation and social needs and support with activities to live independently in the community.

Some home care clients may require and receive caregiver support and respite services to help the people who support them to stay well as they carry out care tasks. These services may include information and help to access services, education, skills training and respite care.

### How is my need for home care services determined?

Your care needs will be assessed by a case manager with your help. Together with your caregivers, you and your case manager will create a plan of care just for you.

### Who provides my care?

Your case manager has the support of a team of local healthcare professionals to assist in your care. Depending on your needs, the healthcare team may include your family physician, nurses, physiotherapists, pharmacists, healthcare aides, and others.

### Where are home care services delivered?

Services may be provided in your home or in a clinic setting. Flexibility exists to deliver services in a variety of other settings.



# Home Care Services

You can request home care services by calling the appropriate number below.

**North:**

1-855-371-4122

**Edmonton:**

1-780-496-1300

**Central:**

1-855-371-4122

**Calgary:**

1-403-943-1920 or  
1-888-943-1920

**South Zone:**

1-866-388-6380

Family, friends, neighbours or health professionals can also call on your behalf.

## For further information:



**email: [continuingcare@ahs.ca](mailto:continuingcare@ahs.ca)**