

## **Senior's Health Benefit Resource List - Calgary**

### **Alberta Aids to Daily Living**

Help getting specific medical equipment and supplies for people with long-term/terminal disability/illness. Pay 25% to a max \$500/family/year, low income people are exempt from cost sharing. Seniors can have two hearing aids every 5 years.

- Toll free 310-0000, then 780-427-0731
- [www.seniors.alberta.ca](http://www.seniors.alberta.ca)

### **Alberta Blue Cross Seniors Coverage**

Premium free coverage for seniors is available to all Albertans 65 years of age and older. This coverage does not cover travel insurance, dental and optical. For more information on coverage, contact Alberta Health and Wellness at

- Toll free 1-800-661-6995
- [www.health.alberta.ca](http://www.health.alberta.ca)
- Email : [health.ahcipmail@gov.ab.ca](mailto:health.ahcipmail@gov.ab.ca)

### **Alberta Health Care Insurance**

You need a health care card to get government paid health care services.

- Visit a registry to apply: [www.alberta.ca/ahcip-registry-locations.aspx](http://www.alberta.ca/ahcip-registry-locations.aspx)
- Toll-free 310-0000, then 780-427-1432
- [www.health.alberta.ca](http://www.health.alberta.ca)

### **AHS Alberta Healthy Living Program**

Education Classes, Exercise Classes and Support Group Meetings for people with long-term illnesses. (Previously known as Living Well Program) Education classes are free and open to anyone.

- English 403-943-2584, Chinese 403-955-6857, Hindi and Punjabi 403-955-6856
- [www.albertahealthservices.ca/info/Page8930.aspx](http://www.albertahealthservices.ca/info/Page8930.aspx)

### **Dental And Optical Assistance for Seniors**

Dental coverage up to \$5000 every 5 years, optical up to \$230 every 3 years per senior. For eligible services only. Available to 65 and older seniors living in Alberta for at least 3 months. Income requirement: Single – less than \$31,675/year and couple – less than \$63,350/year.

- Toll-free: 1-800-642-3853
- [www.seniors.alberta.ca](http://www.seniors.alberta.ca)

### **Doctors -- Family Doctors**

In Alberta, medical doctors are either family doctors or specialists. Family doctors treat most medical problems and you need to make an appointment. Usually you need to be referred by a family doctor to see a specialist.

- Find a family doctor: Call 811
- Web search [www.cpsa.ca](http://www.cpsa.ca)
- Web registry or search <https://albertafindadoctor.ca/>

### Doctors—After- Hour Clinics

An After-Hours Clinic is one of the services available to be seen by a doctor after regular hours or on weekends. If you have symptoms that do not require an emergency room visit, call Health Link Alberta at 403-943-5465. A triage nurse will assess your condition and if a doctor's visit is required, the Health Link nurse will refer you to an After-Hours clinic. One of the clinics will call you with a booked appointment that day.

- Call 811

### Doctors -- Walk-In Clinics

When your family doctor is not available to give you care, you can see a Walk-In Clinic doctor without making an appointment.

- Search Walk-In Clinic [www.yellowpages.ca](http://www.yellowpages.ca)
- Call 811

### Doctors -- Urgent Care Centres

People have unexpected but not life-threatening health concerns that need to be treated on the same day can go to an Urgent Care Centre. Health concerns include broken bones, muscle sprains, asthma, pain and infections. Both adults and children can be treated at any Urgent Care Centre. You do not need an appointment.

Sheldon M. Chumir Health Centre

403- 955- 6200

1213 – 4<sup>th</sup> Street SW

Hours: 24 hours a day; 7 days a week

South Calgary Health Centre

403-943-9300

31 Sunpark Plaza SE

Hours: 8am – 10pm; 7 days a week

- For a list of Urgent Care Centres: Call 811
- [www.ahs.ca](http://www.ahs.ca)

### Doctors -- Emergency Departments/Hospitals

People are admitted to hospital only if they are referred by a family doctor, a specialist or an emergency department (ER) doctor. You go to an ER when you are at risk of life-threatening health problems.

