

**Resource Guide #1:**

*Help for me as an aging caregiver and help for my children when I no longer can meet their needs*

*Children with Autism and for Seniors with Autism*  
A New Horizons For Seniors Program Project

**PREFACE**

In Canada, the burden of continuing care for adult children with Autism Spectrum Disorder (ASD) mostly falls on parents. According to the Action for Seniors Report from the Government of Canada, seniors are a rapidly growing segment of the Canadian population, living longer and healthier lives than previous generations.

As Canada's baby boomer generation continues to age, there is increasing trepidation among many parents/caregivers in the autism community. There are worries about what will become of their adult children with autism should they (the parents) become ill or immobilized. Additionally, these aging caregivers are facing their senior years with the full knowledge that their adult children will not be able to help them the way they are assisting their own parents, which is another cause for anxiety.

In its 2017 report entitled *Aging and Autism*, Autism Canada found a critical lack of knowledge, research, and services targeted for people on the autism spectrum in their senior years. In the report, this gap was eloquently summarized by the authors:

*Historically, professionals and researchers have focused their attention to children on the autism spectrum. More recently they have expanded efforts to include individuals in their transition years, which are often referred to as 'emerging adulthood'. The autism community has recently expanded its attention to individuals in their mid and senior years, with interest in their physical, social, and mental health needs. This is compounded by the realization that numerous adults, including seniors on the spectrum, are undiagnosed or misdiagnosed, and therefore receive little or no care and support, or may possibly be given inappropriate care.*

Research indicates that many adults with ASD live at home with aging parents. In a study from Ontario of 480 adults with ASD, 60% lived with family (Stoddart, 2013). In another study following 76 children with autism born between 1974 and 1984, researchers found that 56% lived with parents, 35% were in supported living (group home or foster care), and only 4 individuals of the 76 lived independently (Eaves & Ho, 2008). Many adults with ASD remain highly dependent on family, and compared to higher-functioning individuals with other developmental disabilities, those with high-functioning ASD are less likely to achieve independent living (Levy & Perry, 2011).

**REFERENCES**

*Diversity in Ontario's Youth and Adults with Autism Spectrum Disorders: Complex Needs in Unprepared Systems*, Kevin P. Stoddart PhD, The Redpath Centre  
<http://www.community-networks.ca/wp-content/uploads/2015/11/march-14-2013-final-diversity-in-ontarios-youth-and-adults-with-asds-february-2013.pdf>

*Young adult outcome of autism spectrum disorders*, Linda C. Eaves, Helena H. Ho

<https://pubmed.ncbi.nlm.nih.gov/17764027/>

*Outcomes in adolescents and adults with autism: A review of the literature*, Alissa Levy, Adrienne Perry  
<https://www.sciencedirect.com/science/article/abs/pii/S1750946711000298>

## INTRODUCTION

The toolkit is a series of guides and presentations designed to offer a range of information, resources, and strategies to provide direct support. It will help readers navigate various challenges, and enhance the quality of life for both themselves and their loved ones.

This toolkit is aimed at aging parents/caregivers of adult children with autism, as well as seniors with autism. It is designed to address some of the most pressing needs met by this population including social isolation, financial and legal pressures, housing, and mental health needs. It also sets out to enhance healthy aging - specifically in the area of mental health. The development of this series of guides was 100% led by seniors.

The three guides and presentations complement one another, forming the *Aging with Autism Toolkit*:

*Help for me as an aging caregiver, and help for my children when I no longer can meet their needs*

*Aging in place for individuals with autism who would not do well with change, or who have to live in a large congregate setting*

*3. Mental health supports for aging caregivers of adult children on the autism spectrum, as well as seniors with autism*

This is the first guide in the series.

As the population of people with autism continues to age, there is great demand for support for aging caregivers.

This guide addresses various topics such as general information and support, guardianship and trusteeship, estate and financial planning, counselling and emotional support, government funding, and respite supports. It emphasizes the importance of self-care and provides tips for managing stress and finding support networks tailored to their needs.

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### Other Resources

Books

Online Resources

This resource guide and presentation is designed especially for parents and caregivers of adults with Autism Spectrum Disorder (ASD), and seniors with autism. It offers up-to-date information about community services, community supports, government programs and other organizations in the Calgary area, to enable parents/caregivers to care for themselves and their adult children or other dependents with ASD as they age. This guide is a project of Autism Calgary, with valuable input from 'aging caregiver' volunteers, and support from the Government of Canada's New Horizons for Seniors Program.

Canada 

# Supports for You

## 1. General Information and Support

### Access Mental Health

Clinicians work over the phone 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 while directing or referring clients to the most appropriate resources to meet their needs. Access Mental Health is a non-urgent service.

Phone: 403-943-1500

Email: [mental.health@albertahealthservices.ca](mailto:mental.health@albertahealthservices.ca)

Website: <https://albertahealthservices.ca/services/Page11443.aspx>

### Alberta Family and Social Supports

This online list provides resources for financial assistance and services for seniors, children, people with disabilities, and individuals and families in crisis.

Website: <https://www.alberta.ca/family-social-caregiver-supports>

### Alberta Health Services - LGBTQ2S+ / Sexual and Gender Diversity Resources

Lists educational, awareness, and health resources for LGBTQ2S+ patients and families.

Website: <https://www.albertahealthservices.ca/dvi/Page15590.aspx>

### Alberta Supports

Alberta Supports can help you access more than 30 programs and 120 services for seniors, people with disabilities, job seekers, parents and families, homelessness, financial assistance, abuse, and family violence prevention.

Addresses:

Calgary Central – Lancore Alberta Supports Centre  
Main Floor Lancore Building, 1021 10 Avenue SW, Calgary, AB, T2R 0B7

Calgary East – Westland Alberta Supports Centre  
Main Floor Westland Professional Centre, 2752 Sunridge Way NE, Calgary, AB, T1Y 0A5

Calgary North – One Executive Place Alberta Supports Centre  
One Executive Place, 1816 Crowchild Trail NW, Calgary, AB, T2M 3Y7

Calgary South – Heritage Square Alberta Supports Centre  
100S Heritage Square, 8500 Macleod Trail SE, Calgary, AB, T2H 2N1

Phone Number: 1-877-644-9992

Email: [css.ds-calgary@gov.ab.ca](mailto:css.ds-calgary@gov.ab.ca)

Website: <https://www.alberta.ca/alberta-supports.aspx>

Autism Calgary

Autism Calgary is an association of individuals and families living with Autism Spectrum Disorder (ASD). The organization has numerous programs and services, such as family support workers, support groups, recreation groups, special events, employment initiatives, the Autism Calgary Library, and the Calgary Coop Community Pantry.

Address: 3639 – 26 St. NE, Calgary, AB, T1Y 5E1

Phone: 403-250-5033

Email: [info@autismcalgary.com](mailto:info@autismcalgary.com)

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

Calgary Alternative Support Services (CASS)

CASS is a Not-For-Profit Human Service Agency which was founded in 1988 in order to support people with disabilities to escape segregation and discrimination - and to live, work, play, and contribute in their communities. The work of CASS is a combination of advocacy, community development and service to the people of Calgary. Programs are open to Persons with Developmental Disabilities (PDD) 18 years or older, as well as employment supports for individuals who do not have PDD funding. CASS offers community, residential, or in-home service.

Address: 2335 30 Ave. NE, Calgary, AB, T2E 7C7

Phone: 403-238-0611

Email: [cass@c-a-s-s.org](mailto:cass@c-a-s-s.org)

Website: <https://www.c-a-s-s.org/>

### Calgary Society for Persons with Disabilities (CSPD)

Offers community homes, community access, and independent living with support.

Address: 3410 Spruce Drive SW, Calgary, AB, T3C 3A4

Phone: (403) 246-4450

Email: [cspd@cspd.ca](mailto:cspd@cspd.ca)

Website: <https://www.cspd.ca/>

### Calgary Seniors Resource Society

Helps older adults navigate community care services, pensions and benefits, housing supports, transportation services and other programs and services available for them in the community. Their SeniorConnect Social Work Team also provides response to urgent crisis situations, and they have many volunteer-run programs for seniors such as Pet Assist and Escorted Transportation.

Address: 3639 – 26 St. NE, Calgary, AB, T1Y 5E1  
Phone: 403-266-6200

Email: [info@calgaryseniors.org](mailto:info@calgaryseniors.org)

Website: <https://calgaryseniors.org>

### Connecting CommUNITY

Connecting CommUNITY is a family-led group, open to all those invested in creating amazing futures for their loved ones with developmental and intellectual disabilities. Monthly meetings are a forum designed to connect and learn from one another as they share resources, experiences, overcome obstacles, and explore possibilities on our journey.

