



Cochrane & Area Older Adult Resource Booklet



connecting
DOTS
Dementia & Other Therapies / Services



Published 2023

Disclaimer

The DOTS Committee (Dementia & other Therapies/Services) have crafted this booklet as a support to Cochrane and area older adults and those that support them. We hope that you find this resource booklet valuable. As programs and services are ever changing, we understand that some services may have inadvertently been missed. At the time of printing, the information regarding the resource listings contained within this booklet were accurate.

This information is provided for informational purposes only. While efforts are made to ensure it is accurate, no guarantee of the accuracy of the information in this booklet is given. The information about services and service providers does not constitute an endorsement or recommendation by the Town of Cochrane or DOTS Committee. The Town of Cochrane or DOTS Committee assumes no liability of any kind for the information contained in this booklet.

Calling Toll Free in Alberta

Dial 403-310-0000 prior to the area code and telephone number for toll-free, province-wide access. From a cellular telephone enter #310 (for Telus-Bell) or *310 (for Rogers Wireless).

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QUICK REFERENCE CONTACTS

In case of emergency: **Dial 911**

RCMP (non-emergency) **403-932-2213**

**211 Inform Alberta (24hr)
Community & Social Services** **Dial 211**

811 HEALTHlink Alberta (24hr) **Dial 811**
For all non-emergency health questions

Cochrane & Area Victim Services **403-851-8055**

Cochrane Urgent Care Centre **403-851-6000**

Distress Centre (24hr) **403-266-4357**
Serves Calgary, Cochrane & surrounding areas

Elder Abuse Crisis Line (24hr) **403-705-3250**
Elder abuse is any action or inaction by self or others that jeopardizes the health and well being of an older adult.

Mental Health Help Line (24hr) **1-877-303-2642**



NOTES



COMMUNITY RESOURCES

Bragg Creek Snowbirds Seniors Fellowship

19 Balsam Ave., Bragg Creek, AB

403-949-3313

Email: braggsnowbirds@gmail.com

A social club for members 50+. Social activities, events, education, monthly dinners and much more. Come and mingle with other seniors.

Cochrane & Area Resources & Essential Services (CARES)

Website: www.cochranecares.com

(also available as a phone app)

This website and app expands on further services and resources in the community and how to receive assistance.

Family & Community Support Services (FCSS)

209 Second Ave. W, Cochrane AB

403-851-2250

Email: fcss@cochrane.ca

FCSS provides services for older adults including information, programs, workshops, supports and referrals. FCSS also supports people experiencing challenges meeting their basic needs, managing finances, coping with significant changes in their lives or stressors in their personal or family relationships. Programs and services include, but aren't limited to:

- **Cochrane Connect Card:** Provides a discount for low income individuals and families to access multiple community programs and services.
- **Food Hampers:** The Food Hamper Program (sponsored by the Cochrane Activettes) is intended to provide food hampers to families and individuals who find themselves in a temporary, difficult situation.

- **Government Forms:** Information and support with government benefits, forms and programs.
- **Income Tax Program:** Free income tax services provided for lower income persons.
- **Meals on Wheels for Your Freezer:** An opportunity for individuals to receive healthy, well balanced meals that are delivered directly to their place of residence. These meals are frozen, making it easier to make and time convenient.
- **Programs and Events for Seniors:** Free or low cost in partnership with local organizations for adults 50+.
- **Seniors Property Tax Rebate Program:** A rebate on municipal property taxes for eligible seniors.
- **Volunteer Opportunities**
Website: volunteerconnector.org
Email: volunteer.services@cochrane.ca
 Learn about different volunteer opportunities in Cochrane and area.

Heart to Home Meals

1-866-933-1516

Budget friendly options for people looking for nutritious and accessible foods. Price includes free delivery in Cochrane.

Helping Hands Society of Cochrane and Area

PO Box 1045, Cochrane AB

587-580-9448

Website: helpinghandscochrane.ca

Individuals and families in need are matched up with volunteers who are willing to lend a hand. Need help with some lawn care? Sidewalk need shoveling? Volunteers are available to help with things like small repairs around the house, a friendly chat, moving, or providing a ride to essential appointments.

