

# Cochrane & Area Older Adults Resource Guide

## **Disclaimer**

The DOTS Committee (Dementia & Other Therapies/Services) has crafted this booklet as a support for 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.

This information is provided for informational purposes only. While efforts are made to ensure it is accurate, no guarantee of the accuracy of the information in this booklet is given. The information about services and service providers does not constitute an endorsement or recommendation by the Town of Cochrane or DOTS Committee. The Town of Cochrane or DOTS Committee assumes no liability of any kind for the information contained in this booklet.

## **Tips**

Talk to service providers about their options.

- Some offer a sliding scale fee for services based on income levels.
- Some offer payment plans.

## **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).

*This booklet is available online at:  
[www.cochrane.ca](http://www.cochrane.ca), search "Dots Booklet".*

# Table of Contents

Quick Reference Contacts	4
Community Resources	6
Health Resource (Phone/Online)	9
Health Clinics	11
Dental Clinics	14
Hearing Clinics	16
Foot Care Clinics	16
Physiotherapy Clinics	17
Pharmacies	19
Home Living Supports	20
Home Care Service Providers	22
Private Home Care Service Providers	23
Housing & Care Facilities	25
Housing Definitions	27
Safety	30
Transportation & Driving Supports	31
Taxi Companies	33
Supports & Additional Resources	34
Quick Guide to Benefits	42
Advance Care Planning: Green Sleeve	48

## Quick Reference Contacts

<b>In case of emergency</b>	<b>911</b>
<b>RCMP (non-emergency)</b>	<b>310-7267 (RCMP)</b>
<b>211 Alberta (24hr)</b> Community & Social Services	<b>211</b>
<b>811 HEALTHLink Alberta (24hr)</b> For all non-emergency health questions.	<b>811</b>
<b>Big Hill Haven</b> Provides assistance to adults experiencing abuse and unhealthy relationships.	<b>403-796-6564</b>
<b>Community Health Centre</b>	<b>403-851-6000</b>
<b>Distress Centre (24hr)</b>	<b>403-266-4357</b>
<b>Elder Abuse Crisis Line (24hr)</b>	<b>403-705-3250</b>
<b>Fish and Wildlife</b> Non-urgent enforcement or problem wildlife.	<b>1-800-642-3800</b>
<b>Mental Health Help Line (24hr)</b>	<b>1-877-303-2642</b>
<b>Municipal Enforcement</b>	<b>403-851-2532</b>

**Southern Alberta Regional  
Victim Serving Society**

**403-851-8055**

**Suicide Support Line**

**988**

**Veterans Affairs Psychological  
Support (24hr)**

**1-800-268-7708**

**Notes**

## Community Resources

### **Big Hill Haven**

**403-796-6564**

Provides support to families and individuals facing abuse and unhealthy relationships through outreach support, safety planning and emergency shelter. If you need support outside of business hours, please call the FearsNotLove 24 Hour Crisis Line at 403-234-7233 or 911 if you are in danger.

### **Bragg Creek Snowbirds Seniors Fellowship**

**403-949-3313**

19 Balsam Avenue, Bragg Creek

*Email: [braggcreeksnowbirdsfellowship@gmail.com](mailto:braggcreeksnowbirdsfellowship@gmail.com)*

A social club for members 50+. Activities, events, education, monthly dinners, foot clinics, medical assistance devices, crutches/walkers and canes available. Come and mingle with other seniors.

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

**403-851-2250**

1, 209 Second Avenue W.

[www.cochrane.ca/fcssfrn](http://www.cochrane.ca/fcssfrn)

*Email: [fcss@cochrane.ca](mailto:fcss@cochrane.ca)*

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

- **Cochrane Connect Card:** Provides discounts for low income individuals and families to access multiple community programs and services.
- **Food Hampers:** Provides food hampers to families and individuals.
- **Government Forms:** Information and support with government benefits, forms and programs.
- **Income Tax Program:** Free income tax services provided for lower income individuals.
- **Meals on Wheels for Your Freezer:** An opportunity for individuals to purchase healthy, well balanced meals that are delivered directly to their place of residence. These meals are frozen, making them easier to make and convenient.
- **Programs and Events for Older Adults:** Free or low cost in partnership with local organizations.
- **Seniors Property Tax Rebate Program:** A rebate on municipal property taxes for eligible seniors.
- **Volunteer Opportunities**  
[www.volunteerconnector.org](http://www.volunteerconnector.org)  
*Email: [volunteer@cochrane.ca](mailto:volunteer@cochrane.ca)*

## **Heart to Home Meals**

**1-866-933-1516**

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

Budget friendly options for older adults looking for nutritious and accessible foods. Price includes free delivery in Cochrane.

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

**587-580-9448**

244C River Avenue

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

Individuals and families in need are matched up with volunteers who are willing to lend a hand. Volunteers are available to help with things like small repairs around the house, yard work, a friendly chat, moving or providing a ride to essential appointments.

## **Helping Hands Free Food Sheds**

East End: St. Andrew's United Church parking lot,  
128 First Street E.

West End: Bow Valley Baptist Church west side of building,  
54 West Aarsby Road

Take what you need; give what you can. Open and available 24/7 to anyone.

## **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 (SOTB)**

**403-932-6002**

SLS Centre, Second floor, 800 Griffin Road E.,  
(Arena Entrance)

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

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



## Health Resources (Phone/Online)

### **Access Mental Health**

**1-844-943-1500**

60 Grande Boulevard

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

Provides information, consultation and referrals 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 will explore options and refer clients to the most appropriate resource to meet their needs.

### **Addictions Help Line (24hr)**

**1-866-332-2322**

### **Alberta Health Link**

**811**

[www.myhealth.alberta.ca](http://www.myhealth.alberta.ca)

Free, quick and easy health advice from a registered nurse 24/7. Albertans can also receive specialized dementia advice through this service. The website gives trustworthy medical advice, information and videos. Search "Seniors".

### **Alberta Health Services**

**403-310-0000**

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

**1-780-427-1432**

### **Cochrane Addictions & Mental Health**

**403-851-6100**

Current clients may book appointments through this number, otherwise contact Access Mental Health first.

## **Community Connect YYC**

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

Affordable, barrier-free access to in-person, phone or video counselling sessions. Services include rapid access counselling, addictions support, general counselling, caregiver supports, counselling for immigrants and first languages.