Phone: (403) 506-7552

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

Website: <https://connectingcommunityinfo.wordpress.com/>

### CUPS Family Resource Centre

Through integrated healthcare, education, and housing, CUPS and its partners assist adults and families in Calgary living with the adversity of poverty and traumatic events to become self-sufficient. People of all ages are eligible.

Address: 1001 – 10 Ave. SW, Calgary, AB, T2R 0B7

Phone: 403-221-8780

Email: [info@cupscalgary.com](mailto:info@cupscalgary.com)

Website: <http://cupscalgary.com/>

### Cyberlight Care Services

Cyberlight Care services provides a range of family managed, group managed, and private services to support people living with disabilities. The services offered includes PTSD support, respite care, living support, supportive roommate, community inclusion, transition to adulthood support, day program, and adult relief. Their disability management expertise includes Autism Spectrum Disorder, Anger Management, Behavioural and Developmental Supports (DBS), and ADHD.

Address: 61 Evansford Grove NW, Calgary, AB, T3P 1G7

Phone: 587-500-7165

Email: [cyberlightcanada@gmail.com](mailto:cyberlightcanada@gmail.com), [info@cyberlightcareservices.ca](mailto:info@cyberlightcareservices.ca)

Website: <http://www.cyberlightcareservices.ca>

### Developmental Disability Resource Centre of Calgary (DDRC)

The Developmental Disabilities Resource Centre of Calgary (DDRC) is a non-profit, registered, charitable organization dedicated to including people with developmental disabilities into the community in real and meaningful ways.

Real and meaningful ways means being able to attend the same school as other children and in the same classroom, securing a real job with real wages, living in a real home of your own choosing, and having friends. The DDRC not only provides programs and services to support children and adults with developmental disabilities, but also exists as a resource centre to the general public to support the inclusion of all people.

Address: 4631 Richardson Way SW, Calgary, AB, T3E 7B7

Phone: 403-240-3111

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

Website: <https://ddrc.ca>

### InformAlberta

Alberta's province-wide service directory, where you can search for information about community, health, social, and government services.

Website: <https://informalberta.ca>

### KingTem Connect Support Services

KingTem Connect Support Services Inc. provides supportive independent living to adults (18+) and children who have complex needs, developmental disability, and mental health challenges. Independent living may include Overnight Staffed Residences, Support Homes, Community and Residential Outreach Services. They have group homes for children, youth, and adults of all ages.

Phone: 825-288-8720

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

### Kerby Centre - Unison

For nearly 50 years, Kerby Centre has been a place where seniors made friends, built community, learned, exercised, and sought resources. A place where “whole health” is the foundation of service and where aging is honoured. A not-for-profit organization. Kerby provides programs and services in Calgary and Medicine Hat. Kerby Centre is committed to enhancing the ability of older adults 50+ to live healthy, productive lives with a focus on their mental, physical, social and emotional well-being. Through Unison Alberta, Kirby Centre provides a host of programs and services to help seniors with essential needs.

Kerby Centre is the foundation on which we build Unison. Kerby will turn 50 in 2023, and Veiner in 2024. That will be 100 years of amazing people creating community, and seniors living their best lives.

Kerby Centre

1133–7 Avenue S.W.

Calgary, Alberta T2P 1B2

Phone: (403) 265-0661

Fax: (403) 705-3211

General E-mail: [generaloffice@unisonalberta.com](mailto:generaloffice@unisonalberta.com)

### Unison

<https://unisonalberta.com/>

### MRMB Services - Caregiver Administrative Assistance

Monique Bremault assists individuals, family members, and caregivers to build routines and consistency of care. Her services include setting up checklists for staff, setting expectations of care within their shift, ensuring processes and procedures are in place, and assisting with staff scheduling. This eliminates stress and anxiety to the individual in care and family members knowing there are systems in place. Monique is here to assist you with caregiving.

Phone: 403-730-7770

Email: [bremaultm100@gmail.com](mailto:bremaultm100@gmail.com)

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

### Quirky Resource

Quirky Resource provides information, strategies and resources to help support individuals who have a unique “neurological profile.” Just as the natural world has incredible diversity that works together to create a beneficial inter-connected eco-system, neurological differences can help create a beneficial inter-connected social world. Quirky Resource provides free resources, online workshops, and support from their team of professionals: Psychologist, Learning Consultant, Adapted Fitness Aide, Therapy Aide.



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

### Society for Autism Support and Services (SASS)

Society for Autism Support and Services (SASS) is an Alberta-based registered charitable organization providing comprehensive educational and consulting services for people with Autism Spectrum Disorder (ASD) and their families. SASS offers its services throughout Alberta and, other parts of the country, when requested.

Address: 404 – 94 Ave SE,, Calgary, AB, T2J 0E8 Phone:  
403-253-2291

Email: [intake@autism.ca](mailto:intake@autism.ca), [consultation@autism.ca](mailto:consultation@autism.ca)

Website: <https://www.autism.ca/>

### Unison Alberta

Based out of the Calgary location of the Kerby Centre, Unison Alberta offers many events, programs, and activities for health and wellness, recreation, fitness and learning, and workshops on wills and personal directives. Their information resources team help with pensions, seniors' housing, government programs, income tax preparation, guardianship, and Enduring Power of Attorney. Volunteer lawyers give legal guidance, and Commissioners for Oaths witness documents.

Address: 1133 – 7 Ave SW, Calgary, AB, T2P 1B2Phone  
403-265-0661

Email: [generaloffice@unisonalberta.com](mailto:generaloffice@unisonalberta.com)

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

### Unison Alberta - Elder Abuse Shelter and Resource Line

The Unison Elder Abuse Shelter is for individuals of any gender—aged 55 or older—who are actively escaping abuse, whether it be emotional, physical, financial, verbal, spiritual, sexual, or neglect. They offer individuals a safe place to stay while actively working with caseworkers to transition back into the community safely and sustainably.

The Elder Abuse Resource Line is a 24/7 phone line where anyone can call for consultation on cases of elder abuse. Staff can support by providing relevant resources, so individuals are better equipped to advocate for themselves.

Phone: 403-705-3250

Website: <https://unisonalberta.com/elder-abuse/>

### The Way In Network

The Way In is a collaboration of Calgary-based agencies dedicated to enhancing quality of life and access to services and support for vulnerable adults living in the community, as well as their families. It

is a partnership between Carya Calgary (formerly Calgary Family Services), the Calgary Seniors Resource Society, Jewish Family Service, and the Calgary Chinese Elderly Citizens' Association.

The Way In team will help you or your loved with services and supports in the community including:

- Information and referrals
- Assistance with forms for pensions, benefits, transportation, and housing
- Caregiver support
- Access to volunteer supports
- Elder abuse intervention and support
- Commissioner for Oaths
- Assessment and case management
- Group activities and workshops

Addresses:

Central Commons  
180 – 839 5 Ave SW, Calgary AB, T2P 3C8  
Phone: 403-269-9888

Village Commons  
201 – 610 8 Ave SE, Calgary AB, T2G 0M1  
Phone: 403-536-6558

Bowmont Commons  
5000 Bowness Road NW, Calgary AB, T3B 0B9  
Phone: 403-205-5244

Email: [info@caryacalgary.ca](mailto:info@caryacalgary.ca)  
Website: <https://caryacalgary.ca/our-programs/the-way-in/>

## 2. Guardianship and Trusteeship

### Autism Calgary

Autism Calgary's Family Support Workers can answer your questions about Autism Spectrum Disorder (ASD) and available services within the Autism Calgary organization, or in Calgary. Ask for their free publication *Adult Life with Autism Spectrum Disorder: A Self-Help Guide*, which provides thorough information on topics such as estate planning, decision-making, guardianship and trusteeship, government assistance, career and educational opportunities, and considerations for living arrangements.

Address: 3639 – 26 St. NE, Calgary, AB, T1Y 5E1

Phone: 403-250-5033

Email: [info@autismcalgary.com](mailto:info@autismcalgary.com)

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

### Calgary Legal Guidance (CLG) - Elder Law Program

The law can affect individuals differently as their circumstances change. In the Elder Law Program, CLG helps older adults understand their legal rights and empowers them to stay independent for as long as possible.

CLG can assist with:

- Personal Directives
- Wills and Estate Planning
- Enduring Powers of Attorney

Legal Education for Lawyers & Agencies - Presentations

CLG delivers public legal education presentations to organizations, agencies and seniors groups on topics such as:

- Wills and Estates
- Advance Care Planning (Enduring Powers of Attorney and Personal Directives)

Address: 100, 840 – 7 Ave SW, Calgary, AB, T2P 3G2 Phone: 403-234-9299

Email: [clg@clg.ab.ca](mailto:clg@clg.ab.ca)

Website: <https://clg.ab.ca/index.php/programs/elder-law/>

### Calgary Office of the Public Guardian and Trustee

Address: 900 Barclay Centre, 444 – 7 Avenue SW, Calgary, AB, T2P 0X8

Phone: 403-297-3364 (Adult Guardianship Services)

403-297-6541 (Trusteeship services)

Website: <https://www.alberta.ca/contact-office-public-guardian-trustee>

### Unison Alberta

Based out of the Calgary location of the Kerby Centre, Unison Alberta offers workshops on wills and personal directives. Their information resources team help with pensions, seniors' housing, government programs, income tax preparation, guardianship, and Enduring Power of Attorney. Volunteer lawyers give legal guidance, and Commissioners for Oaths witness documents.

