



# Cochrane Older Adult Resource Booklet

connecting  
**DOTS**  
Dementia & Other Therapies / Services



*Published 2020*

**Disclaimer**

The DOTS Committee (Dementia & other Therapies/ Services) have crafted this booklet as a support to Cochrane and area older adults; and those that support them. We hope that you find this resource booklet valuable. As programs and services are ever changing, we understand that some services may have inadvertently been missed. At the time of printing, the information regarding the resource listings contained within this booklet were accurate.

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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

<b>In case of emergency:</b>	<b>Dial 911</b>
<b>RCMP (non-emergency)</b>	<b>403-932-2213</b>
<b>211 Inform Alberta (24hr) Community &amp; Social Services</b>	<b>Dial 211</b>
<b>811 HEALTHlink Alberta (24hr)</b> For all non-emergency health questions	<b>Dial 811</b>
<b>Cochrane &amp; Area Victim Services</b>	<b>403-851-8055</b>
<b>Cochrane Urgent Care Centre</b>	<b>403-851-6000</b>
<b>Distress Centre (24hr)</b> Serves Calgary, Cochrane & surrounding areas	<b>403-266-4357</b>
<b>Elder Abuse Crisis Line (24hr)</b> Elder abuse is any action or inaction by self or others that jeopardizes the health and well being of an older adult.	<b>403-705-3250</b>
<b>Mental Health Help Line (24hr)</b>	<b>1-877-303-2642</b>



## COMMUNITY RESOURCES

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

209-2nd Ave. West, Cochrane AB T4C 2E7      **403-851-2250**

FCSS provides services for older adults includes information, programs, workshops, supports and referrals. Additionally, we support people experiencing challenges meeting their basic needs, managing finances, or coping with significant changes in their lives or stressors in their personal or family relationships. Programs and services include, but aren't limited to:

- **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.
- **Legal Resource Centre:** Information sessions on family law and other legal matters. (no criminal law)
- **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 older adults.
- **Government Forms:** Information and support with government forms and programs.

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

*PO Box 1045, Cochrane AB T4C 1B1*

**587-580-9448**

*Website: [helpinghandscochrane.ca](http://helpinghandscochrane.ca)*

Individuals and families in need are matched up 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 the 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 flr, 800 Griffin Road East, Cochrane, AB T4C 2B8*

*Website: [www.cochrane.ca/257/Seniors-on-the-Bow-Centre](http://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

### **Access Mental Health**

**1-844-943-1500**

*Mental Health & addiction Services for Cochrane and Area  
60 Grande Boulevard, Cochrane AB T4C 0S4*

*Website: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)*

Provides information, consultation and referral to individuals who have addiction and/or mental health concerns.

Clinicians work over the telephone to help people navigate the addiction and mental health system. They are familiar with both Alberta Health Services and community based programs and will explore options and direct/refer clients to the most appropriate resource to meet their needs.

### **Alberta Health Services**

**403-310-0000**

*Website: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)*

**1-780-427-1432**

### **Alberta Health Link**

**dial 811**

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 (24hr)**

**1-866-332-2322**

### **MyHealth.Alberta.Ca**

*Website: [myhealth.alberta.ca](http://myhealth.alberta.ca) and search for “seniors”*

Trustworthy medical advice, information and videos including comprehensive section especially for seniors.



## HEALTH RESOURCES

**Care in the Creek Medical Centre**      **403-949-2457**

*20 White Avenue, Suite 11, Bragg Creek, AB T0L 0K0*

*Website: [www.careinthecreek.com](http://www.careinthecreek.com)*

**Cochrane Community Health Care**      **403-851-6000**

*60 Grande Blvd., Cochrane, AB T4C 0S4*

*Website: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)*

More than 20 health services in one location: Addiction/  
Mental Health; COPD & Asthma; Public Health; Home  
Care; Lab services; Living Well with a Chronic Condition;  
Oral Health; Speech Therapy; Urgent Care.