Community Resources....continued

Helping Hands Free Food Sheds

*East End: St. Andrew's United Church parking lot,
128 First Str E*

*West End: Bow Valley Baptist Church West side of building,
54 West Aarsby Rd*

Take what you need. Give what you can. Providing food security while tackling food waste.

Meals to Go (Big Hill Lodge)

403-932-3355

Hot meals delivered during lunch hour from Monday to Friday. Not available on holidays. Must be 65+ to apply.

Seniors on the Bow

403-932-6002

Spray Lake Sawmills Family Sports Centre

Second floor, 800 Griffin Rd E, Cochrane, AB

Website: www.cochrane.ca/257/Seniors-on-the-Bow-Centre

Provides a wide variety of programs and resources for adults 50+ in Cochrane and surrounding areas.



HEALTH RESOURCES (PHONE/ONLINE)

Access Mental Health **1-844-943-1500**

*Mental Health & addiction Services for Cochrane and Area
60 Grande Blvd, Cochrane AB*

Website: www.albertahealthservices.ca

Provides information, consultation and referral to individuals who have addiction and/or mental health concerns.

Clinicians work over the telephone to help people navigate the addiction and mental health system. They are familiar with both Alberta Health Services and community based programs and will explore options and direct/refer clients to the most appropriate resource to meet their needs.

Alberta Health Link **Dial 811** **& My Health Alberta Website**

Website: myhealth.alberta.ca and search for “seniors”

Free, quick and easy health advice from a registered nurse 24/7. Albertans can also receive specialized dementia advice through this service. The website gives trustworthy medical advice, information and videos.

Alberta Health Services **403-310-0000**

Website: www.albertahealthservices.ca **1-780-427-1432**

Cochrane Addictions **403-851-6100** **& Mental Health** **Addictions Help Line (24hr)** **1-866-332-2322**

HEALTH RESOURCES

Care in the Creek Medical Centre **403-949-2457**

Suite 11, 20 White Ave, Bragg Creek, AB

Website: www.careinthecreek.com

Cochrane Community Health Care **403-851-6000**

60 Grande Blvd., Cochrane, AB

Website: www.albertahealthservices.ca

More than 20 health services in one location: Addiction/
Mental Health; COPD & Asthma; Public Health; Home
Care; Lab Services; Living Well with a Chronic Condition;
Oral Health; Speech Therapy; Urgent Care.

Cochrane Medical Clinic **403-932-3145**

116 Centre Ave, Cochrane, AB

Website: www.cochranemedicalclinic.ca

Fireside Family Health **587-551-3348**

7111, 50 Fireside Gate, Cochrane, AB

Website: www.firesidefamilyhealth.ca

First Choice Medical Center **587-493-1163**

314 First Str E, Cochrane, AB

Laboratory Services **1-877-702-4486**

DynaLIFE (Cochrane location)

60 Grande Blvd., Cochrane, AB

Website: <https://qme.dynalife.ca>

Maple Leaf Health Centre **403-981-0911**

5102, 50 Fireside Gate, Cochrane, AB

Website: www.mlhcs.ca

Mayfair Diagnostics Cochrane 403-777-3000

Unit 1123, 116 Grande Blvd, Cochrane, AB

Offers ultrasound, mammography and bone densitometry imaging exams. For more information, including the latest health and wellness news, visit radiology.ca.

Oasis Medical Centre 403-932-2022

102, 100 Grande Blvd., Cochrane, AB

Website: www.oasismedicalclinic.ca

Oasis Medical Centre, Rexall 403-907-0490

Unit 1129, 320 Fifth Ave, Cochrane, AB

Website: www.oasismedicalclinic.ca

Prairie Moon Medical 403-981-1466

219, 100 Grande Blvd, Cochrane, AB

Website: <https://prairiemoonmedical.com>

Sage Family Clinic

6, 204 Fifth Ave W Cochrane, AB

Website: <https://sagefamilyclinic.com>

Sage Family Clinic is a micro-practice.