Address: 1133 – 7 Ave SW, Calgary, AB, T2P 1B2 Phone

403-265-0661

Email: [generaloffice@unisonalberta.com](mailto:generaloffice@unisonalberta.com)

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

## 3. Estate and Financial Planning

### Alberta - Wills In Alberta

Provides information about types of wills, preparing or changing a will, Personal Directive, and Enduring Power of Attorney.

Website: <https://www.alberta.ca/wills-in-alberta.aspx>

### Autism Calgary

Autism Calgary's Family Support Workers can answer your questions about Autism Spectrum Disorder (ASD) and available services within the Autism Calgary organization, or in Calgary. Ask for their free publication *Adult Life with Autism Spectrum Disorder: A Self-Help Guide*, which provides thorough information on topics such as estate planning, decision-making, guardianship and trusteeship, government assistance, career and educational opportunities, and considerations for living arrangements.

Address: 3639 – 26 St. NE, Calgary, AB, T1Y 5E1

Phone: 403-250-5033

Email: [info@autismcalgary.com](mailto:info@autismcalgary.com)

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

### Momentum

At Momentum, everything is grounded in a community economic development approach. This means they work with individuals, businesses, communities, and systems to increase each individuals' income and assets, and create a thriving local economy for all.

Address: 100 – 525 28 St SE Calgary, AB, T2A 6W9

Phone: 403-272-9323

Email: [info@momentum.org](mailto:info@momentum.org)

Website: <https://momentum.org/>

### The RDSP Guy

Steven Williams helps families with their Disability Tax Credit applications, Registered Disability Savings Plan (RDSP) applications, and taxes.

Phone: 587-777-6250

Toll Free: 844-292-RDSP

Email: [steven@rdsplan.ca](mailto:steven@rdsplan.ca)

Website: <https://rdsplan.ca/>

### Unison Alberta

Based out of the Calgary location of the Kerby Centre, Unison Alberta offers workshops on wills and personal directives. Their information resources team help with pensions, seniors' housing, government programs, income tax preparation, guardianship, and Enduring Power of Attorney.

Volunteer lawyers give legal guidance, and Commissioners for Oaths witness documents.

Address: 1133 – 7 Ave SW, Calgary, AB, T2P 1B2Phone

403-265-0661

Email: [generaloffice@unisonalberta.com](mailto:generaloffice@unisonalberta.com)

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

## 1. Counselling and Emotional Support

### Alberta Counselling Centre

Alberta Counselling Centre provides comprehensive psychoeducational assessments and counselling for children, adolescents, and adults. Also offer individual child and adult counselling, family counselling, psychoeducational assessments for children, adolescents and adults. Areas of expertise include ADHD, learning disorders, Autism, giftedness, trauma and EMDR treatment for adults, and specialized trauma and EMDR protocols for children. Online booking is available on their website.

Address: 205 - 259 Midpark Way SE Calgary AB Canada T2X 1M2

Phone Number: 587-352-3222

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

Website: <https://albertacounselling.ca>

### Autism Calgary

Offers supports groups such as Keeping it Together, The Fathers Support Network, and the Parents of Teens and Adults Support Groups. The meetings run monthly.

Address: 3639 – 26 St. NE, Calgary, AB, T1Y 5E1

Phone: 403-250-5033 (Ex. 228)

Email: [info@autismcalgary.com](mailto:info@autismcalgary.com)

Website:

<https://autismcalgary.com/upcoming-support-recreation-groups/>

### Calgary Counselling Centre

Offering client-focused counselling in areas such as family relationships, anxiety, parent-child conflict, marital relations, depression, stress, and trauma. Counselling fees are on a sliding scale, according to annual family income and ability to pay. Day, evening and Saturday appointments available.

Address: 1000 – 105 12 Ave SE, Calgary, AB, T2G 1A1

Phone:  
833-827-4299 (Counselling)  
403-265-4980 (Office)  
Email: [contactus@calgarycounselling.com](mailto:contactus@calgarycounselling.com)  
Website: [www.calgarycounselling.com](http://www.calgarycounselling.com)

### Calgary Counselling Centre

Improving the well-being of individuals and families and strengthening communities by delivering best practices in counselling, training, and research. People of all ages are eligible.

Address: 105 -12 Ave SE, Suite 1000, Calgary, AB, T2G 1A1

Phone Number: 403.265.4980

Email: [contactus@calgarycounselling.com](mailto:contactus@calgarycounselling.com)

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

### Canadian Mental Health Association (CMHA) Calgary

CMHA Calgary builds awareness and provides education and support for individuals and families living with a mental health or substance use concern.

Address: 105 – 1040 7 Ave SW, Calgary, AB, T2P 3G9

Phone: 403-297-1700

Email: [info@cmha.calgary.ab.ca](mailto:info@cmha.calgary.ab.ca)

Website: <https://cmha.calgary.ab.ca/>

### Carya (formerly Calgary Family Services)

Helping those experiencing difficulties to manage and overcome obstacles through counselling and tailored services. Programs: Family Counselling, Youth Engagement, and Older Adult Counselling.

#### Addresses:

##### Central Commons

180 – 839 5 Ave SW, Calgary AB, T2P 3C8

Phone: 403-269-9888

##### Village Commons

201 – 610 8 Ave SE, Calgary AB, T2G 0M1

Phone: 403-536-6558

##### Bowmont Commons

5000 Bowness Road NW, Calgary AB, T3B 0B9

Phone: 403-205-5244

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

Website: <https://caryacalgary.ca>

### Ceridian Cares

The mission of Ceridian Cares is to be an employee-driven charity that makes a difference by supporting people and improving the communities in which they live and work. Ceridian Cares provides grants for food, clothing, footwear, and household items. They provide assistance for medical devices, home adjustments for barrier free living, and recreation programs for individuals and families in need. Applicants aged 18 or older are eligible to apply for funding.

Phone: 1-866-313-2827

Email: [CeridianCaresCAN@ceridian.com](mailto:CeridianCaresCAN@ceridian.com)

Website: <https://www.ceridiancares.ca/>

### Chestermere Parent and Caregiver Support Services (PCSS)

PCSS is provincially-funded as part of the new Family Resource Network (FRN) program. Designed to support Chestermere parents and caregivers with children under the age of 13, PCSS offers a variety of free, universal, evidence-based:

- Parenting programs, workshops, and seminars
- One-on-one parent consultation
- Parent-completed developmental check-ups for infants, toddlers, and children (under the age of 6)
- Connection to information, resources, and community-based referrals

Address: 105 Marina Road, Chestermere, AB, T1X 1V7

Phone: 403-207-7050

Email: [crinfo@chestermere.ca](mailto:crinfo@chestermere.ca)

Website: <https://thecityofchestermere.ca>

### Wood's Homes

Wood's Homes is a mental health centre providing treatment and support for children, young people, adults and families with mental health needs.

Parkdale Campus (Administration)

Address: 805 37 St. NW, Calgary, AB, T2N 4N8

Phone: 403-270-4102

Email: [askus@woodshomes.ca](mailto:askus@woodshomes.ca)

Tuer Children's Mental Health Centre: 403-774-1650

William Taylor Learning Centre: 403-270-1751

Bowness Campus

Address: 9400 48 Ave. NW, Calgary, AB, T3B 2B2

Phone: 403-247-6751

George Wood Learning Centre: 403-247-7130

Inglewood Opportunity Hub

Address: 1008 14 Street SE, Calgary, AB, T2G 3K3  
Phone: 403-262-9953

Eastside Community Mental Health Services (Main Office)  
Address: 255 – 495 36 St. NE, Calgary, AB, T2A 6K3  
Phone: 403-299-9699

Elbow Springs Counselling  
Phone: 403-454-0166  
Email: [info@elbowspringscounselling.ca](mailto:info@elbowspringscounselling.ca)

Wood's Homes Foundation  
Address: 805 37 St. NW, Calgary, AB, T2N 4N8  
Phone: 403-270-1718  
Email: [foundation@woodshomes.ca](mailto:foundation@woodshomes.ca)

## 5. Respite Supports

### Canadian Companion Services

Canadian Companion Services provides a range of family managed services to support people living with disabilities aged 12 to 65. These include respite, living support, supportive roommate, community inclusion, transition to adulthood support, day program & adult relief. Their disability management expertise includes Autism Spectrum Disorder, Anger Management, Behavioural & Developmental Supports (DBS), ADHD, bipolar, Borderline Personality Trait, Schizophrenia, Down Syndrome, etc.