## **Ease Care**

**587-323-8646**

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

*Email: [support@easecare.ca](mailto:support@easecare.ca)*

Mental health support from the comfort of your home. Physicians, psychiatrists and expert clinicians are available.

## **Suicide Crisis Helpline**

**988**

[www.988.ca](http://www.988.ca)

Provides urgent, 24 hour support by phone and text for anyone who is thinking about suicide, or is worried about someone they know. Call or text toll-free, anytime.

**Notes**

## Health Clinics

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

11, 20 White Avenue, Bragg Creek  
[www.careinthecreek.com](http://www.careinthecreek.com)

### **Cochrane Community Health Centre** **403-851-6000**

60 Grande Boulevard

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

More than 20 health services in one location:

Addiction and Mental Health, COPD & Asthma, Public Health, Home Care, Lab Services, Living Well with a Chronic Condition, Oral Health, Speech Therapy, Urgent Care.

### **Cochrane Medical Clinic**

116 Centre Avenue

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

Dr. Punch:

**403-932-5666**

Dr. Barry:

**403-932-5661**

Dr. Knoechel:

**403-512-0048**

### **Fireside Family Health**

**587-551-3348**

7111, 50 Fireside Gate

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

### **First Choice Medical Centre**

**587-493-1163**

314 First Street E.

### **First Street Medical Clinic**

**403-881-3180**

612 First Street W.

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

### **Griffin Road Medical Clinic**

**403-513-6040**

2145, 239 Griffin Road E.

<b>Laboratory Services</b> Alberta Precision Laboratories 60 Grande Boulevard <a href="http://www.albertaprecisionlabs.ca">www.albertaprecisionlabs.ca</a>	<b>403-932-4811</b>
<b>Maple Leaf Health Centre</b> 5102, 50 Fireside Gate <a href="http://www.mlhcs.ca">www.mlhcs.ca</a>	<b>403-981-0911</b>
<b>Mayfair Diagnostics Cochrane</b> 1123, 116 Grande Boulevard <a href="http://www.radiology.ca">www.radiology.ca</a> Offers ultrasound, mammography, pain management and bone densitometry imaging exams. (No x-rays)	<b>403-777-3000</b>
<b>Oasis Medical Centre</b> 102, 100 Grande Boulevard <a href="http://www.oasismedicalclinic.ca">www.oasismedicalclinic.ca</a>	<b>403-932-2022</b>
<b>Oasis Medical Centre, Rexall</b> 1129, 320 Fifth Avenue W. <a href="http://www.oasismedicalclinic.ca">www.oasismedicalclinic.ca</a>	<b>403-907-0490</b>
<b>Prairie Moon Medical</b> 219, 100 Grande Boulevard <a href="http://www.prairiemoonmedical.com">www.prairiemoonmedical.com</a>	<b>403-981-1466</b>
<b>Sage Family Clinic</b> 6, 204 Fifth Avenue W. <a href="http://www.sagefamilyclinic.com">www.sagefamilyclinic.com</a> Sage Family Clinic is a micro-practice. Dr. Elkind Dr. Torrie Dr. Dembinski Dr. Johnstone	<b>403-981-7243</b> <b>403-981-5854</b> <b>403-981-5851</b> <b>403-981-5850</b>

**Sunset Ridge Medical Clinic**

9113, 101 Sunset Drive

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

**403-840-0120**

**Synergy Collaborative Health Clinic**

2201, 120 Fifth Avenue W.

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

**403-981-1999**

**Notes**

## Dental Clinics

<b>Absolute Dental Care</b> 5089, First Street W.	<b>403-932-2060</b>
<b>Airdrie &amp; Cochrane Denture</b> 214 Grande Boulevard	<b>403-932-4938</b>
<b>Bow River Dental Centre</b> 104, 30 Bow Street	<b>403-932-9889</b>
<b>Bow View Dental Care</b> 15, 312 Fifth Avenue W.	<b>403-981-0011</b>
<b>Bragg Creek Dental Clinic</b> 35 White Avenue, Bragg Creek	<b>403-949-2288</b>
<b>Cochrane Dental Centre</b> 10, 402 Railway Street W.	<b>403-932-3031</b>
<b>Cochrane Dental Clinic</b> 311 First Street E.	<b>403-932-5498</b>
<b>Cochrane Rise Dental</b> 2117, 23 Heartland Boulevard	<b>403-851-1188</b>
<b>Cochrane Valley Dental</b> 3101, 100 Horse Creek Road	<b>403-981-4151</b>
<b>Dental Hygiene Collective</b> 4, 206 Fifth Avenue W.	<b>403-326-0101</b>
<b>Fifth Avenue Dental Clinic</b> 2007, 120 Fifth Avenue W.	<b>403-932-9660</b>
<b>Fireside Dental Clinic</b> 3101, 50 Fireside Gate	<b>403-840-0084</b>

<b>Grande Dentistry</b> 1101, 116 Grande Boulevard	<b>587-689-6102</b>
<b>Harvest Dental Care in Cochrane</b> 3, 45 Bow Street	<b>403-981-2588</b>
<b>Mila Dental</b> 4141, 239 Griffin Road	<b>403-800-9096</b>
<b>My Mobile Dental Hygienist</b> www.mmdh.ca Dental hygiene care in the comfort of your own home.	<b>403-966-8755</b>
<b>River Harmony Dental</b> 1137, 4A River Heights Drive	<b>587-493-0305</b>
<b>Rockyview Dental Hygiene</b> 114 Montenaro Crescent <i>Email: rockyviewdentalhygiene@gmail.com</i>	<b>587-573-1734</b>
<b>Sunset Ridge Dental</b> 9109, 101 Sunset Drive	<b>403-981-3685</b>
<b>Tristan Ziegenhagel Dentistry</b> 8, 201 Grande Boulevard W.	<b>403-932-2477</b>
<b>True North Denture &amp; Implant Centre</b> 115A, 115 Fourth Avenue W.	<b>403-981-1338</b>
<b>Vitality Oral Health</b> 2210, 2 Street SW, Calgary www.vitalityoralhealth.com Compassionate care for those with medically complex and special needs patients.	<b>403-441-8739</b>

## Hearing Clinics

### **Connect Hearing**

16, 80 Bow Street

**403-981-5861**

### **Destination Hearing**

5, 214 Grande Boulevard

**403-981-5861**

**1-855-905-4327**

### **Hear Canada**

1113, 320 Fifth Avenue W.