**Cochrane Primary Care Centre**      **403-932-2089**

*103, 100 Grand Blvd., Cochrane, AB T4C 0S4*

*Website: [cfpcn.ca](http://cfpcn.ca)*

**Evolve Medical Clinic (Walmart)**      **403-932-2255**

*15 Quarry Street West, Cochrane, AB T4C 1A1*

**Lahey Medical Centre**      **403-981-6000**

*120 Fifth Ave., Cochrane, AB T4C 0A4*

**Maple Leaf Health Centre**      **403-981-0911**

*5102, 50 Fireside Gate., Cochrane, AB T4C 2P3*

*Website: [www.mlhcs.ca](http://www.mlhcs.ca)*

**Oasis Medical Centre**      **403-932-2022**

*102, 100 Grande Blvd., Cochrane, AB T4C 0S4*

*Website: [www.oasismedicalclinic.ca](http://www.oasismedicalclinic.ca)*

**Laboratory Services**      **403-932-4811**

*Calgary Lab Services (Cochrane location)*

*60 Grande Blvd., Cochrane, AB T4C 0S4*

*Website: [www.calgarylabservices.com](http://www.calgarylabservices.com) and click booking*

*Health Resources... Continued*

## **Sage Family Clinic**

#6 - 204 5th Avenue W Cochrane, AB T4C 1X3

Website: <https://sagefamilyclinic.com>

Sage Family Clinic is a micro-practice.

Dr. Elkind: phone (403) 981-7243

Dr. Torrie: phone (403) 981-5854

Dr. Dembinski: phone (403) 981-5851

Dr Johnstone: phone (403) 981-5850

## **Sunset Ridge Medical**

**403-840-0120**

101 Sunset Dr. #9113 Cochrane, AB T4C 0W7

Website: [www.sunsetridgemedical.ca](http://www.sunsetridgemedical.ca)

## **Synergy Collaborative Health Clinic**

**403-981-1999**

2201-120 5 Ave W, Cochrane, AB T4C 0A4

Website: <https://www.synergycochrane.com>





**NOTES**

## PHARMACIES

*Weekly/monthly pill organizer packaging available at no cost at pharmacies below. Call individual locations for prescribing pharmacists.*

**Bragg Creek Village Pharmacy** **403-949-3177**  
20 White Ave., Bragg Creek, AB T0L 0K0  
Seniors day discount, compounding medicine.

**Cochrane Rexall Drugstore** **403-932-3344**  
305 1st Street West, Cochrane, AB T4C 1X8

**IDA Cochrane Pharmacy** **587-493-0551**  
5-118—1st Ave. W 5, Cochrane, AB T4C 1Z6

**IDA Fireside Pharmacy** **403-981-1500**  
Fireside Gate #5102, Cochrane, AB T4C 2P3  
Seniors discount, medication delivery, compounding medicine

**Two Pharmacy** **403-932-2500**  
105, 100 Grand Blvd., Cochrane, AB T4C 0S4  
Website: [www.twopharmacy.ca](http://www.twopharmacy.ca)  
Compounding medicine, 10% senior discount, delivery, travel clinic, home healthcare department.

**No Frills Pharmacy** **403-932-0402**  
210 fifth Avenue W, Cochrane AB T4C 1X3  
Delivery service

**Safeway Pharmacy** **403-851-1279**  
304 Fifth Ave., Cochrane, AB T4C 0W4  
Compounding medication

**Save On Foods Pharmacy** **403-932-3222**  
65 Bow St., Cochrane, AB T4C 0T4  
15% Senior discount, compression sock fitting, prescribing pharmacist

**Shoppers Pharmacy**

**403-851-3568**

*120 5th Avenue West., Cochrane, AB T4C 00A4*

Delivery, vaccines, travel clinic, compression stocking fittings, Seniors Day every Thursday.