Dr. Elkind: 403-981-7243

Dr. Torrie: 403-981-5854

Dr. Dembinski: 403-981-5851

Dr. Johnstone: 403-981-5850

Sunset Ridge Medical 403-840-0120

9113, 101 Sunset Dr. Cochrane, AB

Website: www.sunsetridgemedical.ca

Synergy Collaborative Health Clinic 403-981-1999

2201, 120 Fifth Ave W, Cochrane, AB

Website: <https://www.synergycochrane.com>

NOTES



DENTAL CLINICS

Airdrie & Cochrane Denture <i>214 Grande Blvd, Cochrane, AB</i>	403-932-4938
Bow River Dental Centre <i>104, 30 Bow Str, Cochrane, AB</i>	403-932-9889
Bragg Creek Dental <i>35 White Ave., Bragg Creek, AB</i>	403-949-2288
Cochrane Dental Centre <i>10, 402 Railway Str W, Cochrane, AB</i>	403-932-3031
Cochrane Dental Clinic <i>311 First Str E, Cochrane, AB</i>	403-932-5498
Cochrane Rise Dental <i>2117, 23 Heartland Blvd, Cochrane, AB</i>	403-851-1188
Cochrane Valley Dental <i>3101, 100 Horse Creek Rd, Cochrane, AB</i>	403-981-4151
Fifth Avenue Dental Clinic <i>2007, 120 Fifth Ave, Cochrane, AB</i>	403-932-9660
Fireside Dental Clinic <i>3101, 50 Fireside Gate, Cochrane, AB</i>	403-840-0084
Harvest Dental Care in Cochrane <i>3, 45 Bow Str, Cochrane, AB</i>	403-981-2588
My Mobile Dental Hygienist Dental Hygiene care in the comfort of your own home or office.	403-966-8755

Dental Clinics....continued

River Harmony Dental

587-493-0305

1137, 4A River Heights Dr, Cochrane, AB

Trey Petty Oral Health

403-441-8739

110, 2210 Second Str SW, Calgary, AB

Provides compassionate dental care for persons with general dental needs, and for those people who are medically complex needing oral health care.

Tristan Ziegenhagel Dentistry

403-932-2477

8, 201 Grande Blvd. W, Cochrane, AB

**True North Denture
& Implant Centre**

403-981-1338

115A, 115 Fourth Ave W, Cochrane, AB



HEARING CLINICS

Connect Hearing

16, 80 Bow Str, Cochrane, AB

403-981-5861

Destination Hearing

5, 214 Grande Blvd, Cochrane, AB

403-981-5861

1-855-905-4327

Hear Right Canada

6, 57 West Aarsby Rd, Cochrane, AB

825-509-4327

FOOT CARE CLINICS

Ohana Care

102, 50 Grande Blvd, Cochrane, AB

403-300-2273

The Foot Institute Cochrane

102, 100 Grande Blvd., Cochrane, AB.

403-242-3668

NOTES

PHYSIOTHERAPY CLINICS

B Well Physiotherapy

403-981-6977

8, 123 Second Ave W, Cochrane, AB

Cochrane Physiotherapy Clinic

403-932-4909

211, 100 Grande Blvd, Cochrane, AB

**Cochrane Sport Physiotherapy
& Massage**

403-932-1088

800 Griffin Rd E, Cochrane, AB

Equus Physio

587-493-0444

16, 205 First Str E, Cochrane, AB

**Sunshine Physiotherapy and
Sports Rehabilitation**

403-981-1991

Bay 5, 123 Second Ave W, Cochrane, AB

NOTES

PHARMACIES

Weekly/monthly pill organizer packaging available at no cost at pharmacies below. Call individual locations for prescribing pharmacists.

Cochrane Rexall Drugstore **403-932-3444**
Unit 1129, 320 Fifth Ave, Cochrane, AB

Heartland Value Drug Mart **587-207-5444**
2121, 23 Heartland Blvd, Cochrane, AB
Senior discount, free medication delivery, compounding pharmacy, prescribing pharmacist, vaccines, diabetic educator, compression stockings, rapid antigen/PCR tests for travel.

IDA Cochrane Pharmacy **587-493-0551**
5, 118 First Ave. W, Cochrane, AB

IDA Fireside Pharmacy **403-981-1500**
5102 Fireside Gate, Cochrane, AB
Seniors discount, home visits, medication delivery, compounding medicine.

No Frills Pharmacy **1-866-987-6453**
210 Fifth Ave W, Cochrane AB
Delivery service.

Safeway Pharmacy **403-851-1279**
304 Fifth Ave., Cochrane, AB
Compounding medication.

Sandstone Pharmacies, Bragg Creek **403-949-3177**
20 White Ave, Bragg Creek, AB
Seniors day discount, compounding medicine.