Address: Bay C - 4215 11 St. NE, Calgary, AB, T2E 6K4  
Phone: 587-429-2605  
Email: [talkto@canadiancompanion.org](mailto:talkto@canadiancompanion.org)  
Website: <https://canadiancompanion.org/>

### Calgary Home Support Services (CBI)

Offers a comprehensive range of support, and rehabilitation home health care and social services to individuals of all ages. Types of support can include physiotherapy, occupational therapy, exercise and behavioral therapies, nursing, vocational, transitional support/care, home health services, and much more. They have multiple locations. Please visit the website to find the nearest location to you.

Address: 2919 Memorial Drive SE, Calgary, AB, T2A 6R1  
Phone Number: 403-232-8770, 1-866-732-8770  
Website: <https://www.cbihealth.ca/services/caregiver-and-respite-support>



## Calgary Progressive Lifestyles Foundation (CPLF)

CPLF has been providing customized supports for individuals with disabilities and seniors in our community, at work and at home since 1989. They provide quality services, including residential supports, employment, training, community inclusion and counselling services, under a belief that self-sufficiency and growth within adults who experience a disability is achieved through community presence and active participation in gainful employment.

- Address: 140 – 1935 32 Ave. NE, Calgary, AB, T2E 7C8
- Phone: 403-276-1016
- Email: [info@cplf.ca](mailto:info@cplf.ca)
- Website: [www.cplf.ca](http://www.cplf.ca)

## Care.com

Care.com offers services that enable families to find and manage care and provide employment opportunities for caregivers. For families, our digital platform provides a simple, comprehensive solution for finding, and managing family care needs including child care, senior care, special needs care, pet care, housekeeping and tutoring. Fees apply.

Website: <https://care.com/en-ca>

## Classic LifeCare

Offers healthcare workers to provide services that best fits the needs of the individual. Such services include home support, 24-hour care services, specialized pediatric care (tube feeding, seizure management, tracheostomy and ventilator care, catheter care, suctioning), and respite services (in-home or facility). People of all ages are eligible.

Address: 204 – 1608 17th Ave. SW, Calgary, AB, T2T 0E3

Phone Number: 403-242-2750

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

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

## Developmental Disability Resource Centre of Calgary (DDRC)

Overnight Respite care provides caregivers with a break and gives clients a change in their daily routine. Overnight Respite care is for adults, who are supported by pre-screened, trained sub-contractors who provide exceptional care in the respite provider's home. This out-of-home respite care not only provides a break for parents/guardians, but it can also provide opportunities for clients who are thinking of moving to a more independent living situation to experience a different home environment. It can also provide new situations in which to socialize with different people, leading to a greater sense of independence, which is the ultimate goal.

Address: 4631 Richardson Way SW, Calgary, AB, T3E 7B7

Phone: 403-240-3111  
Email: [info@ddrc.ca](mailto:info@ddrc.ca)  
Website: <https://ddrc.ca>

#### Just 4 U Family Services Inc.

Offers 24/7 respite care varying from overnights, individual/group outings, or daytime/evening. Provides respite services from children to seniors in Calgary and area. For adult clients, services are direct billed to the family.

Phone: 403-590-2122  
Email: [info@just4ufamilyservices.com](mailto:info@just4ufamilyservices.com)  
Website: <https://just4ufamilyservices.com>

#### Loving Hands Partners in Care

Loving Hands Partners in Care is an adult day program that provides support to individuals living in the community and supporting them to connect with their peers in the community (seniors and adults with disabilities). Services include daytime and overnight respite services, community inclusion, and employment supports.

Address: 3359 – 27th Street NE, Unit 174A, Calgary, AB, T1Y 4T7  
Phone: Office - 403-300-1231, Cell - 403-809-6868  
Website: <https://lhpic.ca/>

#### Stepping into L.I.F.E. Inc.

Respite care provides an opportunity for families to recognize and respond to the needs of all family members. Options include hourly, daytime, nighttime, 24 hours, several days at a time, or on a weekly basis. Services also include but are not limited to babysitting, companionship, mentoring, personal care and social recreational programming.

Address: 59 Beddington Rise NE, Calgary, AB, T3K 1N1  
Phone:  
403-399-9525 (Denise M. Bremault, President)  
403-295-2010 (Bus)  
Email: [Denise@steppingintolife.ca](mailto:Denise@steppingintolife.ca)  
Website: <https://steppingintolife.ca>

## 5. Government Funding

These resources often help parents as well as their adult children. Please take a look at the section 'Supports for Your Adult Children' for complete listings.

# Supports for Your Adult Children

## 1. General Information Advocacy and Help

### Alberta Family and Social Supports

This online list provides resources for financial assistance and services for seniors, children, people with disabilities, and individuals and families in crisis.

Website: <https://www.alberta.ca/family-social-caregiver-supports>

### Autism Calgary

Autism Calgary is a charity that provides information and support for anyone living with autism. Among their adult resources you will find help with: Asperger's, diagnosis and assessment, employment, education, financial funding, housing, legal support, other supportive community organizations, parent/caregiver respite and supports, social recreation, social skills, and therapeutic providers. Contact the Family Support team for more information.

Address: 3639 – 26 St. NE, Calgary, AB, T1Y 5E1

Phone: 403-250-5033 (Ext. 228)

Email: [info@autismcalgary.com](mailto:info@autismcalgary.com)

Website: <https://autismcalgary.com/resources/adult/>

### Community Connect YYC

Community Connect YYC is a collaboration of Calgary agencies committed to eliminating the barriers and lengthy wait times that make it challenging to access much-needed social services. Through a direct online booking tool, available 24/7, their partners are putting access to their services in the community's hands. Clients of all ages can book in with one of their agencies to access the support they need.

Website: <https://www.communityconnectyyc.ca/>

### Sinneave Family Foundation and The Ability Hub

The Sinneave Family Foundation is an operating foundation based in Calgary, Alberta that aims to improve education, employment, and housing outcomes for youth and adults living with autism.

Sinneave operates The Ability Hub, a 17,000-square-foot space located on the southwest corner of the University of Calgary campus. The Ability Hub is an inclusive centre for learning and community connection where Sinneave is actively involved in program development and service delivery, and where we host partner organizations, community groups and activities that support youth and adults living with autism to thrive.

Address: 300 – 3820 24th Avenue NW, Calgary, AB, T3B 2X9

Phone: 403-210-5000

Toll Free: 1-888-733-7976

Email: [info@sinneavefoundation.org](mailto:info@sinneavefoundation.org)

Website: <https://sinneavefoundation.org/>

### Society for Autism Support and Services (SASS)

Society for Autism Support and Services (SASS) is an Alberta-based registered charitable organization providing comprehensive educational and consulting services for people with Autism Spectrum Disorder (ASD) and their families. SASS offers its services throughout Alberta and, other parts of the country, when requested.

Address: 404 – 94 Ave SE,, Calgary, AB, T2J 0E8 Phone:

403-253-2291

Email: [intake@autism.ca](mailto:intake@autism.ca), [consultation@autism.ca](mailto:consultation@autism.ca)

Website: <https://www.autism.ca/>

## 2. Government Funding

### Alberta - AISH (Assured Income for the Severely Handicapped)

Providing financial and health benefits for eligible Albertans with a permanent medical condition that prevents them from earning a living. This website provides information about AISH eligibility, payment details, forms, and how to apply.

Calgary East AISH office

Address: 2752 Sunridge Way NE, Westland Professional Centre, Calgary, AB, T1Y 0A5

Phone: 403-297-8511

Email: [css.calgaryaish@gov.ab.ca](mailto:css.calgaryaish@gov.ab.ca)

Calgary North AISH Office

Address: One Executive Place, 1816 Crowchild Trail NW, Calgary, AB, T2M 3Y7

Phone: 403-297-8511

Email: [css.calgaryaish@gov.ab.ca](mailto:css.calgaryaish@gov.ab.ca)

Calgary South AISH Office

Address: 100S Heritage Square, 8500 Macleod Trail SE, Calgary, AB, T2H 2N1

Phone: 403-297-8511

Email: [css.calgaryaish@gov.ab.ca](mailto:css.calgaryaish@gov.ab.ca)

### Calgary Legal Guidance - Social Benefits Advocacy Program (SBAP)

CLG's Social Benefits Advocacy Program (SBAP) offers information, advice, and guidance to those facing challenges with the Assured Income for the Severely Handicapped (AISH) Program. We can help with many issues including benefit denials, cut-offs and assessed overpayments. We may even be able to represent you at appeal.

CLG staff lawyers and advocates may be able to help you with your legal problem if you cannot afford a lawyer, and you do not qualify for Legal Aid Alberta. As a client focused organization, CLG provides free,

confidential, legal representation, information, advice and advocacy to individuals in a positive, inclusive and supportive environment.

