

**Aging with Autism Toolkit:
A Series of Resource Guides for Aging Caregivers of
Adult Children with Autism and Seniors with Autism**

Resource Guide and Presentation #2

Aging in place for seniors with Autism who would not do well with living in a congregate setting

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 and are living longer and healthier lives than previous generations.

As the wave of Canada's baby boomer generation begins to age, there is increasing trepidation among many aging parents/caregivers in the Autism Community about what will become of their adult autistic children should they (the parent) become ill or immobilized in old age. Additionally, these aging caregivers are facing their senior years ahead 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 of anxiety.

In its 2017 report entitled "Aging and Autism", Autism Canada found a critical lack of knowledge, research and services targeted for individuals 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 1974-1984, 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 and to help readers to navigate the challenges and enhance the quality of life for both themselves and their loved ones.

This toolkit is aimed at for 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 - especially mental health. The development of this series of guides was 100% led by seniors.

The three guides and presentations complement one another and form 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

2. Aging in place for seniors with Autism, who would not do well with living in a congregate setting

3. Mental Health Supports for Aging Caregivers of Adult Children on the Spectrum and Seniors with Autism.

This is the second in the series.

As the population of individuals with autism continues to age, there is a growing need to support the adult children especially seniors with Autism.

This second guide looks at ways to support them as they age in place. It provides a few tips on where and how to find resources including advocacy, government funding, as well as housing, training and education.

TABLE OF CONTENTS

Supports for Seniors with Autism Aging in Place

1. General Information Advocacy and Help.....	
2. Government Funding.....	
3. Housing.....	
4. Independent Living Skills Training.....	
5. Recreation and Volunteer Opportunities.....	
6. Daily Living Supports.....	
6.1 Transportation.....	
6.2 Home Care and Housekeeping.....	

Other Resources

Books	
Online Resources	

This Resource Guide and presentation is designed especially for parents and caregivers of adults with Autism Spectrum Disorder (Autism) 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.



Excellent resource portals for Calgary:

- "Seniors Online Resources Oct 1 2023- Lorna ECX.docx"
- Inform Alberta (type in "Calgary" and "Adult", etc):
https://informalberta.ca/public/common/index_ClearSearch.do

Supports for Seniors with Autism Aging in Place

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>

Anxiety Canada

A registered charity and non-profit organization, Anxiety Canada was established more than 20 years ago to raise awareness about anxiety, and to support access to proven resources and treatment. Offers information and resources for children, youth, and adults.

Email: info@anxietycanada.com

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

Arnika Centre

Provides psychiatric assessment and consultation to adults and teenagers age 16 year of age and older with an intellectual disability and a mental health and/or behavioral problem. Arnika Centre offers psychiatric assessment and stabilization via medication for individuals 16 years or older who have an IQ below 65 prior to the age of 18, have mental health concerns and / or significant behavioral problems, and have a family doctor who is supportive of the referral.

Address: 3465 26 Ave. NE, Calgary, AB, T1Y 6L4

Phone: 403-943-8301

Website: <https://www.albertahealthservices.ca/findhealth/service.aspx?Id=1060552>

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

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

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. Eligibility is open to persons with Developmental Disabilities (PDD), and individuals who do not have PDD funding 18 years of age or older.

Main CASS Office

Address: Suite 310 – 525 28th Street SE, Calgary, AB, T2A 6W9

Phone: 403.283.0611

Creative Community Living Activities

Address: Suite 240 – 815 8th Ave SW, Calgary, AB, T2P 3P2

Phone: 403.264.1377

Langin Place

Address: 128 – 433 Macleod Trail SE, Calgary, AB, T2G 5J7

Phone: 403.237.5435

Stepping Stone Manor

Address: 222 15 Ave SW, Calgary, AB, T2R 0P7

Phone: 587.349.6300

Email: cass@c-a-s-s.org

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

Calgary Counselling Centre

Improving the well-being of individuals and families and strengthening communities by delivering best practices in counselling, training and research. Eligible for people of all ages.

