

Resources For People With Long-Term Health Conditions in Calgary and Areas

Participants

CHILD CARE AND PARENTING

The Children's Cottage Society- Crisis Nursery

The 14 bed Crisis Nursery provides 24 hour free child care services for those families in crisis. Available for newborn to 8 years old, up to 72 hours in care.

24-hour Crisis line 403-233-2273 www.childrenscottage.ab.ca

The Children's Cottage Society – Community Respite Program

In-Home Infant Respite, Volunteer Daycare, Child Care Respite for short term.

24-hour Crisis line 403-233-2273 www.childrenscottage.ab.ca

Home-Start Calgary

Families with young children who are experiencing a wide range of difficulties such as feeling alone, new to Canada, illness in the family, post-partum depression, caring for twins or triplets, parent and/or family stresses. Support and practical assistance from a trained volunteer who will meet regularly with you in your home for up to one year.

North Calgary 403-660-6809, South Calgary 403-660-1136, www.boysandgirlsclubsofcalgary.ca

FINANCE—GENERAL

Employment Insurance Sickness Benefits

Employment Insurance (EI) provides Sickness Benefits to individuals who are unable to work because of sickness, injury, or quarantine. Individual maximums are: 15 weeks for sickness benefits; 15 weeks for maternity benefits; 35 weeks for parental benefits; 26 weeks for compassionate care benefits and 35 weeks for parents of critically ill children benefits. Special benefits may be paid in any combination during a benefit period, provided the claimant proves entitlement for each type of benefit claimed. A maximum of 50 weeks (or more) of benefits can be paid in the initial benefit period, when regular and special benefits are combined.

1-800-206-7218 www.canada.ca search for Employment Insurance Sickness Benefits

CPP Benefits

The Canada Pension Plan (CPP) provides contributors and their families with retirement, disability, children's benefits and survivor benefits. If you take it before age 65, your pension will be reduced, by up to 36% at age 60. If you take it after age 65, your pension may be larger, by up to 42% at age 70. www.canada.ca Visit one of the Services Canada offices.

Assured Income for the Severely Handicapped (AISH)

This program provides financial assistance & health benefits to adults (not receiving Old Age Security) with permanent disabilities that couldn't earn enough to support their living.

1-877-644-9992 www.alberta.ca

Income Support

Income Support from Alberta Supports or Alberta Works Centre provides finance, health & child support benefits to individuals and families 1) who do not have the resources to meet their basic needs; 2) You must not have income or assets that exceeds: \$5,000 in RRSPs per adult, \$10,000 equity in vehicles; 3) You do not have income that exceeds what you would receive from Income Support core benefits; 4) You do not have cash or savings that exceed the liquid asset

limit (the limit is generally three times the Income Support core benefit amount you would be eligible to receive; 5) You are willing to apply for other income programs that you may be eligible to receive (such as Employment Insurance) 1-877-644-9992 www.humanservices.alberta.ca/financial-support/689.html

Tax Credits for Medical Expenses and Disabilities

You can claim eligible medical expense tax credits and disability tax credits on your tax return. Individual tax inquiries: 1-800-959-8281 www.canada.ca

WCB (Worker's Compensation Board)

Benefits for injured or ill workers and their families. The benefits and services you receive will depend on the nature, length and severity of your injury or disease. Benefits include wage replacement, medical benefits, fatality and survivor benefits, expense reimbursement, vocational /employment. Examples of health care services: PT, chiropractic, expedited CT, MRI, bone scans. You can report your injury online. 1-866-922-9221 www.wcb.ab.ca

Kidney Foundation

Short term and emergency financial assistance may be available to residents of Canada to cover medical and other expenses associated with kidney disease and its treatment. This assistance is provided only when all other sources of funding have been exhausted. Assistance may include bursary, travel loans, compassionate loans. Applications to use these services must be made through the social worker in the local hospital's renal program. The social worker then provides the necessary assessment and recommendation to The Kidney Foundation. 1-800-268-1177 www.kidney.ca Search for financial assistance

FINANCE—SENIORS

Alberta Seniors Benefit (ASB)