Our Social Benefits Advocacy Program can assist clients with:

- Keeping existing AISH benefits
- Increasing your AISH benefit amount
- Appealing an AISH benefit denial decision or change in benefits
- Obtaining medical documentation
- Preparing for an appeal hearing
- Understanding AISH legislation, regulation, and policies
- Connecting with community supports

CLG provides many services to individuals who meet our financial guidelines.

Here are some of the ways we can help you:

- Provide you with information about your rights and next steps
- Explain how to apply for AISH benefits or how to appeal a decision
- Help you appeal if your application for AISH benefits was rejected/denied
- Provide guidance for representing yourself at an AISH appeal
- Provide representation at appeal in some cases
- Connect you to other community support organizations that can help

Address: 100, 840 –7 Ave. SW Calgary T2P 3G2 Phone: 403-716-6479

Email: [clg@clg.ab.ca](mailto:clg@clg.ab.ca)

Website:

<https://clg.ab.ca/index.php/programs/social-benefits-advocacy-program/>

#### Darrell Cook Family Managed Resource Centre

Family Managed Supports (FMS) is a funding option for families motivated to take a primary role in organizing the supports and services for their adult family member with developmental disabilities. With FMS, funds typically go directly to the family to hire and manage their own staff. Although less typical, families may also use FMS to contract with an agency to provide supports. They assist families in becoming directly involved in managing services and supports for their family members of all ages with developmental disabilities.

Address: 211 – 4014 Macleod Trail SE, Calgary, AB, T2G 2R7

Phone: 1-800-252-7556

Email: [DC-FMS@inclusionberta.org](mailto:DC-FMS@inclusionberta.org)

Website: <http://fms.inclusionberta.org/>

Disability Tax Credit (DTC)

The Disability Tax Credit (DTC) is a non-refundable tax credit that helps persons with disabilities, or their supporting persons, reduce the amount of income tax they may have to pay. The website below provides step-by-step instructions, and detailed information. For more information about the DTC, contact the Canada Revenue Agency.

Phone: 1-800-959-8281

Website:

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

### InnoviCares

The InnoviCares card is a free prescription savings card available to Canadian residents of all ages, funded by participating pharmaceutical manufacturers. Present your InnoviCares card at your pharmacy and ask for the brand-name medication. Your card will automatically cover a portion of the cost of the original brand.

Phone: 1-877-790-1991

Website: <http://www.innovicare.ca>

### Persons with Developmental Disabilities (PDD)

Provides supports for adults with developmental disabilities through yearly contracts to local agencies' service providers (Agency Model), directly to families (Family Managed Services Model), or a mix of both. PDD funding provides supports in the areas of home living, respite, community access, employment, short term living supports and occasionally, specialized supports. A very important program in the lives of Albertans with disabilities.

### Calgary Disability Services

Address: 3005 Heritage Square, 8500 Macleod Trail SE, Calgary, AB, T2H  
2N

Phone: 403-297-5011

Email: [css.ds-south@gov.ab.ca](mailto:css.ds-south@gov.ab.ca)

Website: <https://www.alberta.ca/persons-with-developmental-disabilities-pdd>

### Calgary Graduated Supports

Address: 220 Scenic Bow Place NW, Calgary, AB, T3L 1S5

Phone: 403-297-4652

Email: [css.ds-south@gov.ab.ca](mailto:css.ds-south@gov.ab.ca)

Website: <https://www.alberta.ca/persons-with-developmental-disabilities-pdd>

### Registered Disability Savings Plan (RDSP)

The RDSP is a long-term savings plan to help Canadians with disabilities and their families save for the future. To help you save, the Government will pay a matching Canada Disability Savings Grant of

up to \$3,500 a year on your contributions, and a Canada Disability Savings Bond of up to \$1,000 a year into the RDSPs of low-income and modest-income Canadians. The website below provides forms and detailed information. For more information on opening an RDSP, contact the Canada Revenue Agency.

Phone: 1-800-959-8281

Website:

<https://www.canada.ca/en/revenue-agency/services/tax/individuals/topics/registered-disability-savings-plan-rdsp.html>

## 1. Housing

A number of Disability Service Providers have community-based apartments and homes, some with full time staff for complex-needs clients. If you are affiliated with a Disability Service Provider, ask if they offer housing options. Here are other sources for information about housing options for adults with autism.

### Alberta 75 Housing Co-op

Co-op housing is a great alternative to the uncertainty of rental markets or paying expensive mortgages. As a member, you have a democratic voice in controlling the cost and operation of the Alberta Co-op community. Eligibility is open to people of all ages.

Address: 765 Midglen Gardens SE, Calgary, AB, T2X 1R9

Phone Number: 403-256-4755

Email: [office@alberta75.ca](mailto:office@alberta75.ca)

Website: <https://alberta75.ca/>

### Alberta Affordable Housing

Works with municipalities, housing management bodies, non-profit and private sector organizations to build and operate affordable housing for seniors and Albertans in need. Eligible applicants must have an income below local income limits as determined by the market for that community. Applicants must be a Canadian citizen or permanent resident, aged 18 or older.

Phone: 310-0000, then 780-427-2711

Website: <https://www.alberta.ca/income-housing-job-loss-supports.aspx>

### Calgary Housing Company

Calgary Housing Company provides safe and affordable housing solutions for low- and moderate-income Calgarians in need of non-market rental housing. We operate over 7,100 housing units and administer approximately 3,080 private landlord rent supplements. We meet tenant needs through our varied programs, which include:

- Subsidized housing
- Near market rentals (approx. 10% below market rates)
- Rent supplements for tenants with private landlords

Our building management strategy uses a “mixed income model” that combines below market rates with deep subsidies. By balancing the proportion of units within an individual building, Calgary Housing Company ensures that new affordable housing developments are financially sustainable while providing an inclusionary approach to housing where tenants of mixed financial means are blended together.

Address: 3rd Floor, Marlborough Mall Professional Building, 320 - 433 Marlborough Way NE, Calgary, AB, T2A 5H5

Phone: 587-390-1200

Email (Application Inquiries): [chcapplicant@calgary.ca](mailto:chcapplicant@calgary.ca).

Website: <https://calgaryhousingcompany.org>

### Horizon Housing Society

Horizon Housing Society works to ensure every Calgarian has a place to call home. Since 1976, they have been providing affordable, integrated and supportive homes to vulnerable Calgarians.

- They own and operate more than 1,650 units across 30 buildings throughout the city.
- They welcome individuals, families, seniors, Indigenous persons, newcomers to Canada, and others.
- They work with more than 50 social-service agencies who refer and support residents.
- Their mixed income, mixed use approach helps reduce stigma, promotes community integration, and enhances quality of life for our residents.
- On average, a one-bedroom apartment is approximately 50% less per month than the average market rate.
- They subscribe to the Housing First principle: housing is the foundational element to every Calgarian’s well-being.
- Their small but mighty team of 50 full-time staff works to serve residents and partners while ensuring quality homes.

To pave the way for success for their residents, Horizon partners with more than 35 social service agencies. These partners refer individuals to Horizon and, once an individual makes their home with us, provide a range of ongoing support services.

They collaborate with their referring partners to ensure each resident, no matter their past experience, mental or physical health challenges, or economic circumstance, is able to live independently and enjoy a stable, affordable, long-term home. This link shows a partial list of Horizon Housing’s service providers:

<https://www.horizonhousing.ab.ca/our-partners/service-providers/>

Address: 885,105 - 12 Ave SE, Calgary, AB,T2G 1A1Phone:

403-297-1746

Email: [info@horizonhousing.ab.ca](mailto:info@horizonhousing.ab.ca)



Website: <https://horizonhousing.ab.ca>

#### Norfolk Housing Association

Norfolk Housing Association's mission is to create inclusive and affordable communities for people of all socioeconomic backgrounds through a unique model that mixes market and rent-geared-to-income rentals. Through their collaborative partnerships and successful housing model, they work to achieve communities where everyone, regardless of ability or income, feels at home.

Address: 1118 Kensington Road NW, Calgary, AB, T2N 3P1

Phone: 403-270-3062

Email: [admin@norfolkhousing.ca](mailto:admin@norfolkhousing.ca)

Website: <http://www.norfolkhousing.ca/>

#### Quality Living Disability Services

Quality Living Disability Services provides high-quality residential home care and living accommodations for adult individuals with developmental disabilities and complex needs. They believe in raising the standards for individuals to a level they deserve, to promote independence, holistic growth and an exceptional quality of life. This is achieved through proper housing, encouraging and enhancing client skills and community participation. PDD (Persons with Developmental Disabilities) aged 18 or older are eligible for funding or family managed support.