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

Phone: 403-265-4980

Email: contactus@calgarycounselling.com

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

Calgary Progressive Lifestyles Foundation (CPLF)

Calgary Progressive Lifestyles Foundation (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

Website: www.cplf.ca

Calgary Seniors' Resource Society

The Calgary Seniors' Resource Society provides innovative and creative services to support isolated and at-risk seniors in Calgary community. Offers community outreach services, SeniorConnect (emergency social work response services), Seniors Social Support program (volunteer drop-offs for food/toiletries, help with essential transportation, check-in program, meal delivery, holiday hampers, etc.), community education, elder abuse resources, and community grocery resources.

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

Phone: 403-266-6200

Email: info@calgaryseniors.org

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

Calgary Society for Persons with Disabilities (CSPD)

Offers Community Homes, Independent Living with Support, and Community Access.

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

Phone: 403-246-4450

Email: cspd@cspd.ca

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

Canadian Companion Services

Canadian Companion Services provides a range of family managed services to support people living with disabilities through the services they offer. These include respite, living support, supportive roommates, community inclusion, transition to adulthood support, day programs, and adult relief. Their disability management expertise includes Autism Spectrum Disorder, Anger Management, Behavioural and Developmental Supports (DBS), ADHD, bipolar, Borderline Personality Traits, Schizophrenia, Down Syndrome, etc.

Address: Bay C – 4215 11 St. NE, Calgary, AB, T2E 6K4

Phone Number: 587-429-2605

Email: talkto@canadiancompanion.org

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

Care.com

Care.com offers services that enable families to find and manage care and provide employment opportunities for caregivers. For families, their 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.

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

Caregiver Administrative Assistance

They assist individuals, family members, and caregivers in building routines and consistency of care. No matter the staff or caregiver rotations, this is an important piece in the caring field. Their services

include setting up checklists for staff, expectations of care within their shifts, putting processes and procedures in place, assisting with staff scheduling, etc. Knowing there are systems in place will eliminate stress and anxiety to the individual in care and family members.

Email: bremaultm100@gmail.com

Caregivers Alberta

Caregivers Alberta is the first and only dedicated caregiver organization in Alberta. They strive to empower caregivers and promote their well-being by providing group and one-on-one supports, increasing community capacity to better support caregivers, and advocate on behalf of caregivers.

Phone: 780-453-5088

Email: office@caregiversalberta.ca

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

Carya

With 40 program offerings for individuals and families, Carya provides a full spectrum of interactive counselling and development services for people of all ages — from babies to youth to older adults — and their support network.

Central Commons

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

Phone: 403-269-9888

Village Commons

Address: 610 8 Ave. SE, Calgary, AB, T2G 0M1

Bowmont Commons

Address: 5000 Bowness Road NW, Calgary, AB, T3B 0B9

Phone: 403-286-1811

Email: info@caryacalgary.ca

Website: <http://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.

Phone: 1-866-313-2827

Email: CeridianCaresCAN@ceridian.com

Website: <https://www.ceridiancares.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)

Address: 202 – 1608 17th Ave. SW, Calgary, AB, T2T 0E3

Phone: 403-242-2750

Email: calgary@classiclifecare.com

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

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/>

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 their journey.

Phone: 403-506-7552

Email: connectingcommunityca@gmail.com

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

CUPS Family Resource Centre

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

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

Phone: 403-221-8780

Email: info@cupscalgary.com

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

Cyberlight Care Services

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

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

Phone: 587-500-7165

Email: cyberlightcanada@gmail.com

Website: www.cyberlightcareservices.ca

InnoviCares

The innoviCares card is a free prescription savings card available to all Canadian residents and is 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 Number: 1-877-790-1991

Website: www.innovicare.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 experience mental health challenges, homelessness etc. Independent living may include Overnight Staffed Residences, Support Homes, Community and Residential Outreach Services. They have group homes for children, youth and adults.

