

Aging with Autism Toolkit:

A Series of Resource Guides and Presentations for Aging Caregivers of Adult Children with Autism and for Seniors with Autism

Resource Guide and Presentation #3

Mental Health Supports for Aging Caregivers of Adult Children with Autism, and 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 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 living with Autism as well as seniors living 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 together 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

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 with Autism, and Seniors with Autism.

This is the third in the series. As the population of caregivers of adult children with Autism continues to age, there is a growing need to support both the caregivers and the adult children, especially seniors with Autism.

This third guide provides a few tips on where and how to find resources including physical and mental well-being, respite, life-giving activities, professional counselling, and staying connected.

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Other Resources

- Books
- YouTube
- Other 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.



MANAGING MENTAL HEALTH

Here is some general guidance for aging caregivers of adult children living with Autism. It's important to prioritize self-care and seek support from local Autism organizations or support groups. Consider creating a long-term care plan, exploring respite care options, and discussing financial and legal matters with professionals.

Self-care is crucial for aging caregivers and adults – especially seniors – living with Autism. Here are some strategies to consider that apply to caregivers as well as adults living with Autism:

- 1. Prioritize your own physical and mental well-being by maintaining a healthy lifestyle, including regular exercise, proper nutrition, and sufficient rest.**
- 2. Seek emotional support from friends, family, or support groups who understand your situation.**
- 3. Take breaks and schedule regular respite care to give yourself time to relax and recharge.**

- 4. Engage in life-giving activities that bring you joy and provide a sense of fulfillment.**
- 5. Consider professional therapy or counselling to address any emotional challenges you may be facing.**
- 6. Practice stress management techniques such as deep breathing, meditation, or mindfulness.**
- 7. Set boundaries and learn to say no when necessary to avoid burnout.**
- 8. Stay connected with your own interests, hobbies, and social circles.**

Remember, self-care is not selfish—it's essential for your well-being and ability to continue providing care.

The frequency of practicing stress management techniques can vary depending on your needs and schedule. Ideally, aim for regular practice to reap the benefits. Even a few minutes each day can make a difference. You can start with shorter sessions and gradually increase the duration as you become more comfortable. Experiment with different techniques and find a routine that works best for you. Remember, consistency is key when it comes to managing stress effectively.

The best time to practice stress management techniques can vary from person to person. Some individuals find it helpful to start their day with a calming practice to set a positive tone, while others prefer to unwind and relax in the evening. It's a matter of personal preference and what fits into your daily routine. You can also consider incorporating stress management techniques during moments of high stress or whenever you feel the need for a break. Experiment with different times of the day to see what works best for you and when you can fully focus on the practice without distractions.

1. PHYSICAL AND MENTAL WELL-BEING

211 Alberta

This is a 24/7 helpline that can provide information and referrals to various community and social organizations.

Phone: 211

Website: <https://ab.211.ca/>

Access Mental Health

If you have serious mental health (mental illness) issues and need ongoing case management, medication, or are an eminent risk to yourself or others. Access Mental Health is a non-urgent service.

Phone: 403-943-1500

Website: <https://www.albertahealthservices.ca/findhealth/service.aspx?id=2381>

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 behavioural 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 behavioural 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>

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/>

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 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/>

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/>

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/>

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/>

InnoviCares

InnoviCares 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.innovicares.ca

Kerby Centre - Unison

For nearly 50 years, the 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 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.

Address: 1133 – 7 Avenue SW, Calgary, Alberta, T2P 1B2

Phone: 403-265-0661

Email: generaloffice@unisonalberta.com

Website: <https://unisonalberta.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: welcome@momentum.org

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

Mosaic Primary Care Network (PCN)

Provides services for individuals concerned with their mental, emotional, and physical well-being. Individuals need to be referred by a clinician who works within the Primary Care Network. Once an individual has seen a PCN clinician, they can be referred to a Mental Health Therapist. The Mental Health Therapists can provide up to 6 free 45 minute sessions.