**Sunset Ridge Pharmacy**

**403-851-5517**

*3109-101 Sunset Dr., Cochrane, AB T4C 0W7*

Compounding medicine, delivery, diabetes and hypertension management, strep throat testing, travel vaccinations,

**Walmart Pharmacy**

**403-851-3040**

*15 Quarry St., Cochrane, AB T4C 0W5*

**NOTES**

## HOME CARE SUPPORTS

**Alberta Aids to Daily Living (AADL)** **403-310-0000**  
**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. ADL 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 Legion (Branch 015-Men of Vision)** **403-932-2011**

*114 Fifth Ave., Cochrane, AB, T4C 1A5*

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

**Cochrane Home Care Services** **403-851-6060**

*Cochrane Community Health Centre*

*60 Grande Boulevard Cochrane, AB T4C 0S4*

*Website: <https://ahpca.ca/home-care-cochrane-home-care>*

Home Care services are provided as a complement to the care provided by family, friends, neighbours, and the community at large. All services provided through Home Care are based on an assessment and development of a care plan. Services that may be included in a care plan: professional nursing services, personal care services, respite, palliative care.

**Home Care Intake Line** **403-943-1920**

**Two Home Healthcare**

**403-932-6246**

Website: [www.twopharmacy.ca](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.

**NOTES**

## HOME CARE SERVICE PROVIDERS

### **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 for Seniors**

**403-815-9371**

*email: [s.lappin@shaw.ca](mailto:s.lappin@shaw.ca)*

Provides companion support to locals, primarily residents of Bethany Care.

### **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**

*Website: [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.

### **Rocky View Health Care**

**403-966-9117**

*Website: [rockyviewprivatehealthcare.ca](http://rockyviewprivatehealthcare.ca)*

Certified Care Providers cover a wide range of care and support options including but not limited to: Caregiver relief, Full Personal Care, Companion Services, Companionship and Housekeeping, Nursing, Live In Care, Cooking/Meal Prep, Transportation to Medical or Social Commitments.

## **TransParent Concierge (TC)**

**403-801-9419**

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

TC uses the *Best Friends Approach* to provide memory and respite care services for older adults and persons of all ages with dementia, special needs and abilities

## **TTtogether**

**403-981-8008**

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

## **You Are Not Alone Bow Valley**

**403-609-4992**

Email: [YouAreNotAloneBowValley@gmail.com](mailto:YouAreNotAloneBowValley@gmail.com)

Website: [youarenotalonebowvalley.ca](http://youarenotalonebowvalley.ca)

Grief and loss support counselling.



## HOUSING AND CARE FACILITIES

### **Bethany Care Cochrane** **403-932-6422**

1000, 32 Quigley Drive, Cochrane , AB T4C 1M2

Website: [bethanyseniors.com](http://bethanyseniors.com)

Long term Care Facility that provides services for people with complex health needs who are unable to stay in own home or Supportive living centres. 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. Provides Level 1/2 care.  
Small pets are welcome.

### **Big Hill Lodge Rocky View Foundation**

98 Carolina Drive, Cochrane, AB T4C 1X5 **403-945-9724**

Website: [www.rockyviewfoundation.org](http://www.rockyviewfoundation.org)

Email: [sch@rockyviewfoundaiton.org](mailto:sch@rockyviewfoundaiton.org)

Big Hill Lodge is a 75 resident independent and supportive living lodge with full service dining and other amenities.

### **Evergreen Manor Rocky View Foundation**

300 Ross Avenue Cochrane, AB T4C 1X4 **403-945-9724**

Website: [www.rockyviewfoundation.org](http://www.rockyviewfoundation.org)

Email: [sch@rockyviewfoundation.org](mailto:sch@rockyviewfoundation.org)

Evergreen Manor offers 22 single bedroom apartments with kitchens for seniors in need of affordable housing.

### **Grande Avenue Village** **403-851-8857**

50 Grande Avenue, Cochrane, AB T4C 2P6

For seniors who want an active and independent lifestyle. Without the worries of maintaining a home or depending on family for help.



**Hospice Calgary****403-263-4525***1245—70 Ave. SE, Calgary, AB**Website: [www.hospicecalgary.com](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 the death of a loved one.