Phone: 825-288-8720

Email: 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, Kerby 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

Unison

<https://unisonalberta.com/>

Loving Hands Partners in Care

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). Day and overnight respite services. Community inclusion. Employment Supports

Address: Unit 174A – 3359 27th St. NE, Calgary, Alberta

Phone: 403-809-6868

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

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: welcome@momentum.org

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

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

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, consultation@autism.ca

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

Unison Alberta - Elder Abuse Response Team

Working to support older adults who have experienced abuse since April 2011, the Elder Abuse Response Team (EART) — a collaboration between Carya, Calgary Police Service, and Unison — has been working to support older adults who have experienced abuse.

Phone: 403-705-3250

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

Universal Rehabilitation Service Agency (URSA)

URSA Rehab develops and provides opportunities for children, adults, and seniors with developmental disabilities. They provide support for complex medical needs: for brain injury survivors to increase their independence, be integrated into community, and increase their quality of life.

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

Phone: 403-272-7722

Email: info@ursa-rehab.com

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

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

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

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

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

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@inclusionAlberta.org

Website: <http://fms.inclusionAlberta.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: 300S Heritage Square, 8500 Macleod Trail SE, Calgary, AB, T2H
2N

Phone: 403-297-5011

Email: 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

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

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.

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 1A1

Phone: 403-297-1746

Email: 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

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

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

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

4. 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

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

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

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

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

Phone: 403-253-2291

Email: intake@autism.ca, consultation@autism.ca

Website:

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

5. Recreation and Volunteer Opportunities

Aspen Service Dogs

Mobility, Autism, PTSD, and Facility Service Dogs are all trainable at Aspen. Distinctly different from Therapy Dogs, our Service Dogs receive specific training to meet the needs of their human partner; the standards of the training these dogs receive is very high.

Phone: 403-703-6773

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

BC & Alberta Guide Dogs

Breeds, raises and professionally trains Autism Support Dogs and Guide Dogs.

Address: 11 - 6115 4 Street SE, Calgary, AB, T2H 2H9

Phone Number: 403-258-0819

Email: info@albertaguidedog.com

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

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. Their programs include either ASL interpretation or closed captions, to increase accessibility. They encourage people to participate in a way that feels good to them and move however they need!

Email: blissfuldanceclass@gmail.com

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

Bloom Wellness Collective

Bloom Wellness Collective (Bloom) 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, 2 - 1709 8 Ave. NE, Calgary, AB, T2E 0S9

Email: hello@bloomwell.ca

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

Calgary Society of Community Opportunities (CSCO)

CSCO helps participants realize their recreational, educational and volunteer capabilities. Their community access day program focuses on recreation and being active. They usually offer a 3:1 ratio for people with developmental disabilities. CSCO also offers social skills classes for adults with varying disabilities. These are aimed to provide quality programming to individuals outside of their core day program and encourage social interaction outside of paid staff and family.

Address: 102 - 2616 18th St. NE, Calgary, AB, T2E 7R1

Phone: 403-253-3454

Email: csc01@telusplanet.net

Website: <https://www.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-CITY (2489)

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

Company of Adventurers

Their Day Camp/Wilderness Program (ages 5-90 years) offers 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 location of your choice.

Phone: 403-242-8725

Email: info@companyofadventurers.com

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

Connect Leisure Services

They are 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 our participants' individual goals. They will be creating a safe, engaging, and social environment using a diverse repertoire of fun leisure activities.

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

National accessArts Centre (formerly Indefinite Arts Centre)

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 and/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. Mixed ability youth (ages 7-65+) can participate in available programs; young adults transitioning to adulthood can contact the Centre for more info on eligibility.

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

Phone: 403-253-3174

Email: info@accessarts.ca

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

Opening Gaits Riding Society

Provides therapeutic riding in an exciting, fun, and challenging environment for children and adults with disabilities allowing them to develop physically, socially, and emotionally.