This program provides a monthly cash benefit to low- and moderate-income seniors who are receiving OAS. 1-877-644-9992 www.alberta.ca/seniors-financial-assistance.cfm

Dental and Optical Assistance for Seniors

Maximum \$5,000 of coverage for eligible procedures in every 5 years under the Dental program and up to \$230 in every 3 years for prescription eyeglasses under the Optical program. Seniors need to meet the income requirements of the program and have resided in Alberta at least 3 months immediately before applying. 1-877-644-9992 www.alberta.ca/seniors-financial-assistance.cfm

Special Needs Assistance for Seniors

This program provides a lump-sum payment up to \$5000 to a qualifying low-income senior. 1-877-644-9992

Old Age Security (OAS)

This pension provides a monthly taxable benefit to seniors. 1-800-277-9914

Guaranteed Income Supplement (GIS)

This program provides a monthly non-taxable benefit to low-income Old Age Security recipients. 1-800-277-9914

Federal Allowance for People Aged 60-64

It is a benefit available to the spouses or common-law partners of Guaranteed Income Supplement recipients.
1-800-277-9914

MEALS

Meals-On-Wheel

Calgary Meals on Wheels can prepare and deliver nutritious and affordable meals to your door, 7 days a week regardless of your age or finances. They offer gluten-free, dairy-free, vegetarian, and religious observances and texture modifications. They deliver chilled or frozen meals and group meals. Cost based on income.
403-243-2834 www.mealsonwheels.com

Prepared Meals

Various programs offer prepared meals service. Some services will have delivery options, cost vary. Please check their information online.

- Cooking for you, 403-266-5464 www.cookingforyou.ca
- Meez Fast Home Cuisine 403-264-6336 www.meezcuisine.com
- Saffron Personal Chef Services 403-850-5008 www.saffronpersonalchef.com

Grocery delivery

Various programs offer grocery delivery services with a fee. Cost vary.

- Kerby Centre Senior Thrive Program, 403-234-6571 www.kerbycentre.com
Shop for, deliver, and put away groceries and prescribed medications
- Sunterra Market Place 403-287-0553 www.sunterramarket.com

Food Bank – free foods

Emergency food hampers up to 7 times per year. 403-253-2055 www.calgaryfoodbank.com

The Calgary Food Bank asks some personal questions like income and basic expenses, including rent, mortgage, utilities, childcare and medical to determine the needs. Call for an over the phone intake and to book a hamper.

Good Food Box

Fresh vegetables and fruit at lower cost, check depot locations and pick up times. www.gfbcalgary.com
Small-\$25 (20-25 lbs); Medium-\$30 (30-35 lbs); Large-\$35 (40-45 lbs)

MEDICATION AND EQUIPMENT COVERAGE

Alberta Aids to Daily Living Program -AADL

This program provides authorized medical equipment and supplies to enable persons who have a long-term disability or a chronic or terminal illness to live independently in a home or similar setting. AADL provides grant funding to support the Canadian National Institute for the Blind (CNIB) Specialized Technical Equipment Program (STEP) which provides consumer products and assistive technology to Albertans who are blind, partially sighted and deafblind.

General inquiry call Toll-Free: 310-0000, then 780-427-0731 www.alberta.ca

Home care clients in Calgary call: 403-943-1920

Non-home care clients in Calgary call: 403 955 6955

Alberta Health Benefit (Alberta Adult Health Benefit AAHB and Alberta Child Health Benefit ACHB)

This program provides premium-free health benefits for **individuals and families** with limited incomes. It pays for health services, such as ambulance services, eyeglasses, prescription drugs, diabetes supplies and dental care that are not covered by Alberta Health Care Insurance. 1-877-469-5437 www.alberta.ca

Diabetes supplies coverage -- Type II

ACHB, AAHB, AB Blue Cross Coverage for Seniors provide coverage for diabetes supplies: injection supplies, testing strips, lancets and penlets. 1-800-661-6995

Insulin Pump Therapy Program (IPT) -- Type I, Type 3c

This program provides funding for the cost of insulin pumps and pump supplies for Alberta residents with Type 1 and Type 3c diabetes that meet eligibility and clinical criteria. Call Toll-Free: 310-0000/780-427-2711, www.alberta.ca