- Call an ambulance to get to ER: 911

|  |  |  |
|--|--|--|
| Foothills Medical Centre<br>1403-29 Street NW 403-944-1110   | Peter Lougheed Centre<br>3500-26 Ave NE 403-943-4555                 | South Health Campus<br>4448 Front Street SE 403-956-1111 |
| Rockyview General Hospital<br>7007-14 Street SW 403-943-3000 | Alberta Children's Hospital<br>2888 Shaganappi Trail NW 403-955-7211 |  |

### Health Equipment Loan

Canadian Red Cross offer health equipment loan free services (wheelchairs, walker, crutches and canes, bath seats and benches etc.). Doctor's referral needed, up to 6 months. Talk to your health care provider.

- Calgary: (403) 273-4426
- [www.redcross.ca/in-your-community/alberta](http://www.redcross.ca/in-your-community/alberta)

### Health Information, Health Programs and Nurse Advice -- 811

Free 24-hour telephone health information, services and nurse advice with interpretation.

- Call 811

### Health Programs / Services and Health Topics -- Alberta Health Services

Find information of many health services, facilities, and health topics.

- Health services and facilities [www.ahs.ca](http://www.ahs.ca)
- Health topics in English: <https://myhealth.alberta.ca/Pages/default.aspx>

### **Home Care Services**

Free professional or free/low cost personal services for people who have mobility challenges and do not have support system for their long-term/terminal illnesses.

- 403-943-1920

### **Long Term Care Centres**

Room, board, personal and medical care included. Residents pay for accommodation charges.

- 403-943-1920

### **Mental / Emotional Health -- Access Mental Health**

Free telephone mental health information and service referrals with interpretation.

- Calgary:
  - 403-943-1500 Ext 1 (Child and Adolescent Services),
  - 403-943-1500 Ext 2 ( Adult and Senior Services)
- Email: [mental.health@ahs.ca](mailto:mental.health@ahs.ca)
- Hours: Monday to Friday, 8:00am – 5:00pm

### **Mental / Emotional Health – Mental Health 24 Hour Help Line**

Staffed 24/7 by health professionals, the Mental Health Help Line provides: crisis intervention, information on Mental Health programs and services, and referral to other agencies where appropriate. This confidential, anonymous service is provided by Health Link Alberta and is available to all Albertans with interpretation.

- Alberta : 1-877-303-2642

### **Mental / Emotional Health – Addiction Services 24 Hour Help Line**

If you are concerned about your own drug or alcohol use, or the drug and/or alcohol use of a friend or loved one, or would simply like more information on drug and drug use, contact the Addiction Services 24 Hour Helpline with Interpretation.

- Alberta : 1-866-332-2322

### **Mental / Emotional Health --Crisis Phone Line**

Distress Centre offer free 24-hour crisis intervention, professional counselling and referral services to help you overcome crisis with interpretation. No matter it's the stress of a new job, struggling with drugs or getting over a recent break-up, there are volunteers and professional staff when you need someone to talk to.

- Calgary : 403-266-4357

### **Pharmacists**

Pharmacists offer a wide range of services including:

- renew your prescription, notify your original prescriber (e.g. family doctors)
- assess symptoms of minor conditions, some pharmacists can now prescribe
- review your medications to ensure all the medications you are taking are necessary and dosages are appropriate

- advise you on non-prescription and natural health products (such as herbal remedies)
- monitor and help manage chronic conditions such as diabetes, asthma, or high blood pressure
- design weight loss and smoking cessation programs
- to find a pharmacist, go to a drug store or visit the pharmacy department of a big supermarket
- or search Pharmacies [www.yellowpages.ca](http://www.yellowpages.ca)

#### **Resources – Community/Government/Multilingual**

- Immigrant serving agencies, call 211 to find one
- The Way In 403 736 4677
- Kerby Centre 403 265-0661
- Alberta Supports Contact Centre 1-877-644-9992
- Call 211

#### **Special Needs Assistance for Seniors**

A lump sum up to \$5000/year for low income seniors living in Alberta for longer than 3 months. Cover expenses such as large electrical appliances, specific health and personal supports.

- Toll free 1-877-644-9992
- [www.alberta.ca/senior-supports.aspx](http://www.alberta.ca/senior-supports.aspx)

#### **Travel Insurance**

Health care expenses out of Canada can be higher than benefit rates in Alberta. It is highly recommended to get travel insurance coverage to pay the difference and cover those that are not covered by Alberta Health Care Insurance and by senior' blue cross. Find out more information from your company benefit plans, Blue Cross, your banks, travel agents, life insurance agents, credit card companies, or

- Canadian Life and Health Insurance Association 1-888-295-8112
- Search Our member companies [www.clhia.ca](http://www.clhia.ca)