



In-Home Support Services December 2022

This "LIST" is not an endorsement; it is for Community Support and information only. Access the CDSS HELP BOOK (online or pick up a booklet from our office) for more comprehensive listing of Human Services, Rural Clubs and organizations go to www.camrosefcss.ca. 780-672-0141

Agencies

HELP BOOK Camrose & District Support Services 780-672-0141
HELP Book is accessible online at www.camrosefcss.ca

Clothing & Furniture Stores (2nd hand and drop-off)

Clothing and furniture Depot ..780-608-1681
Camrose & District Family Thrift shop ... 780-672-5027

Equipment Purchase/Rental

Swan city mobility 780-673-3454
Take Care Mobility 780-672-3204
Lakeland Respiratory 780-672-1522
Therapeutic Lifestyle Essentials 780-672-5020

Financial services & Income Supports

S.O.S Service options for seniors780-672-4131
Canada/Alberta Service Centre & Assured income for the severely
handicapped (AISH) program & Income Support ...780-608-2525
Seniors Health Benefits 310-0000 or 780-427-2711
www.alberta.ca/seniors-health-benefits

Foot Care

Andrea Stifter (LPN) Alberta Foot Care Academy .780-781-1119
CC Foot care403-597-6610
Dr. Meng Limmany (Central Agencies) 780-679-0664
Fairy Tale Feet 780-226-8408
Holistic FootCare (LPN, BSc Pod.)- 780-563-0021
Tassy's Footcare Services LPN, CFCN.778-962-0021
Ticklish Toes (LPN) 780-781-2720

Handyman Snow Shovelling Yard Work Odd Jobs

ACE property780-678-9198
Centra Cam780-672-9995
Classic Snow Removal (Clarence)..... 780-678-1114
Corey's Snow removal 780-608-5664
Dhime ServicesEli780-781-0807
JEM Janitorial 780-781-5016
Little Yard Care Company 780-679-4100
Scott's quality lawn care.....780-678-6450

Housekeeping & Personal Care Services & Hair Care

Camrose & District Home Support Service 780-672-0141
Silver Star Senior care services (Leanne)..... 780-678-7777
Lean on me companion care (Miranda)..... 780-608-4557
You & I Companion (Becky)780-608-3927
Plan it Consulting 780-672-0063
All Heart Home Care Inc 780-672-6678
Andrea (Private housekeeper) 780-257-8809
High Gloss Homemakers 780-679-7927
Integrated Lifestyles (Chris)..... .. 780-679-8158

Hair Care – in your own home

Wendy B780-781-1529

Professional organizing

April Hartley "we can help780-871-8660
Clean Start organizing 780-678-5178
Ramona Aline Home www.ramonaalinehome.com 780-781-2429
Rose City Professional Organizing 587-340-0042

Housing

The Bethany Group 780-679-2002
Seasons Retirement Community 780-672-2746
SOS apartment listings780-672-4131

Hearing loss

Amplifon..... 780-673-1000
Healthy Living Centre (community rehab)780-608-8683

Hearing Life780-672-0730
Health unit Audiologist 780-608-8611
Hearing Sense 780-679-0900
Hauck Hearing centre780-672-4808
COSTCO Nisku centre 825-319-2081

Meals/Food

Food Bank/Neighbour Aide tues,wed,thurs 9-11 am 780-679-3220
Meals on Wheels (Tues&Thurs Delivery) 780-672-0141
Community Nutritionist (Alberta Health) ... 780-679-2980
Dietitian Covenant Health St. Mary's hospital..... 780-679-6100
Camrose Legion (soup/sandwich) Wednesday..... 780-672-3325
Moose hall spaghetti free dinner/free bussing to 5001-52 ave
Wednesdays 5-7pm

Martha's table: free soup/sandwich 12-1pm:
Tuesdays Messiah Church 4810-50st
Wednesdays Camrose United Church 4829-50 st
City Lights Church free lunch 12-1pm Thursdays 4920-48st

Psych Social Support

Behavioral Health consultants (PCN)..... 780-608-4927
Crossroads Day Program 780-679-3045
Seniors Mental Health Services.....780-679-1241
Canadian Mental Health Assoc.780-672-2570
Caregiver support group 780-672-9579
Nav-Care ...Joy LeBlanc (Hospice Society)..... 587-322-9269
Crisis HELP Line..... 1-877-303-2642
Elder Abuse Case Manager ... 780-679-7757
Senior's Abuse Helpline 1-780-454-8888
Alberta Elder Abuse Awareness Council (A.E.A.A.C)
www.albertaelderabuse.ca 310-1818

Physiotherapy & Respiratory Therapy & other

Healthy Living Centre (community rehab)780-608-8683
Battle River Physical Therapy. 780-672-2891
Camrose Physiotherapy & Sports Injury Clinic 780-679-2247
Advanced Respiratory Care Network780-673-1150
HOM of Well Being *oncology & palliative care massage*
www.HOMofWellBeing.com780-679-5997

Transportation for Public & medical appointments

Rose City Handi-Van & Camrose Community Bus 780-672-8777
Current schedule listed on www.camrose.ca
Volunteer Drivers from Neighbour Aid 780-679-3220
.....Medical purposes only –
Plan-it-Consulting – cost for service to appts. 780-672-0063

Phone Help Lines

Good Samaritan (TeleCare) 1-800-676-8397
Lifeline ...PHILLIPS 1-800-543-3546
NuTech/ ADT 780-679-0822
Alzheimer's Society 1-866-950-5465 1-780-488-2266
Addiction and Mental Health HELP Line..... 1-877-303-2642
Senior Abuse HELP Line 1-780-454-8888

Gov't Agencies and Healthcare

AHS Access Centre (Home Care).....1-855-371-4122
Local residents **with** home care services ONLY 780-679-2900
Camrose PCN primary care network780-608-4927
Geriatric Assessment program (GAP)780-608-4927
St.Mary's Hospital780-679-6100
Blue Cross Federal Inquiry (medavie)..... 1-888-261-4033
Dept. of Veterans' Affairs..... 1-866-522-2122
Children Services 780-608-1800
Vision loss rehabilitation Alberta/CNIB Foundation 780-488-4871

Revised for December 2022. For up to date referral lists contact 780-672-0141 Home Support Service Society.

A member of the Camrose Seniors Coalition www.camroseseniorscoalition.com