Phone: 403-836-2255

Email: [info@calgaryqualityliving.com](mailto:info@calgaryqualityliving.com)

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

#### Sinneave Family Foundation

The Sinneave Family Foundation (Sinneave) provides resources, tools, and links such as the following:

- Connecting adults with autism to affordable housing
- Preparing for supported independent living
- Sinneave housing resources
- Additional housing resources

Address: 300 – 3820 24th Avenue NW, Calgary, AB, T3B 2X9

Phone: 403-210-5000

Toll Free: 1-888-733-7976

Email: [info@sinneavefoundation.org](mailto:info@sinneavefoundation.org)

Website: <https://sinneavefoundation.org/housing/>

## 4. Training and Education

### 4.1. Independent Living Skills Training

### Alberta Health Services - Better Choices, Better Health® Program

Living with a long-term (chronic) health condition can be hard. Better Choices, Better Health® is a free group workshop for adults over 18 years old who live with or support someone with a chronic health condition. Offers in person and online workshops for individuals with chronic disease and chronic pain.

Website: <https://www.albertahealthservices.ca/services/bcbh.aspx#self>

### Independent Living Resource Centre (ILRCC) - Learn Program

The ILRCC helps work towards equality and independence for all persons with disabilities. Their Learn Programs include classes in music, movement, a variety of sports, cooking, and budgeting. Its goals are to alleviate social isolation, encourage new skills, and foster self-confidence.

Address: 134 – 3359 27 Street NE, Calgary, AB, T1Y 5E4

Phone: 403-263-6880

Email: [learn@ilrcc.ab.ca](mailto:learn@ilrcc.ab.ca)

Website: <https://ilrcc.ab.ca>

### Sinneave - Launch + Skills

Sinneave's Launch + Skills is an individualized skills coaching program designed to help individuals living with autism who are ready to pursue goals in employment, education, or living independently in the community. Whether you are a teenager transitioning to adulthood, or you are already an adult, Launch + Skills was developed as an intensive program to help you learn the skills you need to achieve your goals.

Address: 300 – 3820 24th Avenue NW, Calgary, AB, T3B 2X9

Phone: 403-210-5000

Toll Free: 1-888-733-7976

Email: [info@sinneavefoundation.org](mailto:info@sinneavefoundation.org)

Website: <https://sinneavefoundation.org/thriving-in-adulthood/launch-skills/>

### Society for Autism Support and Services (SASS) - Adolescent and Adult Services Program

The Adolescent and Adult Services Program at Society for Autism Support and Services (SASS) offers skill enhancing employment readiness and work experience programs for individuals with autism aged 15 years and older. In addition, employment and job coaching support is currently offered through Ready Willing and Able (RWA).

#### Employment Readiness Programs

SASS's Employment Readiness Programs aim to support adolescents and adults living with autism to develop skills to promote independence and success with employment. These programs are suitable for first time job seekers as well as those that are facing changes to, or challenges within their current job.

These programs include opportunities to sample a variety of entry-level work tasks as well as training sessions covering topics such as preparing for employment, resume building, job search techniques, disclosure, advocacy, accessing accommodations, social communication in the workplace, and other pre-employment skills.

Current programs:

Work Skills Exploration  
Pre-Employment Program

Work Experience Programs

SASS's Work Experience Programs assist adolescents and adults with autism to gain valuable, hands-on work experience. Both "hard skills" related to task completion, as well as "soft skills" required to be successful in a workplace are targeted.

Current programs:

London Drugs Work Experience  
SASS Custodial Work Experience

Address: 404 – 94 Ave SE,, Calgary, AB, T2J 0E8 Phone:  
403-253-2291

Email: [intake@autism.ca](mailto:intake@autism.ca), [consultation@autism.ca](mailto:consultation@autism.ca)

Website:

<https://www.autism.ca/adolescent-and-adult-services/>

## 1.1. Post-Secondary Education Supports

### Sinneave Family Foundation - Education Resources

These resources have been developed by the Sinneave Family Foundation as part of their work, and are based on what they have learned so far about post-secondary education. They are intended to be shared as an open resource to support people with autism, their families and caregivers, and they may be of interest to educators and other support agencies in the community.

Address: 300 – 3820 24th Avenue NW, Calgary, AB, T3B 2X9

Phone: 403-210-5000

Toll Free: 1-888-733-7976

Email: [info@sinneavefoundation.org](mailto:info@sinneavefoundation.org)

Website: <https://sinneavefoundation.org/education/education-resources/>

## 1.1. Employment and Training

### Auticon Canada

Auticon's employment coordination team plays a central role in the success of people with autism, acting as a liaison between them and the Auticon Canada consultant. They work hand-in-hand to communicate timelines, manage expectations, resolve needs, and ensure the ultimate success of your program.

Most importantly, Auticon work with clients to help them understand autism in the workplace with inclusive strategies and coaching. Employment coordinators work with client teams to facilitate feedback and advocate for consultants.

Address: 3rd Floor, 3820 24 Ave NW, Calgary, AB, T3B 2X9

Phone: 403-660-2819

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

Website: <https://auticon.ca>

### Champions Career Centre

Over the years Champions Career Centre have connected thousands of people to the right job and helped many employers recruit and retain top talent with disabilities.

They work with adults with a disability seeking career development or employment support and direction. They help people with a range of disabilities, both visible and invisible, including mobility issues, arthritis, visual or hearing impairment, learning disabilities, chronic pain, diabetes, anxiety, and depression.

The goal of Champions Career Centre is to help individuals with disabilities achieve their career goals and obtain meaningful employment.

Address: 650 – 839 5 Ave SW, Calgary, AB, T2P 3C8

Phone: 403-265-5374

Email: [info@championscareercentre.org](mailto:info@championscareercentre.org)

Website: <https://championscareercentre.org>

### Developmental Disabilities Resource Centre (DDRC) - PACE Program

The DDRC's PACE Program empowers adults and youths to explore, pursue and reach their chosen employment goal. When an individual wants more education as a stepping stone to employment, the Education Team within the program will work with the individual to find, access, and achieve educational goals through inclusive training and courses in the community.

PACE participants may also pursue volunteer opportunities that align with career goals and give a sense of purpose. Volunteer work often leads to lasting paid employment.

Address: 4631 Richardson Way SW, Calgary, AB, T3E 7B7

Phone: 403-240-3111

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

Website: <https://www.ddrc.ca/pace/>

### Potential Place

Potential Place's employment program is anchored around part-time entry-level positions, usually between six and nine months in length, that offer between 12 to 20 working hours per week. If employers have a full time position (37.5 – 40 hours per week) that can be split into two part-time positions, this would satisfy the employment needs of two members.

Potential Place works directly with employers. When they have a clear understanding of the role, the skills it requires, and the type of person employers are looking for, they will select a member that appropriately meets the position's criteria.

#### Employer Benefits

- No recruitment costs
- No absenteeism: positions always supported and filled as needed
- Members are eager and motivated to work
- No training costs
- No turnover

#### Member Benefits

- Access to part-time positions
- Gain new skills and work experience
- Earn their own income

Address: 210 – 308 11th Ave SE, Calgary, AB

Phone: 403-216-9250

Email: [clubmail@potentialplace.org](mailto:clubmail@potentialplace.org)

Website: <http://potentialplace.org/employment-program/>

#### Prospect

Prospect provides a program to increase access to job search support tools and services for persons with disabilities.

#### Service offers:

- One-on-one support with employability assessments, career counselling, job placement, education, and skill training placement
- Workshops about the labour market, work search strategies, personal development, education planning, self-assessment, and advocacy
- Employment resource centres with computer access
- Assistance with receiving Disability Related Employment Support funding

#### Northland Building

Address: 910 7 Ave SW, Calgary, AB, T2P 3N8 Phone:

403-237-5108

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

Website: <https://prospectnow.ca>

## Prospect Building

Address: 915 33 Street NE, Calgary, AB, T2A 6T2  
Phone: 403-273-2822

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

Website: <https://prospectnow.ca>

### Spectrum Advantage

Spectrum Advantage is a 16-week initiative that helps employers see the advantages of hiring people who live on the autism spectrum. The unique qualities of people with autism often make for excellent employees. Spectrum Advantage offers companies an opportunity to connect with an untapped, undiscovered talent pool and benefit from their specialized skills.

Their program offers qualified individuals the opportunity to gain valuable professional work experience. The four-week classroom training provides young professionals the tools they need to become successful employees.

- Employment Coaching: They will bridge any gaps between employers and employees for the first 12 weeks.

- Offset Training Costs: In the first 12 weeks of an internship, employers are offered a financial stipend to offset any additional training costs.

- Autism 101: An Autism 101 presentation to corporate teams/business partners.

