

## **Elder Abuse Resources/Services Red Deer**

Immediate/Imminent Danger

911

Family Violence Info Line-toll free

403-310-1818

Safeguards for Vulnerable Adults info

1-888-357-9339

Helping Elder Abuse.Reduction 1-877-454-2580 or 403-346-6076

403-343-5575

Red Deer RCMP Domestic Violence Unit

403-406-2345

Red Deer RCMP Victims Services

403-340-1124

Crisis Centre— Help /distress line 24 hrs

1-888-346-5643

Central Alberta Women's Emergency Shelter

403-343-6074

Seniors Outreach Programs/Golden Circle

403-314-9129

Central Alberta Community Legal Clinic

403-340-5274

Alberta Alcohol and Drug Abuse

403-342-2266

Canadian Mental Health Association—Support/Info

403-347-8844

Catholic Social Services-Family Care Program

403-347-8844

Immigration and Settlement Services of CSS

403-347-8844

## **Home Care Providers in Red Deer**

Alberta Health Services

403-341-2100

Comfort Keepers

403-347-3730

Bayshore Home Health

403-348-1007

We Care Home Health Services

403-342-1500

Nurse Next Door

403-506-3304

Living Independently for Equality

403-347-5488

CBI Home Health

1-866-732-8770

## **Grief and Loss**

Grief Support and Hospice

403-309-4344

Canadian Mental Health

403-342-2266

Family Services of Central Alberta - Counseling

403-309-8221

## **Guardianship/Personal Directives/Trusteeship**

Office of the Public Guardian

403-340-5165

Lawyer Referral Services

1-800-661-1095

## **Information Referrals**

Alberta Senior Benefits

403-340-7647

Alberta Council on Aging

780-423-7781

Golden Circle

403-343-6074

Health Link

1-866-408-5465

Revenue Canada

1-800-472-9701

Veterans Affairs

1-866-522-2122

Protection for Persons in Care

1-888-357-9339

## **Important Names & Phone Numbers**

**My Doctor:** \_\_\_\_\_

**My Specialist:** \_\_\_\_\_

**My Pharmacist:** \_\_\_\_\_

**My Optometrist:** \_\_\_\_\_

**My Dentist:** \_\_\_\_\_

**My Church:** \_\_\_\_\_

**Emergency Contact 1:** \_\_\_\_\_

**Emergency Contact 2:** \_\_\_\_\_

**Other Important Telephone Numbers:**

\_\_\_\_\_  
\_\_\_\_\_

**Family Services of Central Alberta:** 403-343-6400

Main Line/Inquiries

Home Support

Adult Day Support

Managing My Money Classes (Financial Literacy)

**Golden Circle Resources:** 403-343-6074

Outreach Coordinators

Home Maintenance

Friendly Visiting

Seniors Lunch Express

Transportation

Grocery Delivery