

Finding Resources

A Guide to Get You Started



Finding resources can be challenging. There are hundreds of programs and services that can support caregivers in Alberta. Rather than listing them all, this guide will help you find people to help you navigate and give you an idea of the types of support available. For help finding specific resources, please contact Caregivers Alberta.

System Navigators

There are many places to start looking for resources. The organizations listed below help people connect with appropriate, local resources. You may want to try speaking to a social worker, transition coordinator, case manager or outreach worker.

Caregivers Alberta 1-877-453-5088	Caregivers Alberta have staff dedicated to providing support, advocacy and linkages to services and resources.
Disease and Disability Specific Organizations	Look for organizations that focus on the needs of your care recipient (eg. MS Society, Canadian Mental Health, Spinal Cord Injury Alberta). These agencies often provide information, advocacy, education and navigation.
Seniors Specific Organizations	Contact your local senior centre to find out about what services and supports they offer (eg. information referral, outreach worker, volunteers).
Health System Phone: 811	Work with your health care team to look for supports. Hospital social workers and case managers can be a helpful resource. Call Health Link to find out your local home care number. Anyone can call community care access to request an assessment for home care or respite services.
Local information and distress lines	Distress or crisis lines are usually available 24 hrs a day by phone. They are a great resource if you need to talk. Many provide information referrals and some have a separate community directory.
FCSS offices	Outside Edmonton and Calgary, contact your local Family and Community Support Services (FCSS) office. Many have community support workers and may offer information and referral supports, as well as home support programs or counselling.
Alberta Supports 1-877-644-9992	Provides information and referral to benefits and supports for low income, disability, work place training and more. Support available in person and by phone.



Types of Resources Available

Caregiver Education and Support

Caregivers Alberta, along with many other agencies, provide opportunities to connect with other caregivers, build skills to help manage care, connect with resources and learn about their care recipient's condition.

Counselling

Need someone to talk to? A number of community organizations offer low-cost or sliding fee scales for individual and family counselling.

Financial

Federal and provincial programs offer some financial supports (disability tax credit, family caregiver tax credit, and/or EI benefits, compassionate care leave). Subsidy and benefit programs may help you or your care recipient.

Health

Specialized clinics for particular conditions can offer extra support (eg. Pain Clinic, Specialized Geriatric Clinic, Mental Health Services).

Housing options

There are a number of alternative housing options available; group homes, seniors housing, community living supports, and continuing care. There also home modification programs that will provide equipment to make your home safe and more accessible.

Legal

Non profits, lawyers, and government can offer support for legal/financial document writing (personal directive, enduring power of attorney, wills). Seek general personal planning advice from legal, and financial specialists.

Living in community

Local, and private agencies offer support to individuals wishing to remain at home including: home maintenance, food delivery, transportation, home care, equipment/adaptation, home modification.

Respite

Respite gives caregivers some time off. The most common types are day programs and home care which are available through Health Link or from private providers. Overnight respite and weekend camps for children with disabilities are other options.