

Seniors Health

RESOURCE LIST

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.

[AHS Advance Care Planning](#)

- Tools and resources to support Advance Care Planning

[AHS Community Accessible Rehabilitation \(CAR\) - Neurological Rehabilitation](#)

- Referral required
- Short-term rehabilitation program for adults who recently experienced a neurological event or who have a neurological condition who would benefit from an active rehabilitation program with an interdisciplinary team
- Rehabilitation focus is to support clients in addressing their goals to improve function and independence or return to meaningful activity/roles

[AHS Homecare](#)

- Referral required
- Provides medical support for people so they can live in their own homes
- A case manager (usually a nurse) will meet with clients and help decide what services will best support them

[AHS Regional Capacity Assessment Team \(RCAT\)](#)

- Referral required
- Assesses a person's decision-making capacity to determine if they are able to understand information and appreciate consequences when making personal decisions
- Provides clinical consultations for non-registered clients and for general questions related to capacity

[AHS Seniors Health](#)

- Referral required
- Provides care and services for older adults in Calgary Zone through various programs within the broader department of Specialist Geriatric Services/Seniors Health

[Alberta Healthy Living Program](#)

- Provides information, education, techniques and support to help improve health and quality of life for those living with a chronic condition
- A multidisciplinary team of healthcare providers deliver health education classes, nutrition classes, self-management workshops and a supervised exercise program

[Alzheimer Calgary](#)

- Provides free critical support services to anyone impacted by dementia, including social workers, education sessions, support groups and an adult day program
- Offers social work/outreach and crisis support, social support and daily living assistance, volunteer programming and community engagement opportunities

[Caregivers Alberta](#)

- 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

[Carewest Comprehensive Community Care \(C3\) Program](#)

- Referral required through AHS Homecare
- Services target medically complex seniors who are at risk of losing their ability to manage independently in the community and have a history of increased utilization of the healthcare system
- The program provides timely, comprehensive medical care integrated across a wide spectrum of services

[Carewest Day Hospital](#)

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

[Elder Abuse Response Team \(EART\)](#)

- A collaboration between carya, Calgary Police Service, and the Kerby Centre to support older adults who have experienced abuse
- A multidisciplinary team of social workers and police officers investigate high-risk and/or chronic cases of physical abuse, sexual abuse, emotional abuse, psychological abuse, financial exploitation, neglect, and abandonment that affect older adults

[Health Link Dementia Advice](#)

- A telephone service that provides free specialized dementia advice
- Provides support for people with dementia and their caregivers, including tele-triage, short-term psycho-social support, health education, and links to community resources
- A Health Link nurse assesses clients' needs and provides advice for immediate concerns; when needed, clients are referred to a specialized dementia nurse

[Seniors Centre Without Walls](#)

- A free, phone-based program that offers a variety of interactive health and well-being information sessions, recreational activities, and friendly conversations for older adults 55+ living anywhere in Alberta

[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 will receive a response from a specialist within five calendar days

[The Way In Network](#)

- A collaboration of Calgary-based agencies dedicated to enhancing quality of life and access to services and support for older adults and their families
- Services include social work support and outreach, caregiver support, access to volunteer support, elder abuse intervention and support, group activities and workshops

[Unison](#) (Kerby Centre)

- Provides programs and services to enhance the ability of older adults 55+ 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