**403-910-0295**

### **Hear Right Canada**

6, 57 West Aarsby Road

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

**825-509-4327**

## Foot Care Clinics

### **Bragg Creek Snowbirds Foot Care Clinic**

19 Balsam Avenue, Bragg Creek

**403-861-1503**

### **Ohana Care**

102, 50 Grande Boulevard

**403-300-2273**

### **The Foot Institute Cochrane**

102, 100 Grande Boulevard

**403-242-3668**



## Physiotherapy Clinics

<b>B Well Physiotherapy</b> 8, 123 Second Avenue W.	<b>403-981-6977</b>
<b>Blue Water Physiotherapy</b> 96 Manyhorses Drive, Redwood Meadows	<b>778-533-0111</b>
<b>Bragg Creek Physiotherapy</b> 24 Balsam Avenue, Bragg Creek	<b>403-949-4008</b>
<b>Cochrane Physiotherapy Clinic</b> 211, 100 Grande Boulevard	<b>403-932-4909</b>
<b>Cochrane Sport Physiotherapy &amp; Massage</b> 800 Griffin Road E.	<b>403-932-1088</b>
<b>Jennifer Wright Physiotherapy Consulting</b> 97 Elk Valley Crescent, Bragg Creek	<b>403-949-7740</b>
<b>Mission Health Physiotherapy &amp; Massage</b> 6101, 50 Fireside Gate	<b>587-362-0111</b>
<b>Mountainview Physiotherapy</b> 5, 204 Fifth Avenue W.	<b>403-321-3211</b>
<b>Peak and Pine Physio</b> 9 Redwood Meadows Court, Redwood Meadows	<b>368-887-9822</b>
<b>Riverside Sports Therapy</b> 2121, 239 Griffin Road E.	<b>403-840-0500</b>

**Sunshine Physiotherapy and  
Sports Rehabilitation**

**403-981-1991**

16, 205 First Street E.

**West Valley Chiropractic Centre**

**403-851-8868**

7, 402 Railway Street W.

**Notes**

## Pharmacies

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

<b>Cochrane Clinic Pharmacy</b>	<b>403-907-1332</b>
612 First Street W.	<b>403-538-6411</b>

<b>Cochrane Rexall Drugstore</b>	<b>403-932-3444</b>
1129, 320 Fifth Avenue W.	

<b>FirstChoice Community Rx Pharmacy</b>	<b>403-851-6550</b>
101, 314 First Street E.	

<b>Heartland Value Drug Mart</b>	<b>587-207-5444</b>
2121, 23 Heartland Boulevard	

<b>IDA Cochrane Pharmacy</b>	<b>587-493-0551</b>
5, 118 First Avenue W.	

<b>IDA Fireside Pharmacy</b>	<b>403-981-1500</b>
5102, 50 Fireside Gate	

<b>IDA Sandstone Pharmacies</b>	<b>403-949-3177</b>
<b>Bragg Creek</b>	
20 White Avenue, Bragg Creek	

<b>Mark's No Frills Pharmacy</b>	<b>403-932-0415</b>
210, Fifth Avenue W.	

<b>Pharmasave Cochrane</b>	<b>587-493-4322</b>
239 Griffin Road E.	

<b>Safeway Pharmacy</b>	<b>403-851-1279</b>
304 Fifth Avenue W.	

**Save-On Foods Pharmacy****403-932-3222**

65 Bow Street

**Shoppers Pharmacy****403-851-3568**

120 Fifth Avenue W.

**Sunset Ridge Pharmacy****403-851-5517**

3109, 101 Sunset Drive

**Two Pharmacy****403-932-2500**

105, 100 Grande Boulevard

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

15 Quarry Street

## Home Living Supports

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

Home Care referral is required. ADSP is a wellness program for adults in the Cochrane area and is currently offered through the Bethany Care Centre. Adult Day Support Programs are designed for adults 18+ who may have physical and/or memory challenges or are living with a chronic illness. They play a key role in allowing people to remain living in the community as long as possible by optimizing their level of physical, spiritual, social and emotional function. Adult Day Support Programs also provide respite and education for caregivers.

**Alberta Aids to Daily Living (AADL)****403-310-0000**[www.alberta.ca/alberta-aids-to-daily-living](http://www.alberta.ca/alberta-aids-to-daily-living)

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

## **Royal Canadian Legion**

**403-932-2011**

### **Branch No. 15**

114 Fifth Avenue W.

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

*Email: [cochranelegion@shaw.ca](mailto:cochranelegion@shaw.ca)*

Has a limited, free supply of wheelchairs, support poles, walkers, canes, crutches and shower chairs.

## **Residential Access Modification Program (RAMP)**

**1-877-427-5760**

[www.alberta.ca/residential-access-modification-program](http://www.alberta.ca/residential-access-modification-program)

Eligible Albertans with mobility challenges can apply for grants to modify their home. Up to \$7,500 per person each benefit year (April 1 – March 31) and up to \$15,000 per person within 10 years.

## **Red Cross Health Equipment Loan Program**

**403-273-4426**

7, 3140 14 Avenue NE., Calgary

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

This program takes donations of equipment and can provide equipment rentals for up to 6 months with a referral from a health professional.

## **Seniors Home Adaptation and Repair Program (SHARP)**

[www.alberta.ca/seniors-home-adaptation-repair-program](http://www.alberta.ca/seniors-home-adaptation-repair-program)

Low-interest home equity loans can cover a range of home adaptations and renovations to help older adults stay in their homes longer.

## **Two Pharmacy**

**403-932-2500**

105, 100 Grande Boulevard

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

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

## **Bragg Creek Snowbirds Seniors Fellowship**

**403-949-3313**

19 Balsam Avenue, Bragg Creek

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

*Email: [braggcreeksnowbirdsfellowship@gmail.com](mailto:braggcreeksnowbirdsfellowship@gmail.com)*

A limited supply of free accessibility assistance equipment is available on loan.

## **Home Care Service Providers**

### **Alberta Health Services**

#### **Cochrane Home Care Services**

**403-851-6060**

#### **Home Care Intake Line**

**403-943-1920**

Cochrane Community Health Centre

60 Grande Boulevard

[www.ahpca.ca/home-care-cochrane-home-care](http://www.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. Services may include professional nursing, personal care, respite and palliative care.

