



**connecting**  
**DOTS**

Dementia & Other Therapies / Services

**Cochrane**  
**Resource**  
**Booklet**

If you or someone you know has concerns about their memory, or have received a diagnosis of a type of dementia, you are not alone. Over 500,000 Canadians have some form of dementia. It is the second most feared disease for Canadians as they age. 1 in 11 Canadians over the age of 65 years old has Alzheimer's disease. However, there is a network of resources available to support you. We hope you find the Connecting D.O.T.S resource booklet valuable.

## **What is Connecting D.O.T.S?**

Community partners with a common goal to connect the residents of Cochrane and area with Dementia and other services through:

- Education
- Resources
- Services

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## **Calling Toll free in Alberta**

Dial 403-310-0000, prior to the area code and telephone number for toll-free, province-wide access. From a cellular telephone, enter #310 (for Telus-Bell) or \*310 (for Rogers Wireless).

## **Quick Reference Contacts**

**In case of emergency: dial 911**

**RCMP (non-emergency) 403-932-2213**

**211 Inform Alberta (24hr)  
Community & Social Services Dial 211**

**811 HEALTHlink Alberta (24hr)  
Dementia and Alzheimers link Dial 811**  
For all non-emergency health questions

**Cochrane & Area Victim Services 403-851-8055**

**Cochrane Urgent Care Centre 403-851-6000**

**Distress Centre (24hr) 403-266-4357**  
Serves Calgary, Cochrane and surrounding areas

**Elder Abuse Crisis Line (24 hr) 403-705-3250**  
Elder abuse is any action or inaction by self or others that jeopardizes the health and well-being of an older adult.

**Mental Health Help Line (24hr) 1-877-303-2642**



## **Community Resources**

### **Cochrane Family & Community Support Services (FCSS)**

**403-851-2250**

209-2nd Ave. West, Cochrane AB

#### **Our services for seniors include:**

- Connecting D.O.T.S:  
(Dementia & Other Therapies/Services)  
Offering education seminars.
- CAR Program: CAR is a local area subsidized transportation program for people who qualify.
- Food Hampers: The Food Hamper Program (sponsored by the Cochrane Activettes) is intended to provide food hampers to families and individuals who find themselves in a temporary, difficult situation.
- Income Tax Program: Free income tax services provided for lower income persons.
- Resource Centre: Provides support, information and referrals for people experiencing challenges meeting their basic needs, managing finances, coping with significant changes in their lives, or stressors in their personal or family relationship.
- Meals on Wheels For Your Freezer: An opportunity for individuals to receive healthy, well balanced meals that are delivered directly to their place of residence. These meals are frozen making it easier to make and time convenient.
- Programs and Events for Seniors: FCSS also offers a wide variety of free or low-cost programming specifically for seniors.
- Government Forms: Information and support with government forms and programs.

### **Helping Hands Society of Cochrane & Area**

**587-580-9448**

PO Box 1045, Cochrane, AB T4C 1B1

<http://helpinghandscochrane.ca>

Email: [info@helpinghandscochrane.ca](mailto:info@helpinghandscochrane.ca)

Individuals and families in need are matched with volunteers who are willing to lend a hand. Need help with some lawn care? Sidewalk need shoveling? Volunteers are available to help with things like small repairs around the house to getting a ride to that important appointment.

**Meals To Go (Big Hill Lodge) 403-932-3355**

Hot meals delivered during lunch hour from Monday to Friday. Not available on holidays. Must be 65+ to apply.

**Seniors on the Bow 403-932-6002**

Spray Lake Sawmills Family Sports Centre  
2nd floor, 800 Griffin Road East Cochrane, AB T4C 2B8  
(Seniors Centre, Spray Lake Sawmills Family Sports Centre) <https://www.cochrane.ca/257/Seniors-on-the-Bow-Centre>

Provides a wide variety of programs and resources for adults 50 and over in Cochrane and surrounding areas.

**Health and Medical Resources**

**Alberta Health Services dial 403-310-0000**  
<http://www.albertahealthservices.ca/> **780-427-1432**

**Alberta Health Link dial 811**  
**(and Dementia/Alzheimer's Link)**

Internet phone users: 1-866-408-5465  
Call 811 for free, quick and easy health advice from a registered nurse 24/7. Albertans can also receive specialized dementia advice through this service.

**Cochrane Addictions & Mental Health 403-851-6100**

Addictions Help Line (24 hr) **1-866-332-2322**

Mental Health intake line **1-877-303-2642**

60 Grande Boulevard, Cochrane, Alberta, T4C 0S4

[www.albertahealthservices.ca/info/facility](http://www.albertahealthservices.ca/info/facility)

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Counseling services; educational sessions; cognitive assessments and follow up; psychiatric consultations; referrals to other mental health & addiction services as required; geriatric outreach; home visits; caregiver support.