Pharmacies....continued

Save On Foods Pharmacy

403-932-3222

65 Bow Str, Cochrane, AB

15% Senior discount, compression sock fitting, prescribing pharmacist.

Shoppers Pharmacy

403-851-3568

120 Fifth Ave W, Cochrane, AB

Delivery, vaccines, travel clinic, compression stocking fittings, Seniors Day every Thursday.

Sunset Ridge Pharmacy

403-851-5517

3109, 101 Sunset Dr, Cochrane, AB

Compounding medicine, delivery, diabetes and hypertension management, strep throat testing, travel vaccinations.

Two Pharmacy

403-932-2500

105, 100 Grande Blvd., Cochrane, AB

Website: www.twopharmacy.ca

Compounding medicine, 10% senior discount, delivery, travel clinic, home healthcare department.

Walmart Pharmacy

403-851-3040

15 Quarry Str, Cochrane, AB



NOTES

HOME CARE SUPPORTS

Adult Day Support Program (ADL) 403-851-6060

Home Care referral is required. ADL is a wellness program for adults in and around the Cochrane area that provides wellness programming and is currently offered through the Bethany Care Centre. Adult Day Programs are designed for adults 18+ who may have physical and/or memory challenges or are living with a chronic illness. They play a key role in allowing people to remain living in the community as long as possible by optimizing their level of physical, spiritual, social and emotional function. Adult Day Programs also provide respite and education for caregivers.

Alberta Aids to Daily Living (AADL) 403-310-0000 780-427-0731

Helps eligible people with long term disability or illness remain at home by offering financial assistance for the purchase of medical equipment and supplies.

Cochrane Legion (Branch 015-Men of Vision) 403-932-2011

114 Fifth Ave., Cochrane, AB

Email: cochranelegion@shaw.ca

Are you in need of a wheelchair, support poles, walkers, canes, crutches, shower chairs? We have a limited supply here for free! Call or email for details.

RAMP 1-877-427-5760 Residential Access Modification Program

A program that helps people with mobility challenges to modify their homes to be more accessible.

**Red Cross Health Equipment
Loan Program**

403-273-4426

7, 3140 –14 Ave NE, Calgary, AB

The health equipment loan program takes donations of equipment and can provide equipment rentals for up to 6 months with a referral from a health professional.

Two Pharmacy

403-932-2500

Website: www.twopharmacy.ca

Providing sales and rentals of a wide range of medical aids and equipment.



NOTES

HOME CARE SERVICE PROVIDERS

Alberta Health Services

Cochrane Home Care Services 403-851-6060

Home Care Intake Line 403-943-1920

Cochrane Community Health Centre

60 Grande Boulevard Cochrane, AB

Website: <https://ahpca.ca/home-care-cochrane-home-care>

Home Care services are provided as a complement to the care provided by family, friends, neighbours and the community at large.

All services provided through Home Care are based on an assessment and development of a care plan. Services that may be included in a care plan: professional nursing, personal care, respite and palliative care.

Please note: none of the following agencies are endorsed by Alberta Health Services.

Updated May 3, 2021

Auburn Bay Health 1-888-862-8161

Website: www.auburnbayhealth.com

Bayshore Home Health Care 403-776-0460

Website: www.bayshore.ca

Calgary Elder Care 403-464-2455

Website: www.calgaryeldercare.com

Care to Share Senior Services Inc. 403-567-1923

Website: www.caretoshare.ca

Classic Life Care 403-242-2750

Website: www.classiclifecare.com

Elizz Personal Care Website: www.elizz.com	1-855-275-3549
Focus on Caring Website: www.focusoncaring.com	403-264-3839
Global Senior Care Website: www.globalseniorcareservices.com	403-452-4555
Home Instead Senior Care Inc. Website: www.homeinstead.com/calgary	403-984-9225
Nurse Next Door Website: www.nursenextdoor.com	1-866-318-7932 403-454-1399
Qualicare Website: www.homecarecalgary.com	403-768-3154
Retire-At-Home-Services Website: www.RetireAtHomeCalgary.com	403-239-2558
Right At Home Website: www.rightathomecanada.com/calgary/	403-869-8294
Rocky View Private Health Care (Local to Cochrane) Website: www.info@rockyviewprivatehealthcare.ca	587-534-2273
Senior Homecare by Angels Website: www.SeniorHomecareCalgary.com	403-862-0129
TTogether (Local to Cochrane)	403-813-7400
WeCare Website: www.cbi.ca/web/we-care-home-health-services	403-225-1222

HOUSING AND CARE FACILITIES

Bethany Care Cochrane

403-932-6422

1000, 32 Quigley Dr, Cochrane, AB

Website: bethanyseniors.com

Long term care facility that provides services for people with complex health needs who are unable to stay in own home or supportive living centres. Also hosts Home Care.