### **Veterans Independence Program**

**1-866-522-2122**

[www.veterans.gc.ca/en/housing-and-home-life](http://www.veterans.gc.ca/en/housing-and-home-life)

Home care services may help you remain independent in your own home. This program provides annual funding to help cover the cost for these services.

## Private Home Care Service Providers

**Please note: None of the following agencies are endorsed by Alberta Health Services.**

<b>Auburn Bay Health</b> <a href="http://www.auburnbayhealth.com">www.auburnbayhealth.com</a>	<b>1-888-862-8161</b>
<b>Bayshore Home Health Care</b> <a href="http://www.bayshore.ca">www.bayshore.ca</a>	<b>403-776-0460</b>
<b>Calgary Elder Care</b> <a href="http://www.calgaryeldercare.com">www.calgaryeldercare.com</a>	<b>403-464-2455</b>
<b>Care at Home Services</b> <a href="http://www.careathomeservices.ca">www.careathomeservices.ca</a>	<b>1-866-982-2737</b>
<b>Care to Share Senior Services Inc.</b> <a href="http://www.caretoshare.ca">www.caretoshare.ca</a>	<b>403-567-1923</b>
<b>Classic Life Care</b> <a href="http://www.classiclifecare.com">www.classiclifecare.com</a>	<b>403-242-2750</b>
<b>Elizz Personal Care</b> <a href="http://www.elizz.com">www.elizz.com</a>	<b>1-855-275-3549</b>
<b>Focus on Caring</b> <a href="http://www.focusoncaring.com">www.focusoncaring.com</a>	<b>403-264-3839</b>
<b>Global Senior Care</b> <a href="http://www.globalseniorcareservices.com">www.globalseniorcareservices.com</a>	<b>403-452-4555</b>
<b>Home Instead Senior Care Inc.</b> <a href="http://www.homeinstead.com/calgary">www.homeinstead.com/calgary</a>	<b>403-984-9225</b>

<b>Nurse Next Door</b> www.nursenextdoor.com	<b>1-866-318-7932</b> <b>403-454-1399</b>
<b>Ohana Care</b> www.ohanacare.ca	<b>403-917-1751</b>
<b>Qualicare</b> www.homecarecalgary.com	<b>403-768-3154</b>
<b>Right At Home</b> www.rightathomecanada.com/calgary	<b>403-869-8294</b>
<b>Rocky View Private Health Care</b> (Local to Cochrane) www.rvphc.ca	<b>587-534-2273</b>
<b>Senior Homecare by Angels</b> www.seniorhomecarecalgary.com	<b>403-862-0129</b>
<b>TTogether</b> (Local to Cochrane)	<b>403-813-7400</b>
<b>WeCare</b> www.cbi.ca/web/we-care-home-health-services	<b>403-225-1222</b>



# Housing and Care Facilities

## **Bethany Care Cochrane**

**403-932-6422**

1000, 32 Quigley Drive

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

Long term care facility that provides services for people with complex health needs who are unable to stay in their own home. Also hosts \*Adult Day Support Program. (\*see Home Living 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 and 2 care. Small pets are welcome.

## **Big Hill Lodge**

**403-945-9724**

### **(Rocky View Foundation)**

98 Carolina Drive

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

*Email: [info@rockyviewfoundation.org](mailto:info@rockyviewfoundation.org)*

A 75 resident independent and supportive living lodge with full service dining and other amenities.

## **Evergreen Manor**

**403-945-9724**

### **(Rocky View Foundation)**

300 Ross Avenue

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

*Email: [info@rockyviewfoundation.org](mailto:info@rockyviewfoundation.org)*

Offers 22 single bedroom apartments with kitchens for adults 65+ in need of subsidized housing.

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

50 Grande Avenue

For seniors who want an active and independent lifestyle, without the worries of maintaining a home.

**Hawthorne Optima Living****403-840-0150***60 Fireside Gate*[www.hawthorneseniors.ca](http://www.hawthorneseniors.ca)

Features modern amenities and living options and is dedicated to promoting maximum independence, choice and dignity. Residency at Hawthorne is for memory care and supportive living.

**Hospice Calgary****403-263-4525**

1245, 70 Avenue SE., Calgary

[www.hospicecalgary.com](http://www.hospicecalgary.com)*Email: [info@cochranehospicesociety.ca](mailto:info@cochranehospicesociety.ca)*

Guides children, teens and adults in Calgary and surrounding areas through the grieving process as they face a life-threatening illness or the death of a loved one. They operate two centres: Sage Centre and Rosedale Hospice.

**Unison (Kerby Centre), Services and Housing Directory**[www.unisonalberta.com/resources-directory-tab](http://www.unisonalberta.com/resources-directory-tab)

Information for older adults, family members, support workers or referral agencies about housing and relevant services within Southern Alberta.

## **Housing Definitions**

### **Independent Living Non-Profit Housing:**

Non-profit agencies and/or organizations that provide housing for seniors or all age groups. Rent is lower than market level and income tested.

### **Home and Community Care – Level 1:**

The focus is creating an environment where you are able to live at home independently for as long as possible. Services are primarily delivered in your home; however, flexibility exists to deliver services in a variety of other settings. Examples include medication management, personal hygiene and other healthcare needs.

### **Supportive Living – Level 2:**

For those who are functionally independent. Provides meals in a central dining room, recreational activities, housekeeping and minor medical support or bus service for medical appointments. Some facilities have apartment style rooms with modified kitchens. Some facilities have rent that is lower than market level and is income tested.

**Continuing Care Home – Type A (also known as a Nursing Home):**

For those with highly complex health needs and whose care cannot be safely provided in their own home or in supportive living. Recreation staff offer leisure activities. Under the direction of a family physician, an on-site Registered Nurse supervises care with the support of Licensed Practical Nurses, Health Care Aides and other healthcare providers.

**Continuing Care Home—Type B/Type B Secure Spaces):**

Provides accommodation, meals, housekeeping, linen and recreational services. Provides a higher level of personal care supports and health care services onsite for scheduled and unscheduled care needs according to the plan of care. DSL4 is for individuals who have more complex medical needs that are predictable and safely managed with onsite, professional nursing and the direction of the case manager, or those who may require chronic disease management. Type B Secure is for individuals with moderate to severe dementia, who may have a high risk of wandering and unpredictable behaviours but who are not a safety risk to themselves or others.