-

Address: 3rd Floor, 3820 24 Ave NW, Calgary, AB, T3B 2X9

Phone: 825-994-5358

Email: [info@thespectrumadvantage.com](mailto:info@thespectrumadvantage.com)

Website: <https://thespectrumadvantage.com/employers/>

### 4.4 Arts Programs, Community Outings, and Recreation

#### Airdrie Abilities Centre

The Airdrie Abilities Centre has been offering activities and programs to special needs individuals since 2011. The registered charity's mission is to promote equal opportunities to support and demonstrate the strengths and abilities of persons with special needs.

- Age: Adults
- Website: <https://www.airdrieabilities.ca/>
- Address: 2304 Yankee Valley Blvd SW, Airdrie, AB, T4B 0R7

#### Autism Aspergers Friendship Society of Calgary (AAFS)

One of AAF's primary goals is to immerse people with autism in the community around them. Over the years, AAFS members have had opportunities to engage in almost every recreational event and activity

that Calgary has to offer. AAFS takes full advantage of the belief that their community is the largest and most dynamic classroom, and exploring that classroom can teach almost any lesson.

AAFS community outings can come in the form of almost anything - swimming, bowling, Laser Quest, movies, car shows, transit days, go-karting, archery, leisure centre sports, and even learning the sights and streets of downtown Calgary. Their best and newest community outing ideas come from the members themselves, ensuring that each individual has the chance to see themselves doing something they'd never thought possible before.

Address: 220 – 8228 Macleod Trail SE, Calgary, AB, T2H 2B8

Phone: 587-899-3711

Email: [community.care@aafscalgary.com](mailto:community.care@aafscalgary.com)

Website: <https://aafscalgary.wildapricot.org/>

### Between Friends

Between Friends provides social and recreational programming and inclusion services that give people with disabilities of all ages the opportunity to experience fun and enriching activities in the community. Participants feel included, happy, and safe in an environment where they can build genuine friendships and be themselves without fear of judgement or bullying.

Address: 205 – 8989 Macleod Trail S, Calgary, AB, T2H 0M2

Phone: 403-269-9133

Email: [info@betweenfriends.ab.ca](mailto:info@betweenfriends.ab.ca)

Website: <https://betweenfriends.ab.ca/>

### Blissful Dance

Blissful Dance is a new online accessible dance company. Their mission is to provide people of all ages, with different disabilities, and experience levels with cultural dance classes. They offer classes live-streamed on Zoom and pre-recorded classes. Programs include either ASL interpretation or closed captions, to increase accessibility. Eligibility is open to people of all ages who are deaf, disabled, and have different levels of movement mobility.

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

Website: <https://www.facebook.com/blissfuldance>

### Bloom Wellness Collective

Bloom Wellness Collective is on a journey to make dance, yoga, movement, and expressive arts accessible to those of all ages living with disabilities. Utilizing movement as a catalyst for self-expression, connection, emotional regulation, and joy, each of Bloom's programs activates the mind, body, and soul through specially designed programs to meet the needs, goals, and interests of its participants.

- Address: Evergreen Community Spaces, 1709 8 Ave NE, Calgary, AB, T2E 0S9

- Email: [hello@bloomwell.ca](mailto:hello@bloomwell.ca)
- Website: <http://www.bloomwell.ca/>

### Calgary Society of Community Opportunities (CSCO) - Core Program

When you join programs and activities at CSCO, you will be teamed up with a support worker, as well as other people who have the same interests as you. Most of the time, you will be in a group with one support worker and two other people. If you need it, they can give you extra support.

The first three months that you come to CSCO, you, your support worker, and the other people who support you will work together to find out what you are interested in and what your needs are. You can also try any of the activities that are currently at CSCO.

After your first three months, you, your support worker, and the program coordinator will make a plan so you can reach your goals. After deciding what your goals and interest are, you can decide what activities you want to join. Most people join interest groups on-site and go on outings in the community.

Interest groups onsite include many life skills that you can learn which will help you to do things on your own, get along with others, and take care of yourself. You can join interest groups with other people who enjoy the same activities as you, like cooking, computers, and crafts. Outings in the community are very important for everyone. Activities include outings to the library, volunteering, art, a variety of sports, vocational and social time.

Address: 102 – 2616 18 Street NE, Calgary, AB, T2E 7R1

Phone: 403-253-3454

Email: [admin@calgarycSCO.ca](mailto:admin@calgarycSCO.ca)

Website: <https://cscocalgary.com>

### City of Calgary- Recreation Discovery

Provides information on recreation/leisure programs for people with disabilities and promotes recreation/leisure programs provided by non-for-profit organizations throughout Calgary.

Phone: Dial 311 or 403-268-2489

Website: <http://www.calgary.ca/CSPS/Recreation/Pages/Recreation-Discovery.aspx>

### City of Calgary - Registered Adapted Programs

Easy to follow, low to moderate intensity programs focused on maintaining strength, balance, and wellness. Adapted fitness classes are designed for those who require a modified routine due to disability.

Phone: 403-268-3800

Website: <https://www.calgary.ca/parks-rec-programs/fitness/adapted-fitness.html>

### Company of Adventurers



Company of Adventurers is a day camp/wilderness program offering year round environmental education, outdoor pursuit programs, and wilderness tripping for all ages and ability levels. Programs are quite mobile, come complete with gear and experienced guides, and start at a location of your choice.

Phone: 403-242-8725

Email: [info@companyofadventurers.com](mailto:info@companyofadventurers.com)

Website: <http://www.companyofadventurers.com/>

#### Connect Leisure Services

Connect Leisure Services is passionate about working alongside individuals living with special needs, with chronic needs, and with aging family members. They will facilitate leisure activities that not only support individuals but will also perpetuate accelerated abilities, or simply, maintain current abilities, depending on participants' individual goals. Connect Leisure Services will create a safe, engaging, and social environment using a diverse repertoire of fun leisure activities.

Website: <https://connectrec.ca/>

#### Dubasov Dance & Wellness Inc.

Dubasov enriches the lives of people with special needs through expressive arts and movement classes. Classes include, but are not limited to, dance and movement, yoga, music and rhythm, fitness, karate, drama and musical theatre. They are now offering live virtual classes with pre-recorded virtual class subscriptions coming soon. All classes are catered to the population they serve and are upbeat, energizing, engaging and constantly evolving creatively. Designed to build confidence, foster expression, spread joy and smiles and offer a sense of belonging, their classes are the perfect way to target therapeutic goals in the most fun and playful way.

Address: 6325 12 Street SE, Calgary, AB, T2H 2K1

Phone: 403-452-7600

Website:

<https://shaylasvoice.com/listing/dubasov-dance-and-wellness-inc>

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#### JB Music Therapy

JB Music Therapy is a team of Certified Music Therapists (MTAs) who collaborate, design and personalize therapy with their clients that will foster desired change: boost mood, decrease stress, strengthen relationships, increase focus, develop learning, reduce anxiety, rehab after injury, and recover lost memories.

Phone: 403-240-3877

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

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

### National accessArts Centre (NaAC)

Founded in 1975 as the In-Definite Arts Society, the National accessArts Centre (NaAC) is Canada's oldest and largest disability arts organization – and in 2020, became the country's first multidisciplinary disability arts organization. Today, the NaAC supports more than 300 artists living with developmental or physical disabilities through on-site studio supports and workshops, and an even broader community of Canadian artists with disabilities through immersive programs delivered online.

Address: 8038 Fairmount Drive SE, Calgary, AB, T2H 0Y1

Phone: 403-253-3174

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

Website: <https://accessarts.ca/>

### Opening Gaits Therapeutic Riding Society of Calgary

Opening Gaits' objective is to provide therapeutic riding in an exciting, fun and challenging environment for children and adults with disabilities, allowing them to develop physically, socially and emotionally. Their programs are delivered by instructors who are equine and/or therapeutically trained.

Address: 322133 Highway 552 W, De Winton, AB, T0L 0X0

Phone: 403-254-4184

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

Website: <https://openinggaits.ca>

### Rocky Mountain Adaptive

Rocky Mountain Adaptive is a charitable organisation who creates and provides accessible adventures for individuals living with physical and/or neuro-divergent challenges.

Address: 168 – 105 Bow Meadows Crescent, Canmore, Alberta, T1W 2W8

Phone: 403-431-1354

Email: [info@rockymountainadaptive.com](mailto:info@rockymountainadaptive.com)

Website: <https://rockymountainadaptive.com>

### Special Olympics Calgary

Special Olympics Calgary is committed to enriching the lives of Albertans with an intellectual disability through sport. Individuals with an intellectual disability, of all ages and abilities, are given the opportunity to realize their full athletic potential, with appropriate training, coaching and competitions, to develop life skills, a healthy body and self esteem.

Address: 14 – 2180 Pegasus Way NE, Calgary, AB, T2E 8M5

Phone: 587-404-2385

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

Website: <https://specialolympicscalgary.ca>

### Studio C - Community Connections Classes

With the help of Calgary Arts Development funding, Studio C has been given the opportunity to host free art classes that will help individuals with their mental health, build on essential skills and allow a space for connection.

