

Alberta Resources to Support Family Caregivers

Begin Here: Caregiver Services

[Caregivers Alberta](#) | [Refer a Caregiver](#) **877-453-5088**

This organization offers support programs, educational workshops, and a comprehensive resource database to assist caregivers in maintaining their well-being.

[Alzheimer Society of Alberta and Northwest Territories](#) | [First Link Referral](#) **866-950-5465**

Offers information, resources, and support to help those living with dementia, their families, and caregivers.

[Alzheimer Society of Calgary](#) | [First Link Referral](#) **403-290-0110**

Information/referral link to health services and support groups in the Calgary area.

211

Information on community services available in the community, including respite, in-home support, financial support, housing, and mental health.

811

Health advice, health system navigation, dementia services, tobacco helpline, addiction information/referral, referrals to dietitians/rehab services.

[Alberta Caregiver College](#)

Educational programs/resources to help caregivers meet the needs of people with injuries, illnesses, or disabilities

Healthcare Services - AHS

[Find Healthcare - Hospitals & Facilities](#)

Find the closest health service to your location.

[Continuing Care Resources](#)

Information regarding continuing care resources for caregivers.

[Continuing Care Facility Directory](#)

All publicly funded continuing care homes and participating supportive living accommodations.

Continuing Care Access & Community Access:

[North Zone and Area](#) | 855-371-4122

[Edmonton Zone and Area](#) | 780-496-1300

[Central Zone and Area](#) | 855-371-4122

[Calgary Zone and Area](#) | 888-943-1920

[South Zone](#) | 866-388-6380

[Hospice Care- Palliative & End of Life Care](#)

All zones are listed on this site.

Financial Services

[Benefits Wayfinder](#)

Federal and provincial government benefits and funding i.e. disability support, caring for a child/adult, newcomers, seniors, and medical support.

[Alberta Aids to Daily Living \(AADL\)](#)

Providing funding for basic medical equipment and supplies to meet clinically assessed needs for individuals with long-term disability, chronic illness or terminal illness.

Search for Local Resources

Use Google search for resources specific to your area. Here are sample keyword searches:

Family caregiver + support + [your community]

In-home respite + [your community]

Meal delivery for seniors + [your community]

[Disease] + support + [your community]



**Caregiver-
Centered Care**
Supporting Family
Caregivers in Healthcare

Care Specific

Persons with Developmental Disabilities (PDD)

Helps eligible adults plan, coordinate and access services in their community.

AHS Cancer Care Alberta

Information for patients and families.

AHS Addiction & Mental Health

A 24/7 helpline, workshops, services, and information center.

Alberta Blue Cross Mental Health Support

Information resources to support wellness and resiliency.

Huntington Society of Canada

Volunteer-led opportunities to connect and support.

Multiple Sclerosis (MS) Society of Canada-Alberta Division

Connects the MS community to programs, information, research while on their MS journey.

Parkinson's Association of Alberta

Support, education and inspiration for people impacted by Parkinson's disease and Parkinson's Plus Syndromes.

Schizophrenia Society of Alberta

Provides support groups and resources for families and caregivers of individuals living with schizophrenia.



Scan for a digital version of this document or go to:
<https://bit.ly/4Usupport>

Other Services

Children and Family Services

Offers a range of support and resources for children, youth (up to 18 years in age) and families across the province.

Family Resource Networks

Deliver prevention and early intervention services and supports for children and youth aged 0 to 18 and their families.

Métis and Indigenous Children's Services

Specific services provided through Metis and Indigenous Children and Family Services offices and Delegated First Nation Agencies.

Alberta Foster and Kinship Association

This offers resources and support for foster and kinship caregivers, including training materials and guidance documents.

Family Resource Centers

Help caregivers navigate their family managed agreement and provide information about disability supports and services.

Family & Community Support Services (FCSS)

Each FCSS determines the programs they will put in place as preventive services for the local community.

Hope for Wellness

Helpline that is available to Indigenous people across Canada by telephone and online 24/7.

AHS Indigenous Support Line

Indigenous listeners will answer your questions and help you get culturally appropriate care.

Alberta Seniors Housing Directory

Contains a listing of all available seniors housing options.

Blue Cross Client Directed Home Care Program

Supports to live at home independently for as long as possible.

Dear Family Caregiver: We see you. We thank you. We value you.