**Continuing Care – Type C – Hospice:**

Hospices are available to individuals who are in their last weeks to days of life and whose care needs can no longer be met at home.

### Sources:

- Alberta Health Services, Learn about Continuing Care  
[www.albertahealthservices.ca/cc/Page15497.aspx](http://www.albertahealthservices.ca/cc/Page15497.aspx)
- Unison at Kerby Centre, Services & Housing Directory 2024  
[www.unisonalberta.com/online-resources](http://www.unisonalberta.com/online-resources)
- Rocky View Foundation  
[www.rockyviewfoundation.org](http://www.rockyviewfoundation.org)

### Notes

## Safety

### Care Call

**1-877-322-0334**

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

GPS mobile units, lockboxes, fall detectors, panic buttons and home base units.

### Finding Balance

**780-492-6019**

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

Information designed to help prevent slips, trips and falls among older Albertans.

### Life Assure Medical Alert Systems

**1-888-865-4610**

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

### Life Line

**1-866-958-9037**

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

An easy-to-use medical alarm service. In the event of a fall or emergency, help is available at the push of a button. Also provides services for GPS tracking/wandering pendant which tracks general location of a loved one.

### Medic Alert Foundation Canada

**1-800-668-1507**

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

A nationwide program designed to help find a person who is lost and assist in a safe return home. This program is to assist individuals who may require additional medical or physical assistance.

### Telus Livingwell Companion

**1-888-461-1152**

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

A personal emergency response system that allows older adults, the chronically ill or physically challenged to live safer and more independently.

# Transportation and Driving Supports

## **Alberta Motor Association**

**1-833-374-8733**

### **Mature Driver's Course**

AMA Calgary Main, 4700, 17 Avenue SW, Calgary  
[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.

### **CAA Information for Senior Drivers**

[www.caa.ca/driving-safely/senior-drivers/](http://www.caa.ca/driving-safely/senior-drivers/)

Information on renewing a driver's license, taking refresher courses, learning driving skills, tips and tricks for changes with aging.

### **CarFit**

[www.caa.ca/driving-safely/senior-drivers/carfit/](http://www.caa.ca/driving-safely/senior-drivers/carfit/)

A joint partnership between CAA and the Canadian Association of Occupational Therapists to help mature drivers evaluate how they fit in their cars for maximum safety and comfort.

### **Cochrane On-demand Local Transit (COLT) 403-851-5995**

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

Download the app or call to book a ride.

Service hours are Monday to Friday: 5:45 a.m. – 8 p.m., Sat: 9 a.m. – 3 p.m., Sun: No Service. Wheelchair accessible.

One attendant may accompany you at no cost if assistance is required.

Medical exams to keep your license start at the age of 75, 80, then every 2 years after. Doctors assess for vision, hearing, cognitive abilities and overall health.

**DriveAble Cognitive Assessment****1-855-825-9538**

Satori Health Network  
[www.satorihealth.com](http://www.satorihealth.com)

116, 4804 Edmonton Trail, Calgary

Offers cognitive assessments for driving through their Fitness to Drive and Medically-at-Risk Driver Assessment Program.

**On-It Regional Service****403-851-5995**

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

An option for people travelling between Cochrane and Calgary for work, school, shopping and social activities. Two routes available: Cochrane and Downtown Calgary or Cochrane and Brentwood LRT/University of Calgary. Ticket booklets and monthly passes available.

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

Provides rides to medical and essential appointments. Please book at least two weeks in advance.

**Rocky View Regional Bus****403-948-2887**

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

**1-877-389-2887**

Anyone who is unable to use regular transit facilities with safety and/or dignity is eligible. One attendant may accompany the rider at no cost if assistance is required, prior notice must be given. Riders are requested to book at least 24 hours in advance.



**Safety in Motion Inc.****403-932-3912***Email: [safetyinmotion95@gmail.com](mailto:safetyinmotion95@gmail.com)*

A respectful driving evaluation which will answer questions about your driving competency. A detailed written summary will be provided for you to share with your family and healthcare team.

**SWIFT Mîî Thî Transit****403-703-6731**[www.minithnitransit.ca](http://www.minithnitransit.ca)

Stoney Nakoda Nations transit service provides service between four bus stops: Mîî Thî (Morley), Chiniki Gas Bar, Stoney Nakoda Resort & Casino and Cochrane. Ticket books available. Free fare zone between Mîî Thî (Morley)/Chiniki Village. Ticket sales locations: Bearspaw Centex, Chiniki Gas Bar, Nakoda Resort & Casino and Stoney Tribal Administration Main Reception.

## **Taxi Companies**

**Cochrane Cabs****587-576-4433****Cochrane Taxi****403-851-8888****Limelite Taxi****403-369-6420****Taxi4UCochrane****403-479-8294**

## Supports and Additional Resources

### **Alberta Council on Aging**

**1-888-423-9666**

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

Aims to improve the quality of life for older adults and encourage their participation in all aspects of community by educating the public and advising government.

### **Alberta Supports Contact Centre**

**1-877-644-9992**

[www.alberta.ca/alberta-supports](http://www.alberta.ca/alberta-supports)

Provides information on social based programs and services offered by the Government of Alberta.

### **Alberta Human Rights Commission**

**780-427-7661**

[www.albertahumanrights.ab.ca](http://www.albertahumanrights.ab.ca)

Responsible for carrying out work under the Alberta Human Rights Act, including protecting human rights.

### **Alzheimers Calgary**

**403-290-0110**

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

**1-877-569-4357**

Works to improve the quality of life for people in and around Calgary impacted by dementia.

### **Birth, Death and Marriage Certificates**

[www.alberta.ca/ordering-certificates-documents](http://www.alberta.ca/ordering-certificates-documents)

Print forms online and/or visit a local registry office to apply. Make sure to bring government issued ID with you. See "Registry Office" on page 40 for more information.

**Calgary Legal Guidance****403-234-9266**[www.clg.ab.ca](http://www.clg.ab.ca)

Guiding vulnerable Albertans through the legal system by providing free legal advice to those who do not have access to paid services.

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

150, 110 Quarry Park Boulevard, Calgary

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

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, 26 Street NE, Calgary

[www.calgaryseniors.org](http://www.calgaryseniors.org)

Offers outreach, volunteer and community engagement programs to maintain quality of life.