Phone: (403) 276-1555

Website: <https://mosaicpcn.ca/programs/mental-health/>

Mosaic International Community Clinic

Address: 25-3301 17 Ave. SE, Calgary, AB, T2A 0R2

Mosaic Medical Clinic

Address: 1 – 2681 36 St. NE, Calgary, AB, T1Y 5S3

Mosaic Refugee Health Clinic

Address: Marlborough Mall Professional Building, 280-433 Marlborough Way NE, Calgary, AB, T2A 5H5

Mosaic Sunridge Community Clinic

Address: 3457 26 Ave. NE, Calgary, AB, T1Y 6L4

Mosaic Temple Community Clinic

Address: 232 – 5401 Temple Dr. NE, Calgary, AB, T1Y 3R7

Mosaic Westwinds Community Clinic

Address: Green Plaza McKnight Business Centre, 2nd floor, 1254 - 4818A Westwinds Dr. NE, Calgary, AB, T3J 3Z5

Potential Place Clubhouse

Offers programs and possible employment for adults with mental health issues to reintegrate into society.

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

Phone: (403) 216-9250

Sacred Warrior Consulting

This organization is a pre-approved FSCD service provider, both for families who have children with neurodiversity and for neurodiverse adults. They offer behavioural consultation, parent coaching, and life coaching, using both indigenous and mainstream Western methods of practice.

No diagnosis is necessary to access services these services, though it might be necessary in order to access governmental funding support. This organization also strives to keep fees at an affordable rate, in recognition of the fact that access to funding and support can be very challenging, especially as Indigenous heritage can add an extra layer of legal complexity.

Phone: (403) 872-0557

Website: <https://www.albertametisworks.ca/business-list/7QatqVe2Ygl8q3h>

Sheldon Chumir (SW Calgary)

Provides mental health CRISIS assessment and psychosocial interventions on a walk-in basis. Urgent Mental Health conditions may include: depression, anxiety, thoughts of suicide or harming oneself, overwhelming stress, addictions, or other situations that cause a person to be in crisis.

Address: 1213 4 Street SW, Calgary, AB, T2R 0X7

Phone: 403-955-6200

Website: <https://www.albertahealthservices.ca/findhealth/facility.aspx?id=1018406>

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. RESPITE

Alto

Browse flexible affordable care from experienced local caregivers. Alto allows you to book as much or as little you need from individually contracted caregivers and can provide government-approved monthly invoicing.

Their Caregivers are vetted requiring a criminal record check with vulnerable sector, valid government id, and up-to-date CPR and First Aid certifications from an accredited Canadian institution. Post-secondary is not required but caregivers are encouraged to advertise their credentials so you can find the right fit.

The platform is free to use but requires a credit card to make payments for services. Offers a selection of caregivers for special needs individuals, children, seniors, and housekeeping as well.

Address: 407 9 Ave SE, Calgary, AB, T2G 2K7
Phone: 403-817-0987
Website: <https://findalto.com/>

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 Disability Services - 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.

Address: 300S Heritage Square, 8500 Macleod Trail SE, Calgary, AB, T2H 2N1

Phone: 403-297-5011

Email: css.ds-south@gov.ab.ca

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

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>

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/>

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/>

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, and other conditions.

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

Phone: 587-500-7165

Email: cyberlightcanada@gmail.com

Website: www.cyberlightcareservices.ca

Developmental Disabilities Resource Centre (DDRC)

Agency that provides respite through their Comprehensive Care program, as well as other disability-related services. Provide services to individuals with FSCD or PDD contracts only.

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

Phone: 403-240-3111

Email: info@ddrc.ca

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

Enable

Matches people with disabilities to support workers based on shared interests, scheduling needs, and location. Casual, part-time and full-time support workers available. Monthly events and group activities are also available for matches.

Email: info@enablecommunity.ca

Website: <http://enablecommunity.ca/>

Hispir Care

Provides quality behavioural/developmental aide and respite aide services that align seamlessly with existing BDS or SS contracts through FSCD. Their dedicated aides collaborate closely with the family's

clinicians to create customized intervention plans, ensuring each session is tailored to the child's development. Committed to empowering families, offering support in navigating complex programs, and making it convenient by conducting sessions in the family's home or community. Meeting an aide is typically 2-3 weeks.

Phone: 403-771-1382

Email: support@hispir.com

Website: <https://hispir.com>

Just 4 U Family Services

Provides 24/7 services for special needs infants to adults. Sibling care is also provided at an additional rate. Direct billing to FSCD. PDD Family Managed approved.

Phone: 403-590-2122

Email: info@just4ufamilyservices.com

Website: <https://www.just4ufamilyservices.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/>

3. LIFE-GIVING ACTIVITIES

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>

Between Friends

Provides quality social, recreation, and development opportunities for people with disabilities.