**MyHealth.Alberta.Ca:** trustworthy medical advice, information and videos including a comprehensive section especially for seniors.  
<https://myhealth.alberta.ca/> and search "seniors"

**Health Resources**

**Cochrane Primary Care Centre** **403-932-2089**  
100 Grand Blvd. #103, Cochrane, AB T4C 0S4  
<https://cfpcn.ca>

**Evolve Medical Clinic (Walmart)** **403-932-2255**  
15 Quarry Street West (inside Walmart),  
Cochrane AB T4C 1A1

**Lahey Medical Centre** **403-981-6000**  
120 Fifth Ave, Cochrane, AB T4C 0A4  
<http://www.oasishealthsystem.com>

**Oasis Medical Clinic** **403-932-2022**  
8940 85 St NW, Calgary, AB T3G 5B3  
<http://www.oasismedicalclinic.ca/>

**Cochrane Community Health  
Care Centre** **403-851-6000**  
60 Grande Boulevard, Cochrane, AB T4C 0S4  
[www.albertahealthservices.ca/info/facility](http://www.albertahealthservices.ca/info/facility)  
More than 20 health services in one location: Addiction/  
COPD & Asthma; Mental Health; Environmental Public  
Health; Home Care; Lab services; Living Well with a  
Chronic Condition; Oral Health; Public Health; Speech  
Therapy; Urgent Care.

**Laboratory Services** **403-932-4811**  
Calgary Lab Services (Cochrane location)  
60 Grande Blvd, Cochrane, AB T4C 0S4  
<http://www.calgarylabservices.com/lab-patient/lab-locations>

## **Pharmacies**

Weekly/monthly pill organizer packaging available at no cost at pharmacies below.

**Bragg Creek Village Pharmacy** **403-949-3177**  
20 White Ave, Bragg Creek, AB T0L 0K0

**Cochrane Rexall Drugstore** **403-932-3444**  
305 1St Street West, Cochrane, AB T4C 1X8

**Two Pharmacy** **403-932-2500**  
105 100 Grand Blvd., Cochrane, AB T4C 0S4  
<http://www.twopharmacy.ca>

**No Frills (Loblaw's) Pharmacy** **403-932-0402**  
210 Fifth Avenue W, Cochrane, AB T4C 1X3

**Safeway Pharmacy** **403-851-1279**  
304 Fifth Ave, Cochrane, AB T0L 0W4

**Save On Foods Pharmacy** **403-932-3222**  
65 Bow St, Cochrane, AB T4C 0T4

**Shoppers Drug Mart** **403-932-3568**  
120 5th Avenue West, Cochrane, AB T4C 0A4

**Sunset Ridge Pharmacy** **403-851-5517**  
101 Sunset Dr, Cochrane, AB T4C 0W7  
<http://www.sunsetridgepharmacy.ca>

**Walmart Pharmacy****403-851-3040**

15 Quarry St, Cochrane, AB T4C 0W5

**Home Care Supports****Alberta Aids to Daily****403-310-0000****Living (ADL)****780-427-0731**

Helps eligible people with long term disability or illness remain at home by offering financial assistance for the purchase of medical equipment and supplies.

**Adult Day Support Program (ADP) 403 851-6060**

Home Care referral is required. ADP is a wellness program for adults in and around the Cochrane area that provides up to 6 hours of wellness programming and is currently offered through the Bethany Care Centre.

**Cochrane Home Care****403-851-6060****Homecare Intake Line****403-973-1920**

60 Grande Boulevard, Cochrane, AB T4C 0S4

[www.albertahealthservices.ca/info/facility](http://www.albertahealthservices.ca/info/facility)

Home based and clinic care for individuals with chronic, acute, rehabilitative or palliative needs. Also provides access to adult day support services, respite care and assessments.

**Cochrane Legion****403-932-2011****(Branch 015-Men of Vision)**

114 Fifth Ave, Cochrane, AB T4C 1A5

Are you in need of a wheel chair, support poles, walkers, canes, crutches, shower chairs? We have a limited supply here for free! Call or email for details.

**Two Home Healthcare****403-932-6246**<http://www.twopharmacy.ca>

Providing sales and rentals of a wide range of medical aids and equipment.



## **RAMP**

**1-877-427-5760**

### **Residential Access Modification Program**

A program that helps people with mobility challenges to modify their homes to be more accessible.