**Canadian Red Cross Friendly  
Calls Program****1-833-979-9779**[www.redcross.ca/friendlycalls](http://www.redcross.ca/friendlycalls)

Matches people over the age of 18 with trained personnel who connect with them regularly to provide emotional support, encourage healthy coping strategies and suggest resources and community connections to other existing services.

**Caregivers Alberta****1-877-453-5088**[www.caregiversalberta.ca](http://www.caregiversalberta.ca)

Aids in the caregiving journey by providing caregivers with the support and resources to empower them. Supports may include coaching, programs, events, resources and education.

A Caregiver is:

“Anyone who supports someone with an illness or disability, or who’s caring for an aging friend or family member. Caregiving can be as intensive as living with the person you’re caring for or as simple as driving your loved one to a doctor’s appointment or mowing their lawn.”

- Caregivers Alberta

### **Centre for Public Legal Education Alberta (CPLEA)**

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

A public legal education organization dedicated to making information about the law available in readable and understandable language.

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

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

*Email: [info@cochranehospicesociety.ca](mailto:info@cochranehospicesociety.ca)*

Works in collaboration with Cochrane Home Care to assist families experiencing an end of life journey, with the goal of keeping those with illnesses in their homes as long as possible. They can provide Comfort Kits, resources and palliative volunteers to assist families. The Hospice Society also has programs, education sessions and grief support walks.

### **Cochrane Immigrant Services Committee (CISC)**

[www.cochraneimmigrantservices.ca/index.php](http://www.cochraneimmigrantservices.ca/index.php)

*Email: [ciscocochrane@gmail.com](mailto:ciscocochrane@gmail.com)*

Supports the settlement of newcomers to Cochrane, newly arrived or settled here for generations.

## **COMPASS for the Caregiver**

**1-877-453-5088**

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

Locally provided, facilitated groups and one-on-one supports that help caregivers connect with others, navigate systems and look after themselves while providing care. To inquire about upcoming sessions in Cochrane call FCSS at 403-851-2250.

## **Connecting DOTS Conversation**

**403-851-6100**

Royal Canadian Legion Branch #15

114 Fifth Avenue W.

A dementia friendly social group for those with a dementia diagnosis and their caregiver.

Third Tuesday of the month

Time: 1:30 – 3 p.m., Free, In-Person

## **Consumer Complaints and Investigations**

[www.alberta.ca/consumer-protection-complaints](http://www.alberta.ca/consumer-protection-complaints)

Consumer protection laws and investigations, filing a complaint against a business, find out if a business is licensed or report fraudulence and scams.

## **Coverage for Seniors Program**

[www.alberta.ca/coverage-for-seniors-program](http://www.alberta.ca/coverage-for-seniors-program)

Premium-free coverage for prescription drugs and other health-related services not covered under the Alberta Health Care Insurance Plan. Must be age 65+.

## **Family Caregiver Centre**

**403-955-1674**

Bridgeland Seniors Health Centre

1070 McDougall Road, NE, Calgary

Offers support for unpaid caregivers including: connections to healthcare and community services, a supportive person to talk to, education programs and a library of books, videos and articles.

**FearIsNotLove Domestic Violence &  
Abuse Helpline**

**403-234-7233**

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

Offers free programs for any person experiencing domestic violence and abuse. If you are in danger, call 911.

**Good Vibes Memory Choir**

**1-250-208-0362**

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

*Email: [goodvibesmemorychoirs@gmail.com](mailto:goodvibesmemorychoirs@gmail.com)*

A community choir for people with dementia, their care partners, students and volunteers who want to improve their brain health.

St. Peter's Lutheran Church, 73 George Fox Trail

Wednesdays, 1:30 – 3 p.m.

Hawthorne, 60 Fireside Gate,

Tuesdays, 10 – 11:30 a.m.

**GriefShare**

**1-800-395-5755**

[www.griefshare.org/](http://www.griefshare.org/)

*Email: [info@griefshare.org](mailto:info@griefshare.org)*

A friendly, caring group of people who will walk alongside you through one of life's most difficult experiences.

**Memory Kits**

Activities for those with changing cognitive abilities. Kits include ratings for early to late-stage dementia and are categorized into 5 areas: creative expression, cognitive stimulation, board/card games, social stimulation and physical engagement. To borrow a kit, visit The Cochrane Public Library. In partnership with the DOTS Committee, Vital Minds Psychology, the Town of Cochrane, FCSS, The Cochrane Public Library and Rocky View County FCSS.

## **Office of the Public Guardian and Trustee (OPGT)**

[www.alberta.ca/opgt-supports](http://www.alberta.ca/opgt-supports)

Assists people with a variety of services, information and resources in the areas of guardianship, trusteeship, capacity assessment information, court applications, concerns about guardians, trustees and agents, and advance planning. Visit the website to learn more about power of attorney, enduring power of attorney and personal directives.

## **Parkinson Alberta Society**

**403-243-9901**

120, 6835 Railway Street SE, Calgary

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

Local support group meets at 10 a.m. the second Thursday of every month at St. Andrews United Church, 128 First Street E. For individuals with Parkinson's and the caregiver. Registration is encouraged.

## **Registry Office – Cochrane Plates**

**403-932-5546**

7, 214 Grand Boulevard

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

Offers registration, information and licensing services on behalf of government. Services include drivers license, road testing, vehicle registration or ordering birth/death/marriage certificates.

## **Rocky View Immigrant Services**

**403-604-2377**

[www.ccisab.ca/cochrane/](http://www.ccisab.ca/cochrane/)

Providing newcomers, immigrants and refugees with free services to support settlement and integration in Cochrane and area.

## **Safeguards for Vulnerable Adults**

**1-888-357-9339**

[www.alberta.ca/ppc](http://www.alberta.ca/ppc)

Call if you have concerns about:

- The abuse of an adult receiving publicly funded care or support services (Protection for Persons in Care);
- The actions of a co-decision maker, guardian or trustee;
- The accommodation standards for supportive living and long-term care facilities.

## **Unison (Kerby Centre )**

**403-265-0661**

Offers information, housing assistance, wellness centre, news, adult day program and various classes.