*Adult Day Program (*see Home Care Supports)

Bethany Care Supportive Living

403-932-8427

Quigley Manor is located inside Bethany Cochrane. It offers supportive living to active seniors. Private and semi-private suites are available for rent with residents having access to the private dining area and common spaces, as well as social and recreation programs. Provides level 1/2 care. Small pets are welcome.

Big Hill Lodge Rocky View Foundation

98 Carolina Dr, Cochrane, AB

403-945-9724

Website: www.rockyviewfoundation.org

Email: sch@rockyviewfoundaiton.org

Big Hill Lodge is a 75 resident independent and supportive living lodge with full service dining and other amenities.

Evergreen Manor Rocky View Foundation

300 Ross Ave, Cochrane, AB

403-945-9724

Website: www.rockyviewfoundation.org

Email: sch@rockyviewfoundation.org

Evergreen Manor offers 22 single bedroom apartments with kitchens for seniors in need of affordable housing.

Grande Avenue Village

403-851-8857

50 Grande Ave, Cochrane, AB

For seniors who want an active and independent lifestyle, without the worries of maintaining a home or depending on family for help.

Hawthorne Optima Living**403-840-0150***60 Fireside Gate, Cochrane, AB**Website: www.hawthorneseniors.ca*

Hawthorne, a beautiful four-storey community opened in the summer of 2019, is a seniors' living community with a cozy, country-cottage atmosphere, where every resident will feel comfortable and at home. It features modern amenities and living options and is dedicated to promoting maximum independence, choice, and dignity. The involvement of family, neighbours and friends is greatly encouraged. Residency at Hawthorne is for Memory Care and Supportive Living seniors and is based on referrals and assessments by Alberta Health Services.

Hospice Calgary**403-263-4525***1245, 70 Ave. SE, Calgary, AB**Website: www.hospicecalgary.com**Email: info@cochranehospicesociety.ca*

Hospice Calgary guides children, teens and adults in Calgary and surrounding areas through the grieving process as they face a life-threatening illness and the death of a loved one. We operate two centres of care: Sage Centre and Rosedale Hospice.

Kerby Centre, Calgary's Housing Directory for Seniors 2022*Website: <https://www.kerbycentre.com/housing-services/housing-directory/>*

A guide to seniors' housing and accommodation in Calgary and surrounding areas. Booklets are located at the exit doors of most local grocery stores.

NOTES

HOUSING DEFINITIONS

Independent Living Non-Profit Housing:

Non-profit agencies and/or organizations that provide housing for seniors or all age groups. Rent is lower than market level and income tested.

Home Care – Level 1: For those who live independently at home but need some assistance with services like housekeeping, healthcare needs and hygiene.

Supportive Living – Level 2: For those who are functionally independent. Provides meals in a central dining room, recreational activities, housekeeping and minor medical support or bus service for medical appointments. Some facilities have apartment style rooms with modified kitchens. Some facilities have rent that is lower than market level and is income tested.

Designated Supportive Living – Level 3 (DSL3):

Health and personal care supports are on site. Provides accommodation, meals, housekeeping, linen and recreational services. For individuals who are medically and physically stable, living with physical disability, mental health diagnoses, or mild dementia with no known risk of wandering, and who are not a risk to self or others.

Designated Supportive Living Level 4/4D

(DSL4/4D): Provides accommodation, meals, housekeeping, linen and recreational services. Provides a higher level of personal care supports and health care services onsite for scheduled and unscheduled care

needs according to the plan of care. DSL4 is for individuals who have more complex medical needs that are predictable and safely managed with onsite, professional nursing (LPN level) and the direction of the case manager, or those who may require chronic disease management. DSL4D is for individuals with moderate to severe dementia, who may have a high risk of wandering and unpredictable behaviours but who are not a safety risk to themselves or others.