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

Phone: 403-254-4184

Email: openinggaitssociety@gmail.com

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

Summit Collective Community Services

Summit Collective supports adults with disabilities to access recreation and wellness programs, volunteerism, 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 based in the community for all planned activities Monday through Friday. Eligibility is open to people 18 years of age or older, PDD eligible, or PDD family managed funding.

Phone: 403-875-7656

Email: summitcollectiveservices@gmail.com

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

6. Daily Living Supports

6.1. 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/>

6.2. 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>

The Alex Community Food Centre (CFC)

The 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

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

Bayshore Home Health (Southern Alberta)

Bayshore Home Health has been providing personalized home care solutions to Canadians in the comfort of their home for more than 50 years. Their caregivers and nurses are passionate, caring and

go the extra mile to tailor their services so clients feel special, comfortable and safe. They make the process of arranging home care simple.

Address: Unit 105 - 611 Meredith Rd. NE, Calgary, AB T2E 5A9

Phone: 403-776-0460

Email: calgaryprivate@bayshore.ca

Website: <https://www.bayshore.ca/locations/bayshore-home-health-calgary-ab/>

Betsy Care Solutions

Betsy Care Solutions offers in-home Occupational Therapy, Therapy Assistance, and Health Care Aide services to all ages.

Address: 16 Aspen Dale Way SW, Calgary, AB, T3H 0R8

Phone: 403-714-5219

Email: info@Betsycaresolutions.com

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

Calgary Community Fridge

A no-judgement, no-barrier public space with a pantry, fridge, and freezer for those in need to access food resources. 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 St. N, Calgary, AB, T2E 2P7

Email: calgarycommunityfridge@gmail.com

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 Canada T2A 6R1

Phone Number: 403-232-8770, 1-866-732-8770

Website: www.cbi.ca

Website: <https://www.cbihealth.ca/services/caregiver-and-respite-support>

Calgary Housing Company (CHC)

Calgary Housing Company (CHC) administers rental and rent supplement programs on behalf of the City of Calgary and the Province of Alberta. CHC manages housing for almost 10,000 households - about 25,000 Calgarians, including 10,000 children, live in a CHC-managed property. Housing assistance is available based on a variety of factors in different programs. These programs are designed to serve those looking for housing from near-market rate rentals to deep subsidy programs.

Address: 320 - 433 Marlborough Way NE, Calgary, AB, T2A 5H5

Phone: 587-390-1200

Email: chccustomerservice@calgary.ca

Website: <http://calgaryhousingcompany.org/>

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

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

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

Email: calgarys.cooking@ckpyyc.ca

Website: <https://www.ckpcalgary.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

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

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

Phone: 403-836-2255

Email: info@calgaryqualityliving.com

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

OTHER RESOURCES

Books

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.

The Wounded Healer

Dr. Omar Reda

The Caregiver's Toolbox: Checklists, Forms, Resources, Mobile Apps, and Straight Talk to Help You Provide Compassionate Care

Carolyn P. Hartley

The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent

Barry J. Jacobs

The 36-Hour Day: A Family Guide to Caring for People Who Have Alzheimer Disease, Other Dementias, and Memory Loss

Nancy L. Mace and Peter V. Rabins

The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself

Linda Abbit

The Caregiver's Survival Handbook: Caring for Your Aging Parents Without Losing Yourself

Alexis Abramson

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:

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>

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>

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>

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

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

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

Quirky Resource

Quirky Resource aims to provide information, strategies and resources to help support individuals who have a unique “neurological profile.” They provide free resources, online workshops and support from our team of professionals: Psychologist, Learning Consultant, Adapted Fitness Aide & Therapy Aide.

<https://www.youtube.com/channel/UCGxxh7bwW7qa6eU5fQj0hSw>

<https://quirkyresource.com/>



FOR FURTHER INFORMATION, CONTACT:

autismcalgary.com

info@autismcalgary.com

3639 26 St NE Calgary, AB

403-250-5033