## **Unison (Kerby) Rotary House**

**403-705-3250**

(Elder Abuse Resource Line)

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

## **Veterans Affairs Canada (VAC)**

**1-800-268-7708**

[www.veterans.gc.ca/en](http://www.veterans.gc.ca/en)

Services and benefits to improve the well-being of current or former members of the Canadian Armed Forces or RCMP, and their families. Services may include financial, home assistance, mental health and education.



## **Wazin Îchinabi Ti (House of Oneness)**

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

Provides community and educational programming and services. Those who gather here commit to a shared purpose to inspire Indigenous and non-Indigenous peoples to positively change society so that we can live together with dignity, respect, peace and prosperity on these lands we share and call home.

## **Wellspring Alberta**

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

**587-747-0260**

**1-866-682-3135**

A Canada-wide network of charities, offering programs and services, at no charge and without referral, to anyone, with any type of cancer, at any stage in their journey.

## Quick Guide To Benefits

Use the Benefits Finder Tool to search both provincial and federal benefits for which you may qualify. Opt-in to answer more questions to refine your benefit list.

[www.canada.ca/en/services/benefits/finder.html](http://www.canada.ca/en/services/benefits/finder.html)

## Municipal

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

**403-851-2250**

1, 209 Second Avenue W.

[www.cochrane.ca/fcssfrn](http://www.cochrane.ca/fcssfrn)

- **Benefits, Forms & Online Applications**

Offers assistance with the completion and navigation of government forms. Please call to book an appointment.

- **Senior Property Tax Rebate Program**

Assists eligible low-income seniors with their property taxes by providing a rebate of up to \$500. Eligible seniors must be 60+ years of age, own and live in the residence of ownership and only own one property.

# Provincial

## **Assured Income for the Severely Handicapped (AISH)**

[www.alberta.ca/aish](http://www.alberta.ca/aish)

Financial and health benefits for eligible Albertans with a permanent medical condition that prevents them from earning a living.

## **Alberta Aids to Daily Living (AADL)**

[www.alberta.ca/alberta-aids-to-daily-living](http://www.alberta.ca/alberta-aids-to-daily-living)

Helps Albertans with a long-term disability, chronic or terminal illness to pay for basic medical equipment and supplies.

## **Alberta Seniors Benefit**

[www.alberta.ca/alberta-seniors-benefit](http://www.alberta.ca/alberta-seniors-benefit)

Provides a monthly benefit to eligible seniors with low-income to assist with living expenses.

## **Coverage for Seniors**

[www.alberta.ca/coverage-for-seniors-program](http://www.alberta.ca/coverage-for-seniors-program)

Provides coverage for medical needs, such as prescription drugs, diabetes supplies, ambulance services, home nursing care, chiropractic services and clinical psychological services.

## **Dental and Optical Assistance for Seniors**

[www.alberta.ca/dental-optical-assistance-seniors](http://www.alberta.ca/dental-optical-assistance-seniors)

Provides financial assistance to eligible seniors with low to moderate income for basic dental and optical services.

## **Seniors Home Adaptation and Repair Program (SHARP)**

[www.alberta.ca/seniors-home-adaptation-repair-program](http://www.alberta.ca/seniors-home-adaptation-repair-program)  
Low-interest home equity loans can cover a range of home adaptations and renovations to help older adults stay in their homes longer.

## **Seniors Property Tax Deferral Program**

[www.alberta.ca/seniors-property-tax-deferral-program](http://www.alberta.ca/seniors-property-tax-deferral-program)  
Allows eligible senior homeowners to defer all or part of their annual residential property taxes through a low-interest home equity loan.

## **Special Needs Assistance for Seniors**

[www.alberta.ca/seniors-special-needs-assistance](http://www.alberta.ca/seniors-special-needs-assistance)  
Provides financial assistance for eligible low-income seniors toward the cost of some appliances, and specific health and personal supports.

## **Supplementary Accommodation Benefit**

[www.alberta.ca/alberta-seniors-benefit#sa-benefit](http://www.alberta.ca/alberta-seniors-benefit#sa-benefit)  
Provides financial assistance to eligible seniors with low-income who reside in a continuing care home.

## **Residential Access Modification Program (RAMP)**

[www.alberta.ca/residential-access-modification-program](http://www.alberta.ca/residential-access-modification-program)  
Low-income Albertans with mobility challenges can apply for grants to modify their home. Up to \$7,500 per person each benefit year and up to \$15,000 per person within 10 years.

For more information on various benefits, visit the links below. If you would like one printed, please visit the Cochrane Public Library or FCSS.

- Seniors Financial Assistance Programs: Information Booklet

[www.open.alberta.ca/publications/6758057](http://www.open.alberta.ca/publications/6758057)

- Link to the Seniors Programs and Services Guide (booklet)

[www.open.alberta.ca/publications/seniors-programs-and-services-information-guide](http://www.open.alberta.ca/publications/seniors-programs-and-services-information-guide)

- Link to Seniors Special Needs Booklet

[www.open.alberta.ca/publications/6756730](http://www.open.alberta.ca/publications/6756730)

## **Federal**

### **Caregiver Benefits**

[www.canada.ca/en/employment-social-](http://www.canada.ca/en/employment-social-development/campaigns/seniors.html#caregiving)

[development/campaigns/seniors.html#caregiving](http://www.canada.ca/en/employment-social-development/campaigns/seniors.html#caregiving)

Financial assistance while away from work to care for someone who is critically ill or needing end-of-life care.

### **Canadian Dental Care Plan**

[www.canada.ca/en/services/benefits/dental/dental-care-plan.html](http://www.canada.ca/en/services/benefits/dental/dental-care-plan.html)

Helps make the cost of dental care more affordable for eligible Canadian residents.

### **Canada Pension Plan**

[www.canada.ca/en/services/benefits/publicpensions](http://www.canada.ca/en/services/benefits/publicpensions)

A monthly, taxable benefit that replaces part of your income when you retire. If you qualify, you'll receive the CPP retirement pension for the rest of your life.

## **Guaranteed Income Supplement**

[www.canada.ca/en/services/benefits/publicpensions](http://www.canada.ca/en/services/benefits/publicpensions)

A monthly non-taxable benefit for eligible individuals 65 and older. Based on income it is available to Old Age Security pensioners with low income.

## **Old Age Security**

[www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html](http://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html)

A monthly payment for eligible individuals 65 and older.