These classes are offered both in-person, as well as virtually via Zoom and a Google Classroom. Please note that this program runs on a first come, first served basis. Priority will be given to individuals who have not attended previous sessions.

Address: Studio C, 235 – 1721 29 Ave SW, Calgary, AB, T2T 6T7

Phone: 403-387-6082

Email: [Kriss.Janik@prospectnow.ca](mailto:Kriss.Janik@prospectnow.ca)

Website: <https://studiocprospect.ca/>

### Summit Collective Community Services

Summit Collective supports adults with disabilities to access recreation and wellness programs, volunteer opportunities, and outdoor pursuits in-group participation. These activities become teaching tools to develop and practice skills to be successful, gain experience, and build confidence in the community. Summit Collective is available to people 18 years of age or older who are eligible for individual Persons with Developmental Disabilities (PDD) and family managed funding.

Phone: 403-875-7656

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

Website: <https://www.summitcollectiveservices.org/>

### Universal Rehabilitation Service Agency

The Universal Rehabilitation Service Agency develops and provides opportunities for children, adults, and seniors with developmental disabilities, complex medical needs, and brain injury survivors. They strive to increase independence, integrate individuals into their community, and increase their quality of life.

Address: 808 Manning Road NE, Calgary, AB, T2E 7N8

Phone: 403-272-7722

Email: [info@ursa-rehab.com](mailto:info@ursa-rehab.com)

Website: <https://ursa-rehab.com/>

## 5. Daily Living Supports

### 5.1. Transportation

#### Calgary Transit Access

Division of Calgary Transit that provides book-in-advance, shared-ride, door-to-door service within

Calgary limits, for people with a disability who cannot use Calgary Transit buses or C-Trains.

Phone: 403-537-7777

Website: <https://www.calgarytransit.com/calgary-transit-access>

### Dream Transportation

Dream Transportation provides efficient, courteous, and compassionate service that recognizes the value of those with special needs in our community. They are set up to help individuals in the community get where they need to go. They are a hands-on company that will provide whatever assistance and support is needed to get you to and from your destination.

Address: 1 – 1415 28 Street NE, Calgary, AB, T2A 2P6

Phone: 403-590-7433

Website: <http://www.dreamstransportation.ca/>

## 5.2. Home Care and Housekeeping

### Alberta Health Services (AHS) - Home Care

Alberta Health Services' focus is creating an environment where individuals with autism are able to live at home independently for as long as possible. While Home Care services are most commonly delivered in your home, flexibility exists to deliver services in a variety of other settings. Continuing care services are available once you or your loved one have contacted and been assessed by a Case Manager.

What is Home Care?

- Home Care is publicly funded personal and healthcare services for clients of all ages living in a private residence or other setting, such as suites in a retirement residence
- Home Care helps people remain well, safe and independent in their home for as long as possible
- Home Care's philosophy promotes client independence, and supplements care and supports provided by families and community services
- In addition, clients may be eligible for basic housekeeping services for a fee

Who is Home Care For?

- Anyone living in Alberta with a valid healthcare card can receive Home Care services, as long as their needs can be met safely in their place of residence
- Home Care provides help with activities of daily living that the client cannot do themselves or cannot get help with from another source; these are often activities that are considered necessary for the client to safely maintain their independence, like personal hygiene or medication management

Who Provides Care in Home Care?

- AHS provides healthcare services or contracts other home care providers to provide care
- Healthcare services are provided by a team of skilled individuals who support the client to continue living in the community
- Depending on your needs, your care team may include a nurse, social worker, occupational therapist, physiotherapist, to name a few
- The client and family are active partners of the care team

Home Care does not provide all services a client may need, but can help arrange other supports provided in your community. A case manager works directly with the client and is responsible for assessing the client's needs, and ensuring the overall coordination of care and services.

Phone: 403-943-1920 or 1-888-943-1920

Website: <https://www.albertahealthservices.ca/cc/Page15488.aspx>

### Community Living Alternative Services (CLAS)

CLAS's commitment is to promote the development and wellbeing of individuals, to strengthen positive relationships between individuals and their communities, and to promote independent living. Offers a day program, community support program in both Calgary and Cochrane, supported living program, and residential support program. Adults with developmental disabilities 18 years of age or older are eligible.

Address: 16 – 2936 Radcliffe Drive SE, Calgary, AB, T2A 6M8

Phone: 403-283-4410

Email: [info@c-l-a-s.ca](mailto:info@c-l-a-s.ca)

Website: <https://c-l-a-s.ca/>

### Developmental Disabilities Resource Centre of Calgary (DDRC) - Integrated Living Services (ILS)

Integrated Living Services (ILS) offers customized home supports to adults wishing to secure living arrangements within the Calgary area. Individuals may decide to live with an Integrated Living Practitioner (ILP) in their home. Alternately, community supports that develop and maintain safe, positive, community-based living can be provided on a regular basis in the individual's home. The goal of independence is enhanced for individuals, who report that assistance with domestic chores and money management has enriched their day-to-day life.

Address: 4631 Richardson Way SW, Calgary, AB, T3E 7B7

Phone: 403-240-3111

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

Website: <https://ddrc.ca/homebasedservices/>

### The Key (formerly Home Care Assistance Calgary)

The Key provides premier in-home senior care to help older adults, disabled persons, and Veterans thrive at home with optimal independence, health, safety, and happiness. When you become a client of The Key, you don't just get matched with a caregiver. You work with their full staff of qualified, experienced care professionals who ensure the highest standards of care are met throughout the length of service. Their management team works closely with families and caregivers to ensure the perfect experience for our customers. The Key excels in providing the highest quality home care services for Calgary families and individuals of all ages.

Address: 305 – 37 Richard Way SW, Calgary, AB, T3E 7M8

Phone: [587-813-0135](tel:587-813-0135)

Email: [calgaryinfo@homecareassistance.com](mailto:calgaryinfo@homecareassistance.com)

Website: <http://www.homecareassistancecalgary.ca>

### 5.3. Nutrition

The Alex Community Food Centre (CFC)

The Alex Community Food Centre (CFC) is a welcoming place for people to come together to grow, cook, share and advocate for good food for all. The CFC provides people with access to high-quality food in a dignified setting through healthy meals and an affordable produce market.

Address: 4920 17 Ave. SE, Calgary, AB, T2A 0V4

Phone: 403-455-5792

Email: [goodfood@thealex.ca](mailto:goodfood@thealex.ca)

Website: <https://thealexafc.ca/>

Calgary Community Fridge

A non-judgement, no-barrier public space with a pantry, fridge, and freezer for those in need to access food resources when they need them. This space is stocked by and for the community. The area is located just north of the building on the corner (Ducktoes).

Address: 902 Centre Street N, Calgary, AB T2E 2P7

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

Community Kitchen Program of Calgary

The Community Kitchen Program of Calgary operates a self-empowering model to address the needs of marginalized Calgarians. The Community Kitchen Program is here to help. They not only want to eliminate hunger in the city, but want to assist by reaching out to those in need during a disaster.

Phone: 403-538-3779

Website: <https://www.ckpcalgary.ca/>

## OTHER RESOURCES

### Books

1. *The Wounded Healer* by Dr. Omar Reda
2. *The Caregiver's Toolbox: Checklists, Forms, Resources, Mobile Apps, and Straight Talk to Help You Provide Compassionate Care* by Carolyn P. Hartley
3. *The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent* by Barry J. Jacobs
4. *The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss* by Nancy L. Mace and Peter V. Rabins
5. *The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself* by Linda Abbit
6. *The Caregiver's Survival Handbook: Caring for Your Aging Parents Without Losing Yourself* by Alexis Abramson

These books offer insights, practical advice, and strategies to help senior caregivers manage their mental health while providing care. Remember to check reviews and summaries to find the ones that resonate with your specific needs.

### Online Resources

YouTube can be a great resource for finding mental health management advice and support for senior caregivers. Here are a few YouTube channels that provide content specifically tailored to caregivers:

1. Caregiver Stress: This YouTube channel offers videos on various topics related to caregiving, including stress management, self-care, and emotional well-being.

<https://www.youtube.com/channel/UCFxjNHZQ4hzZBKxdlg5NHCA>

2. Alzheimer's Association: The Alzheimer's Association has a YouTube channel that provides information and support for caregivers of individuals with Alzheimer's, neurological disorders and other forms of dementia.

<https://www.youtube.com/@alzassociation>

3. Family Caregiver Alliance: The Family Caregiver Alliance has a YouTube channel that covers a range of caregiving topics, including mental health support for caregivers.

<https://www.youtube.com/@CAREGIVERdotORG>

Remember to explore these channels and search for specific topics or keywords related to mental health management for senior caregivers to find more relevant content.