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

**Points West Living****403-840-0150***60 Fireside Gate, Cochrane, AB T4C 2T9**Website: [www.pointswestliving.com/cochrane](http://www.pointswestliving.com/cochrane)*

PWL Cochrane is dedicated to the Eden Alternative model of care, which promotes maximum independence, choice and dignity for each resident and encourages the involvement of family, neighbours and friends. Residents bring their belongings including some furnishing, and may keep their small pets in their suites. PWL has designated SL 3/4. Access to PWL is through Alberta Health Services.

**NOTES**

## SAFETY

### **Finding Balance-Fall Prevention**

**780-492-6019**

Website: [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**

Website: [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**

**1-800-387-8120**

Website: [www.lifeline.ca](http://www.lifeline.ca)

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. Also provide services for GPS tracking/wandering pendant which tracks general location of a loved one.

### **Medic Alert foundation Canada**

**1-800-668-1507**

Website: [www.medicalert.ca](http://www.medicalert.ca)

Medic Alert 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 AND ADDITIONAL RESOURCES

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

Website: [www.acaging.ca](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 Seniors Resource Society** **403-266-6200**

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

Website: [www.alberta.ca/alberta-supports](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**

Website: [www.alzheimercalgary.ca](http://www.alzheimercalgary.ca)

**1-877-569-4357**

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

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

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

Website: [mssociety.ca](http://mssociety.ca)

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

**Calgary Seniors Resource Society**      **403-266-6200**  
3639 26th St NE, Calgary AB T1Y 5E1  
[www.calgaryseniors.org](http://www.calgaryseniors.org)

Assist potentially at-risk seniors achieve and maintain their quality of life by offering support through outreach programs, volunteer programs and community engagement. and services that help seniors remain independent at home and end senior isolation.

### **Cochrane and Area Hospice Society**

Website: [www.cochranehospicesociety.ca](http://www.cochranehospicesociety.ca)

Assist families experiencing an end of life journey, with a goal of keeping those with illnesses in their homes as long as possible. Provide Comfort Kits which are intended to add a combination of information resources and comfort items.

### **COMPASS for the Caregiver**      **1-877-453-5088**

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

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.

### **Connecting DOTS Conversation Group**      **403-851-6100**

For those with a dementia diagnosis and their caregiver  
3<sup>rd</sup> Tuesday of the month

Time: 1:30 – 3:00 pm

**NOTES**

**Enduring Power of Attorney  
& Personal Directive**

**1-877-427-4525**

Website: [www.humanservices.alberta.ca/guardianship-trusteeship.html](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*  
*1070 McDougall Road NE, Calgary, AB 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.

**Family Caregiver Drop In Support  
Group**

**403-955-1674**

Confederation Park Seniors Citizens Centre

3<sup>rd</sup> Monday of the month

Time: 7:00 – 8:30 pm

**Kerby Centre**

**403-265-0661**

Information, Housing Assistance, Wellness Centre, Kerby News, Adult Day Program, Various Classes.

**Kerby Rotary House  
(Elder Abuse Resource Line)**

**403-705-3250**

Provides shelter to individuals 55+ in crisis. Provides case management, assistance with housing and follow up in community.

**Office of Public Guardian/  
Public Trustee**

**403-297-3364**

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

**Parkinson's Society  
Of Southern Alberta**

**403-243-9901**

*Website: [www.parkinsonalberta.ca/](http://www.parkinsonalberta.ca/)*

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

**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  
(Substance Abuse In Later Life)**

**403-943-1500**

*Website: [www.albertahealthservices.ca/info/service](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.



**NOTES**

## TRANSPORTATION AND DRIVING SUPPORTS

### **Alberta Motor Association Mature Driver's Course**

**1-833-374-8733**

*AMA Calgary Main,  
4700—17 Ave. SW, Calgary T3E 0E3  
Website: [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.

### **COLT**

**403-851-5995**

*Website: [www.ridecolt.ca](http://www.ridecolt.ca)*

*Download the app or call to book a ride.*

On-demand local bus transit. Service hours are M-F: 6am-8pm, Sat: 9am-3pm, Sun: No Service. Wheelchair accessible. Single one-way ticket: \$2.50, Book of 10 tickets: \$20, Youth(6-18) and Student: \$25, Adult monthly pass: \$50, Senior monthly pass (60+): \$30.