Long Term Care – (also known as a Nursing Home): For those with highly complex health needs and whose care cannot be safely provided in their own home or in supportive living. Recreation staff offer leisure activities. Under the direction of a family physician, an on-site Registered Nurse supervises care with the support of Licensed Practical Nurses, Health Care Aides and other health-care providers.

Hospice: Hospices are available to individuals who are in their last days to weeks of life and whose care needs can no longer be met at home.

Sources:

- Alberta Health Services, Learn about Continuing Care
Website: <https://www.albertahealthservices.ca/cc/Page15497.aspx>
- Kerby Centre, Calgary's Housing Directory for Seniors 2022
Website: <https://www.kerbycentre.com/housing-services/housing-directory/>
- Rocky View Foundation
Website: www.rockyviewfoundation.org

SAFETY

Care Call

1-877-322-0334

Website: www.prioritycarecall.com

Life safety & independence for active living. GPS mobile units, lockboxes, fall detectors, panic buttons, home base units.

Finding Balance-Fall Prevention

780-492-6019

Website: www.findingbalancealberta.ca

Information designed to help prevent slips, trips and falls among older Albertans and Canadians.

Life Line

1-866-958-9037

Website: www.lifeline.ca

Lifeline is an easy-to-use medical alarm service designed to reduce the risk of living alone. In the event of a fall or emergency, help is available at the push of a button. Also provides services for GPS tracking/wandering pendant which tracks general location of a loved one.

Medic Alert Foundation Canada

1-800-668-1507

Website: www.medicalert.ca

Medic Alert is a nationwide program designed to help find the person who is lost and assist in a safe return home. This program is in place to assist people living in their homes and their family members who may require additional medical or physical assistance.

Telus Livingwell Companion™

1-888-461-1152

Website: www.lifecall.ca / contact@lifecall.ca

LifeCall is a personal emergency response system that allows seniors, the chronically ill or physically challenged to live safer and more independently.

NOTES

SUPPORTS AND ADDITIONAL RESOURCES

Alberta Council on Aging

1-888-423-9666

Website: www.acaging.ca

Alberta Council on Aging aims to improve the quality of life for seniors and encourage their participation in all aspects of community by educating seniors and the public and by advising government.

Alberta Supports Contact Centre

1-877-644-9992

Website: www.alberta.ca/alberta-supports

Alberta Supports Contact Centre provides information on social based programs and services offered by the Government of Alberta.

Alzheimer's Society of Calgary

403-290-0110

Website: www.alzheimercalgary.ca

1-877-569-4357

The Alzheimer's Society of Calgary works to improve the quality of life for people in and around Calgary impacted by dementia.

Big Hill Haven

403-796-6564

Website: www.bighillhaven.com

email: bighilloutreach@gmail.com

Offers support to women with or without children, experiencing abuse. They provide safe shelter spaces, outreach, support, education, information, referrals, resources, safety planning, risk assessment and advocacy.

Calgary MS Society

403-250-7090

150, 110 Quarry Park Blvd, Calgary AB

Website: mssociety.ca

The MS Society offers a variety of programs to help people affected by multiple sclerosis effectively manage and cope with the disease.

Calgary Seniors Resource Society **403-266-6200**

3639, 26 Str NE, Calgary AB

Website: www.calgaryseniors.org

Offering support through outreach, volunteer and community engagement programs to maintain quality of life.

Centre for Public Legal Education Alberta (CPLA)

Website: cplea.ca

A public legal education organization dedicated to making information about the law available in readable and understandable language for Albertans. Make better informed decisions about your daily life.

Cochrane and Area Hospice Society

Website: www.cochranehospicesociety.ca

The Hospice Society works in collaboration with Cochrane Home Care, and assists families experiencing an end of life journey, with a goal of keeping those with illnesses in their homes as long as possible. They can provide Comfort Kits, resources and palliative volunteers to assist with families. The Hospice Society also has programs, education sessions and grief support walks.

COMPASS for the Caregiver **1-877-453-5088**

Website: www.caregiversalberta.ca

Locally provided, facilitated group and one-on-one supports that help caregivers connect with others, navigate the system and look after themselves while providing care.