## **Home Care (Private Companies)**

### **Classic LifeCare**

**403-242-2750**

Website: [www.classiclifecare.com](http://www.classiclifecare.com)

Email: [Calgary@classiclifecare.com](mailto:Calgary@classiclifecare.com)

Serving: Calgary and surrounding areas including Cochrane. From hourly support to 24 hour live-in care.

### **Companion Care Services Cochrane 403-852-4345**

<http://www.companioncarecochrane.ca>

Provides personal care, grocery shopping, meal prep, light housekeeping, companionship, etc. to Cochrane and area residents.

### **Elizz Personal Care**

**1-855-275-3549**

Website: <https://elizz.com/>

A private company offering both caregiver support and homecare services; services include laundry, meals and light housekeeping to foot care and at-home physio treatments.

### **Home Instead Senior Care Inc.**

**403-910-5860**

The Home Instead Senior Care office in North Calgary, AB provides a complete range of trusted senior in-home care for families in or nearby Cochrane.

### **Nurse Next Door**

**1-866-318-7932**

[www.nursenextdoor.com](http://www.nursenextdoor.com)

Compassionate and highly qualified senior care 24/7. Personal care workers, licensed practical nurses and registered nurses available as needed.

## **Transparent Concierge**

www.transparentconcierge.com

**403-801-9419**

Providing companion care, dementia and respite services for seniors and persons with dementia and special needs.

## **TTogether**

**403-981-8008**

Provides respite, homecare, companion care, help after surgery and with Dementia and End of Life.

## **Housing & Care Facilities**

### **Bethany Care Cochrane**

**403-932-6422**

302 Quigley Drive Cochrane, AB T4C 1M2

Website: <http://bethanyseniors.com>

Long Term Care Facility offers independent and assisted living in Cochrane. Also hosts Home Care **\*Adult Day Program (\*see Home Care Supports).**

### **Bethany Care Supportive Living**

**403-932-8427**

Quigley Manor is located inside Bethany Cochrane. It offers supportive living to active seniors. Private and semi-private suites are available for rent with residents having access to the private dining area and common spaces, as well as social and recreation programs.

### **Big Hill Lodge**

**403-932-3355**

98 Carolina Drive, Cochrane, AB T4C 1X5

<http://www.rockyviewfoundation.org>

Independent and supportive living. (Hot) meals-to-go can be ordered (within the Town of Cochrane only.) Charges apply.

### **Hospice Calgary**

**403-263-4525**

1245 70 Ave SE, Calgary, AB T2H

<http://www.hospicecalgary.com>

Hospice Calgary guides children, teens and adults in Calgary and surrounding areas through the grieving process as they face a life-threatening illness and death of

a loved one. We operate two centres of care: Sage Centre and Rosedale Hospice.

## **Safety**

### **Finding Balance – Fall Prevention 780-492-6019**

[www.findingbalancealberta.ca](http://www.findingbalancealberta.ca)

Website full of useful information designed to help prevent slips, trips, and falls among older Albertans and Canadians.

### **Lifecall of Canada 1-800-661-5433**

[www.lifecall.ca](http://www.lifecall.ca) | [contact@lifecall.ca](mailto:contact@lifecall.ca)

LifeCall is a personal emergency response system that allows seniors, the chronically ill or physically challenged to live safer and more independently.

### **Life Line 1-800-543-3546**

<https://www.lifeline.ca/en/>

Lifeline is an easy-to-use medical alarm service designed to reduce the risk of living alone. In the event of a fall or emergency, help is available at the push of a button.

### **Medic Alert Safely Home (Toll Free) 1-855-581-3794**

<http://www.alz.org/care/dementia-medic-alert-safe-return.asp>

Safely Home is a nationwide program designed to help find the person who is lost and assist in a safe return home. This program is in place to assist people living in their homes and their family members who may require additional medical or physical assistance.

## **Supports & Additional Resources**

### **Alberta Council on Aging 1-888-423-9666**

<http://www.acaging.ca>

Alberta Council on Aging aims to improve the quality of life for seniors and encourage their participation in all aspects of community by educating seniors and the public and by advising government.

**Alberta Supports Contact Centre 1-877-644-9992**

Locations in Calgary available- see website for details.

<http://www.alberta.ca/alberta-supports>

Alberta Supports Contact Centre provides information on social based programs and services offered by the Government of Alberta.

**Alzheimer's Society of Calgary 403-290-0110**

<http://www.alzheimercalgary.ca>

**1-877-569-4357**

The Alzheimer Society of Calgary works to improve the quality of life for people in and around Calgary impacted by dementia.

**COMPASS For Caregivers 403-851-6100**

[www.caregiversalberta.ca](http://www.caregiversalberta.ca)

**403-851-6060**

Locally provided, facilitated group and one-on-one supports that help caregivers connect with others, navigate the system and look after themselves while providing care.