### **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**





**Path to Care Senior Transportation Services**

**403-690-1258**

Cochrane, AB

*email: [info@pathtocare.ca](mailto:info@pathtocare.ca)*

Transportation and support for daily medical or leisure activities in Cochrane, Calgary, Canmore, Bragg Creek and surrounding areas. Some services may be eligible for coverage.

**Rocky View Regional Handibus**

**403-948-2887**

*Website: [www.rockyviewbus.ca](http://www.rockyviewbus.ca)*

**1-877-389-2887**

**Safety in Motion Inc. ®**

**403-932-3912**

**Cochrane, AB**

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

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

**TransParent Concierge**

**403-801-9419**

*Website: [www.transparentconcierge.com](http://www.transparentconcierge.com)*

**TC** provides accessible accompanied transportation for older adults and persons of all ages with dementia, special needs and abilities.

**TAXI COMPANIES**

**Cochrane Taxi**

**403-851-8888**

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

**LimeliteTaxi**

**403-369-6420**

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

**Taxi4UCochrane**

**403-479-8294**

## ADVANCE CARE PLANNING: GREEN SLEEVE

Website: <https://myhealth.alberta.ca/Alberta/Pages/advance-care-planning-green-sleeve.aspx>

A Green Sleeve is a plastic pocket that holds your advance care planning forms. It holds important legal forms that go with you through the healthcare system. In an emergency, Alberta Health Services medical providers can look at your Green Sleeve and know your healthcare wishes.

When you are at home, keep your *Green Sleeve* on or near your fridge. This is where healthcare providers such as Emergency Medical Services will look for it. Any time you go to the hospital or to any healthcare provider, take your *Green Sleeve* with you (remember to take it with you when you leave).

The Green Sleeve belongs to you and should only have the most up to date forms inside.

You can get a Green Sleeve from any Alberta Health Services provider. You can ask your family doctor for one or a nurse might suggest you get one.

The Green Sleeve holds a copy of your personal directive, your goals of care designation, and a tracking record.

**Goals of Care Designation (GCD) Order**

Date (yyyy-MM-dd)

Time (hh:mm)

**Goals of Care Designation Order**

To order a Goals of Care Designation for this patient, check the appropriate Goals of Care Designation below and write your initials on the line below it. (See reverse side for detailed definitions)

Check	<input type="checkbox"/> R1	<input type="checkbox"/> R2	<input type="checkbox"/> R3	<input type="checkbox"/> M1	<input type="checkbox"/> M2	<input type="checkbox"/> C1	<input type="checkbox"/> C2
Initials	_____	_____	_____	_____	_____	_____	_____

 Check  here  if this GCD Order is an interim Order awaiting the outcome of a Dispute Resolution Process. Document further details on the ACP/GCD Tracking Record.

Specify here if there are specific clarifications to this GCD Order. Document these clarifications on the ACP/GCD Tracking Record as well.

**Patient's location of care where this GCD Order was ordered** (Home, or clinic or facility name)

**Indicate which of the following apply regarding involvement of the Patient or alternate decision-maker (ADM)**
 This GCD has been ordered after relevant conversation with the patient.

 This GCD has been ordered after relevant conversation with the alternate decision-maker (ADM), or others. (Names of formally appointed or informal ADM's should be noted on the ACP/GCD Tracking Record)

 This is an interim GCD Order prior to conversation with patient or ADM.

**History/Current Status of GCD Order**

Indicate one of the following

 This is the first GCD Order I am aware of for this patient.

 This GCD Order is a revision from the most recent prior GCD (See ACP/GCD Tracking Record for details of previous GCD Order).

 This GCD Order is unchanged from the most recent prior GCD.

Name of Physician/Designated Most Responsible Health Practitioner who has ordered this GCD

Discipline

Signature

Date (yyyy-MM-dd)



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