What is a Caregiver? “Anyone who supports someone with an illness or disability, or who’s caring for an aging friend or family member is a caregiver. Caregiving can be as intensive as living with the person you’re caring for or as simple as driving your loved one to a doctor’s appointment or mowing their lawn.” - Caregivers Alberta www.caregiversalberta.ca

Connecting DOTS Conversation Group **403-851-6100**

For those with a dementia diagnosis and their caregiver.
3rd Tuesday of the month.
Time: 1:30 – 3:00 pm

Enduring Power of Attorney & Personal Directive **1-877-427-4525**

Website: www.humanservices.alberta.ca/guardianship-trusteeship.html

Information regarding personal directives, supported decision-making agreements, an enduring power of attorney and wills.

Family Caregiver Centre **403-955-1674**

Available through: Bridgeland Seniors Health Centre
1070 McDougall Rd NE, Calgary, AB

Offers support for caregivers who are not paid including: connections to healthcare and community services; a supportive person to talk to; education programs; a library of books, videos and articles.

GriefShare **1-800-395-5755**

Email: info@griefshare.org

Visit www.griefshare.org/ to find a local session.

This website directs you to different sessions around Cochrane. GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences.



Group 66 Alberta Blue Cross Coverage for Seniors **403-234-9666**

Website: alberta.ca/seniors-health-benefits.aspx

Provided to all Alberta seniors citizens 65+. Premium-free coverage for prescription drugs and other health-related services.

Kerby Centre **403-265-0661**

Information, housing assistance, wellness centre, Kerby news, adult day program, various classes.

Kerby Rotary House (Elder Abuse Resource Line) **403-705-3250**

Provides shelter to individuals 55+ in crisis. Provides case management, assistance with housing and follow up in community.

**Office of Public Guardian/
Public Trustee** **403-297-3364**

Helps you understand how guardianship works and explains the process of trusteeship.

Parkinson's Society of Southern Alberta **403-243-9901**

120, 6835 Railway Str SE, Calgary AB

Website: www.parkinsonsassociation.ca

Local support group meets at 10am on the second Thursday of every month at St. Andrews United Church, 128 First Str E. Registration is encouraged for person with Parkinson's and caregiver.

Rocky View Immigrant Services **403-604-2377**

Website: www.ccisab.ca/services/rural-alberta-services

Providing free support services for immigrants and refugees new to Canada.

NOTES

TRANSPORTATION AND DRIVING SUPPORTS

Alberta Motor Association **1-833-374-8733**

Mature Driver's Course

*AMA Calgary Main,
4700, 17 Ave SW, Calgary, AB
Website: www.ama.ab.ca*

Offering courses and evaluations to help senior drivers stay safe on the road for as long as possible.

Bragg Creek Snowbirds **403-949-4147**

Seniors Fellowship

Volunteering Driver program (Bragg Creek and area seniors). Contact Roger Latham.

COLT **403-851-5995**

Website: www.ridecolt.ca

Download the app or call to book a ride.

On-demand local bus transit. Service hours are M-F: 6am-8pm, Sat: 9am-3pm, Sun: No Service. Wheelchair accessible. Single one-way ticket: \$2.50, Book of 10 tickets: \$20, Youth(6-18) and Student: \$25, Adult monthly pass: \$50, Senior monthly pass (60+): \$30.

One attendant may accompany you at no cost if assistance is required.

COLT & On-it Regional Service **403-851-5995**

Website: onitregionaltransit.ca

An easy and affordable option for people travelling between Cochrane and Calgary for work, school, shopping and social activities. Two routes available: Cochrane and Downtown Calgary or Cochrane and Brentwood LRT/University of Calgary. \$10 one-way ticket. Ticket packets and monthly passes available.

Drive Able **1-855-825-9538**

Offers cognitive assessments for driving. **403-252-2243**

**Helping Hands Volunteer
Driving Program** **587-580-9448**

Providing rides to medical and essential appointments.
Please book at least two weeks in advance.

Rocky View Regional Handibus **403-948-2887**
Website: www.rockyviewbus.ca **1-877-389-2887**

Any person who is unable to use regular transit facilities with safety and/or dignity is eligible. One attendant may accompany the rider at no cost if assistance is required, but prior notice must be given. Riders are requested to book at least 24hrs in advance.

