

# Aging in place resources

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**Please note:** This listing represents information gathered by the CWC PCN and does not represent formal endorsement of these programs and services by the CWC PCN.

Resources
<p><a href="#">AHS Homecare</a></p> <ul style="list-style-type: none"> <li>• Referral required</li> <li>• Provides medical support for people so they can live in their own homes</li> <li>• A case manager (usually a nurse) will meet with clients to determine support required</li> </ul>
<p><a href="#">AHS Regional Capacity Assessment Team (RCAT)</a></p> <ul style="list-style-type: none"> <li>• Referral required</li> <li>• Assesses a person’s decision-making capacity to determine if they are able to understand information and appreciate consequences when making personal decisions</li> <li>• Provides clinical consultations and support for general questions regarding capacity</li> </ul>
<p><a href="#">AHS Seniors Health</a></p> <ul style="list-style-type: none"> <li>• Referral required</li> <li>• Provides care and services for older adults in the Calgary Zone through various programs within the broader department of Specialist Geriatric Services/Seniors Health</li> </ul>
<p><a href="#">Alberta Healthy Living Program</a></p> <ul style="list-style-type: none"> <li>• Provides information, education, techniques, and support to help improve health and quality of life for those living with a chronic condition</li> <li>• A multidisciplinary team of healthcare providers deliver health education classes, nutrition classes, self-management workshops, and a supervised exercise program</li> </ul>
<p><a href="#">Calgary Community Aids for Independent Living (CCAIL)</a></p> <ul style="list-style-type: none"> <li>• Helps people access funding for certain medical supplies, aids, and equipment, when covered by the Alberta Government’s Aids to Daily Living program (AADL)</li> <li>• Conducts clinical assessments for long-term basic medical equipment and supply needs</li> </ul>
<p><a href="#">Caregivers Alberta</a></p> <ul style="list-style-type: none"> <li>• Offers coaching, workshops, peer support groups, educational sessions, and resources for Albertans aged 15 and up who support someone who is aging, ill, or has a disability</li> </ul>
<p><a href="#">Carewest Comprehensive Community Care (C3) Program</a></p> <ul style="list-style-type: none"> <li>• Referral required through AHS Homecare</li> <li>• Services target medically complex seniors who are at risk of losing their ability to manage independently in the community and frequently utilize the healthcare system</li> </ul>

## Resources, continued

### [Carewest Day Hospital](#)

- Referral required
- Provides a short-term assessment, treatment, and rehabilitation program for adults 65-plus who live in the community and are at risk of being admitted to a hospital or care centre

### [Complex Care Hub](#)

- Referral required
- Provides home-based acute care (hospital-style acute care in the home) for individuals with low acuity medical conditions or chronic or complex diseases

### [Driver Fitness and Monitoring](#)

- May refer a patient for a driving assessment if there are concerns regarding the patient's medical fitness to drive

### [Driving Miss Daisy](#)

- Costs associated
- Transportation and accompaniment for seniors and those with disabilities or special needs

### [EMS Mobile Integrated Healthcare/Community Paramedic Program](#)

- Referral required
- Provides short-term treatment for low-acuity illnesses, under the medical direction of Physicians and Nurse Practitioners

### [Fall Prevention Clinic](#)

- Referral required: Referrals are triaged through Seniors One Line Referral
- Provides in-home assessments for older adults who have fallen

### [Live Well Exercise Clinic](#)

- Costs associated
- Exercise program supervised by a Clinical Exercise Physiologist

### [Rec@Home](#)

- Costs associated, low-income subsidy available
- Virtual recreation program for seniors

### [Specialist Link: Geriatric Medicine](#)

- Connects family doctors, nurse practitioners, and specialists through a real-time tele-advice line (calls are returned within one hour)
- As an alternative to tele-advice, providers in the Calgary Zone can submit an eReferral Advice Request for general Internal Med - Geriatric Medicine health issues and receive a response from a specialist within five calendar days

### [Unison](#) (Kerby Centre)

- Provides programs and services to enhance the ability of older adults 55-plus to live healthy, productive lives with a focus on their mental, physical, social, and emotional well-being
- While some programs have a cost, older patients can access several for free and without a referral, including seniors information and referrals and help with housing