Government of Canada offers a variety of tax credits including caregiver and disability tax credits.

## Notes

## Advance Care Planning: Green Sleeve

[www.albertahealthservices.ca/info/Page12585.aspx](http://www.albertahealthservices.ca/info/Page12585.aspx)

A Green Sleeve is a plastic pocket that holds your advance care planning forms, your personal directive, your goals of care designation\* and a tracking record. 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.

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

A Green Sleeve can be obtained from any Alberta Health Services provider, such as a family doctor, or by ordering online.

*\*See next page for an example of the Goals of Care Designation Order.*



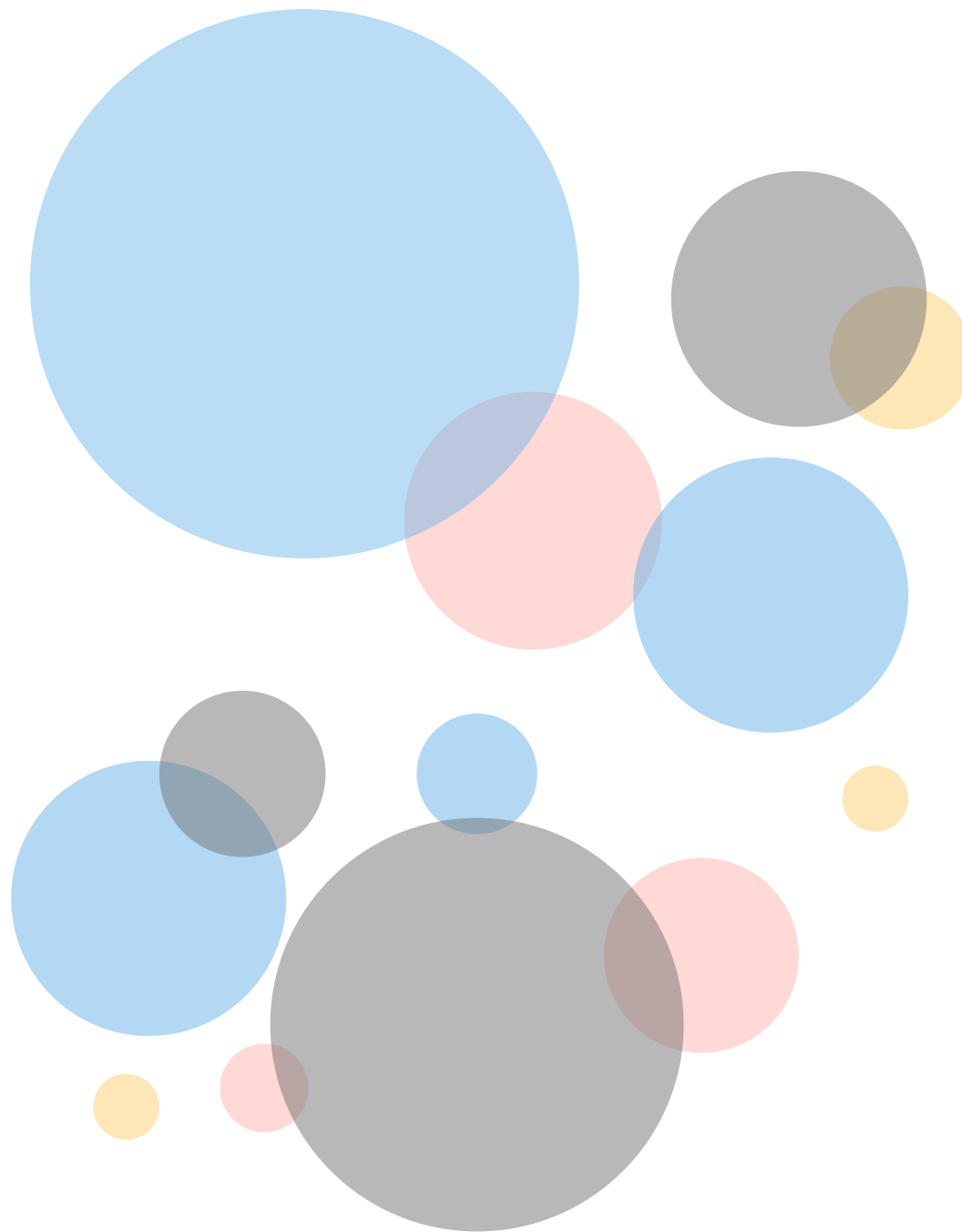
Affix patient label within this box

### Goals of Care Designation (GCD) Order

Date (yyyy-Mon-dd)	Time (hh:mm)
<b>Goals of Care Designation Order</b> 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. <i>(See reverse side for detailed definitions)</i>	
Check <input type="checkbox"/> R1 <input type="checkbox"/> R2 <input type="checkbox"/> R3 Initials <input type="text"/> <input type="text"/> <input type="text"/>	<input type="checkbox"/> M1 <input type="checkbox"/> M2 <input type="checkbox"/> C1 <input type="checkbox"/> C2 <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>
Check <input checked="" type="checkbox"/> here <input type="checkbox"/> 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. <hr/> <hr/> <hr/> <hr/>	
<b>Patient's location of care where this GCD Order was ordered</b> <i>(Home; or clinic or facility name)</i>	
<b>Indicate which of the following apply regarding involvement of the Patient or alternate decision-maker (ADM)</b> <input type="checkbox"/> This GCD has been ordered after relevant conversation with the patient. <input type="checkbox"/> This GCD has been ordered after relevant conversation with the alternate decision-maker (ADM), or others. <i>(Names of formally appointed or informal ADM's should be noted on the ACP/GCD Tracking Record)</i> <input type="checkbox"/> This is an interim GCD Order prior to conversation with patient or ADM.	
<b>History/Current Status of GCD Order</b> Indicate one of the following <input type="checkbox"/> This is the first GCD Order I am aware of for this patient. <input type="checkbox"/> This GCD Order is a revision from the most recent prior GCD <i>(See ACP/GCD Tracking Record for details of previous GCD Order)</i> . <input type="checkbox"/> 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-Mon-dd)

## Notes





**Family and Community Support Services (FCSS)**

1, 209 Second Avenue W.

Mailing Address: 101 RancheHouse Road

Cochrane, AB. T4C 2K8

Phone: 403-851-2250 Fax: 403-851-2260

Updated May 2025