Safety in Motion Inc. ® **403-932-3912**
Cochrane, AB

Email: safetyinmotion@telus.net

Provides a comprehensive on-road competency assessment for drivers who are medically at risk.

SWIFT Mîni Thnî Transit **403-703-6731**
Website: minithnitransit.ca

Stoney Nakoda Nations transit service provides service between four bus stops: Mîni Thnî (Morley), Chiniki Gas Bar, Stoney Nakoda Resort & Casino and Cochrane. \$5 single one-way fare. Ticket books available. Free fare zone between Mîni Thnî (Morley)/Chiniki Village. Ticket sales locations: Bearspaw Centex, Chiniki Gas Bar, Nakoda Resort & Casino, Stoney Tribal Administration Main Reception.

TAXI COMPANIES

Cochrane Cabs **587-576-4433**

Cochrane Taxi **403-851-8888**

LimeliteTaxi **403-369-6420**

Taxi4UCochrane **403-479-8294**

Website: www.taxi4u.ca

ADVANCE CARE PLANNING: GREEN SLEEVE

Website: <https://www.albertahealthservices.ca/info/Page12585.aspx>

A Green Sleeve is a plastic pocket that holds your advance care planning forms, your personal directive, your goals of care designation and a tracking record. It holds important legal forms that go with you through the healthcare system. In an emergency, Alberta Health Services medical providers can look at your Green Sleeve and know your healthcare wishes.

Keep your *Green Sleeve* on or near your fridge. This is where healthcare providers such as Emergency Medical Services will look for it. Any time you go to the hospital or to any healthcare provider, take your *Green Sleeve* with you.

The Green Sleeve belongs to you and should only have the most up to date forms inside.

You can obtain a Green Sleeve from any Alberta Health Services provider, such as a family doctor, or by ordering online.



Affix patient label within this box

Goals of Care Designation (GCD) Order

Date (yyyy-Mon-dd)		Time (hh:mm)					
Goals of Care Designation Order To order a Goals of Care Designation for this patient, check the appropriate Goals of Care Designation below and write your initials on the line below it. <i>(See reverse side for detailed definitions)</i>							
Check ▶	<input type="checkbox"/> R1	<input type="checkbox"/> R2	<input type="checkbox"/> R3	<input type="checkbox"/> M1	<input type="checkbox"/> M2	<input type="checkbox"/> C1	<input type="checkbox"/> C2
Initials ▶	_____	_____	_____	_____	_____	_____	_____
Check <input checked="" type="checkbox"/> here <input type="checkbox"/> if this GCD Order is an interim Order awaiting the outcome of a Dispute Resolution Process. Document further details on the ACP/GCD Tracking Record.							
Specify here if there are specific clarifications to this GCD Order. Document these clarifications on the ACP/GCD Tracking Record as well.							
_____ _____ _____ _____							
Patient's location of care where this GCD Order was ordered <i>(Home; or clinic or facility name)</i>							
Indicate which of the following apply regarding involvement of the Patient or alternate decision-maker (ADM) <input type="checkbox"/> This GCD has been ordered after relevant conversation with the patient. <input type="checkbox"/> This GCD has been ordered after relevant conversation with the alternate decision-maker (ADM), or others. <i>(Names of formally appointed or informal ADM's should be noted on the ACP/GCD Tracking Record)</i> <input type="checkbox"/> This is an interim GCD Order prior to conversation with patient or ADM.							
History/Current Status of GCD Order Indicate one of the following <input type="checkbox"/> This is the first GCD Order I am aware of for this patient. <input type="checkbox"/> This GCD Order is a revision from the most recent prior GCD <i>(See ACP/GCD Tracking Record for details of previous GCD Order)</i> . <input type="checkbox"/> This GCD Order is unchanged from the most recent prior GCD.							
Name of Physician/Designated Most Responsible Health Practitioner who has ordered this GCD					Discipline		
Signature					Date (yyyy-Mon-dd)		



This booklet is available online at www.cochrane.ca/fcss
To order more copies of this Resource Booklet:
403-851-2250

Family & Community Support Services (FCSS)

Location: 209 Second Ave W
Mailing Address: 101 RancheHouse Rd,
Cochrane, AB. T4C 2K8
Phone: 403-851-2250
Fax: 403-851-2260