**Calgary MS Society 403-250-7090**

110 Quarry Park Blvd #150, Calgary, AB T2C 3G3

<https://mssociety.ca/>

The MS Society offers a variety of programs to help people affected by multiple sclerosis effectively manage and cope with the disease.

**Enduring Power of Attorney & Personal Directive 1-877-427-4525**

<http://www.humanservices.alberta.ca/guardianship-trusteeship.html>

Information regarding personal directives, supported decision-making agreements, an enduring power of attorney and wills.

**Family Caregiver Centre 403-955-1674**

Available through: Bridgeland Seniors Health Centre

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1070 Mcdougall Road NE, Calgary, Alberta T2E 7Z2  
Offers support for caregivers who are not paid including: connections to healthcare and community services; a supportive person to talk to; education programs; a library of books, videos, and articles.

**Elder Abuse Community Case Worker** **403-829-3436**

Provides community case management with clients and bridges gaps with service providers in surrounding areas.

**Human Resources Development Canada** **1-800-277-9914**  
Income Security Programs

**Kerby Centre** **403-265-0661**  
Information, Housing Assistance, Wellness Centre, Kerby News, Adult Day Program, Various Classes.

**Kerby Rotary House** **403-705-3250**  
**(Elder Abuse Resource Line)**

Provides shelter to individuals 50+ in crisis. Provides Case management, assistance with housing, and follow up in community.

**Safeguards for Vulnerable Adults** **1-888-357-9339**  
**Information and Reporting**

The abuse of an adult receiving publicly funded care or support services Protection for Persons in Care; Complaints of non-compliance to the accommodation standards for supported living and long-term care facilities Accommodation Standards; or the actions of a co-decision maker, guardian or trustee Office of the Public Guardian.

**SAILL****403-943-1500**

<http://www.albertahealthservices.ca/info/service>.

Substance Abuse In Later Life: Through a harm reduction mode, the SAILL program assists seniors (60 & over) and their families with problems of alcohol and/ or medication misuse.

**Parkinson's Society  
of Southern Alberta****403-243-9901**

<http://www.parkinsonalberta.ca/>

Local support group meets at 10:00am on the 2<sup>nd</sup> Thursday of every month at St. Andrews United Church  
128 1<sup>st</sup> Street E.

**Office of Public  
Guardian/Public Trustee****403-297-3364**

Helps you understand how guardianship works, explains the process of trusteeship.

**Transportation and Driving Supports****Alberta Motor Association****1-800-642-3810****Mature Driver's Course**

AMA Calgary Main, 4700 - 17 Avenue SW, Calgary, AB  
T3E 0E3, [www.ama.ab.ca](http://www.ama.ab.ca)

Offering courses and evaluations, to help senior drivers stay safe on the road for as long as possible.

**Community Access  
Resource (CAR)****403-851-2250**

*See Community Resources FCSS*

**Drive Able****1-855-825-9538**

Offers Cognitive Assessments for Driving

**Helping Hands Volunteer  
Driving Program****587-580-9448**

## **Medically at Risk Driver Centre (MARD)**

<http://www.mard.ualberta.ca>

**780-492-6273**

Enhancing the safety and mobility of medically at-risk drivers.

## **Rocky View Regional Handibus**

<http://www.rockyviewbus.ca/>

**403-948-2887**

**1-877-389-2887**

## **Safety In Motion Inc.®**

Cochrane, Alberta

[safetyinmotion@telus.net](mailto:safetyinmotion@telus.net)

Provides a comprehensive on-road competency assessment for drivers with cognitive issues.

**403-932-3912**

## **Transparent Concierge**

<http://www.transparentconcierge.com>

Providing accompanied transportation (including wheel-chair accessible) for older adults and persons with special needs.

**403-801-9419**

## **Taxi Companies**

### **Cochrane Taxi**

[www.cochranetaxi.com](http://www.cochranetaxi.com)

**403-851-8888**

### **LimeLite Taxi**

[www.limelitetaxiinc.ca](http://www.limelitetaxiinc.ca)

**403-369-6420**

### **Taxi4UCochrane**

[www.taxi4u.ca](http://www.taxi4u.ca)

**403-479-8294**



# *A big thank you to our Community Partners!*



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This booklet is available online at [www.cochrane.ca](http://www.cochrane.ca)  
(choose FCSS from Town by Department)  
To order more copies of this Resource Booklet:  
403-851-2250

## **Family & Community Support Services (FCSS)**

Location: 209 Second Avenue W.  
Mailing Address: 101 RancheHouse Rd,  
Cochrane, AB. T4C 2K8  
Phone: 403-851-2250  
Fax: 403-851-2260

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