Disease Control and Prevention Drugs

Prescription drugs for the treatment of tuberculosis and sexually transmitted disease are provided at no charge to the patient. Call Toll-Free: 310-0000/780-427-2711 www.alberta.ca

RAPID Program (Vision)

It allows patients with certain eye conditions to be treated with Avastin, Lucentis or Eylea to prevent vision loss. The full cost of all 3 drugs is paid for by the Alberta government with no co-payments. Call Toll-Free: 310-0000/780-427-2711, www.alberta.ca

Palliative Care Drug Coverage

This program provides premium-free co-payment drug coverage up to \$1000, diabetic supplies up to \$600, and ambulance services for patients who are in the end stage of a terminal illness and are treated at home. Call Toll-Free: 310-0000/780-427-2711, www.alberta.ca

Out Patient Cancer Drugs

AHCIP provides select medications used in the direct treatment of cancer to patients at no cost to registered Alberta cancer patients. Call Toll-Free: 310-0000/780-427-2711, www.alberta.ca

High Cost Drug Program

This program provides funding for drugs used in highly specialized procedures, such as organ transplants, HIV, and major heart surgeries and other health conditions. Call Toll-Free: 310-0000/780-427-2711, www.alberta.ca

Red Cross Health Equipment Loan Program

Red Cross provides Short Term Loan Program of medical and health equipment aids for up to 6 months. Referral from a health care professional required. 403-273-4426 www.redcross.ca

Residential Access Modification Program – RAMP

RAMP program provides grants to help lower-income Albertans with mobility challenges modify their homes so they can enter and move around more easily. Up to \$7,500 per grant, please check the website for eligibility and information. 1-877-427-5760 www.Alberta.ca

SUPPORT PROGRAMS

Adult Day Support Program

These programs are designed for adults (over 18 years of age) who may have physical and/or memory challenges or are living with a chronic illness. They provide clients with a regular outing one or two times a week and caregivers with a break. 403 943 1920 www.ahs.ca

Alberta Healthy Living Program

Supervised exercise classes and support classes for people with chronic diseases. One- on-one meeting with professionals. Disease-specific education classes and online courses are open to everyone and free. English 403 943 2584, Cantonese & Mandarin 403 955 6857, Hindi & Punjabi 403 955 6856 www.ahs.ca

CNIB – Canadian National Institute for the Blind

Rehabilitation and support services, CNIB Library, products and assistive technologies and group support programs available. 1-800-563-2642 www.cnib.ca

Diabetes Association

Education, support & various programs available to people with diabetes. 1-800-226-8464 www.diabetes.ca

Home Care- Alberta Health Services

Home Care is publicly funded personal and health care services for clients of all ages living in a private residence. Clients may choose other services for a fee such as housekeeping, transportation or grocery delivery. Needs are assessed and a care plan is made. 1-888-943-1920 www.ahs.ca

Persons with Developmental Disabilities (PDD)

This program provides funding for staff-supports for adult Albertans with developmental disabilities. Services are provided to support individuals in their home, work and social environments based on individual need. 403-297-5011 www.alberta.ca/disability-supports.aspx

TRANSPORTATION

Calgary Transit Access

This program provides public transportation services (Group Trip Requests, Handi-Bus Charters, Preschool Service, School-Aged Customers) to people who cannot use Calgary Transit services due to a disability. Once your application is received Calgary Transit Access will call you to schedule an in person interview to review your application and determine if you meet eligibility requirements. These requirements are based on your physical and/or cognitive ability to use regular Calgary Transit services. 403-537-7777 and press #5, www.calgarytransit.com

Canadian Cancer Society

Volunteer Driver Program strives to provide cancer-related care transportation. 1-800-263-6750 www.cancer.ca

Calgary Seniors' Resource Society

Seniors who are low-income, with limited social support, do not drive and cannot take public transit might be matched with volunteers to get escorted transportation to medical appointments, shopping companion, visitation/outings, pet care, caring companion, telephone reassurance.

403 266-6200 www.calgaryseniors.org