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

Phone: (403) 269-9133

Email: 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. 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 Public Library – Special Services

A wide range of specialized materials, facilities, and programs are available for people of all ages with special needs. Available at various library locations around Calgary.

Phone: 403-260-2702

Email: special.services@calgarypubliclibrary.com

Website: <https://calgarylibrary.ca/special-services/>

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

Canadian Adaptive Snowsports Association Calgary (CADS)

A volunteer-based organization dedicated to assisting those living with a disability to lead richer and fuller lives through active participation in recreational and competitive skiing and snowboarding. CADS promotes adaptive sport by teaching people with disabilities how to ski/snowboard by using skills and equipment tailored to their individual needs. CADS programming consists of 8 two hour sessions which typically run in January to February on Friday evenings at Canada Olympic Park (COP).

Address: COP (Frank King Day Lodge), 88 Canada Olympic Road SW, Calgary, AB, T3B 5R5

Phone: 403-286-8050

Email: info@cadscalgary.ca

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

City of Calgary Recreation Discovery Guide

An online directory which lists the agencies and organizations which offer recreational programs for those living with a disability. This guide should be used as a starting point to guide your search for active recreational programs for you or your family members.

Phone: Dial 311 or 403-268-CITY (2489)

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

Community Kitchen (Calgary Women's Centre)

The Community Kitchen program is for women with developmental disabilities. It includes finding recipes and cooking group meals to making crafts and planning activities together, offers participants opportunities to learn new skills, build relationships and get involved with the community. The program runs every second Friday from Sept-June, and once a month in July/Aug. Individuals can register on the website, or drop-in.

Address: 39 - 4 Street NE, Calgary, AB, T2E 3R6

Phone: 403-264-1155

Email: info@womenscentrecalgary.org

Website: <http://www.womenscentrecalgary.org/community-kitchen/>

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

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/>

Disabled Sailing Association of Alberta (DSAA)

A largely volunteer-based organization that provides recreational opportunities for children and adults with disabilities. DSAA believes in giving opportunity, accessibility, and independence to those who are

living with a disability. Provides specially adapted sail boats, sailing programs, and facilities for people with various disabilities. There are individual as well as community sails. For more information on programming, please visit their website.

Address: 8415 24 Street SW, Calgary, AB, T2V 3N8

Phone: 403-225-8050

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

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 27th Street NE, Calgary, AB, T1Y 5E4

Phone: 403-263-6880

Email: info@ilrcca.ab.ca

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

Inside Out Theatre

Offers community-based drama programs to Calgarians with disabilities that foster a love of theatre, the joy of community, and the rewards of self-expression.

Address: Eau Claire Market, Main Floor, 146 – 200 Barclay Parade SW, Calgary, AB, T2P 4R5

Phone: 403-282-4801

Email: jacqueline@insideouttheatre.com

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

Mount Royal University

Offers many fitness and recreational opportunities for people with disabilities.

Address: 4825 Mt Royal Gate SW, Calgary, AB, T3E 6K6

Phone: 403-440-6517

Email: recreation@mtroyal.ca

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

Music with Bryan

These are small, inclusive, group-directed sing-a-long music classes for people of all ages and abilities to express themselves through the wonder of song. Join a small group of friends who meet weekly — it's a great way to spend an hour at home, at a park, or wherever you are out in the world!

Phone: 403-276-2177

Email: bayleybryan1@gmail.com

Website: musicwithbryan.com

National Access Arts Centre

Offers a variety of classes and workshops for adults (18+), with programs available to both PDD and non-PDD clients. Programming is split between visual arts and performing arts; studio sessions are

offered in addition to workshops as part of the visual arts program, and the performing arts programming includes both dance and theatre.

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

Phone: 403-253-3174, ext. 3

Email: heather.jones@accessarts.ca

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

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: openinggaitsociety@gmail.com

Website: <http://www.openinggaits.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

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

Society for Autism Support and Services (SASS)

Provides counselling for individuals with ASD. Individual, family, and group counselling available. Sliding scale fee available. For more information or to begin the intake please contact via phone or email.

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

Phone: 403-253-2291

Email: counselling@sta-ab.com

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

South Calgary Health Centre

Provides single, one-hour walk-in session counselling for free (if clients bring their Alberta Health Care Card). No prescriptions, no meds reviews, we counsel couples, depression and anxiety presenting problems.

Address: 31 Sunpark Plaza SE, Calgary, AB, T2X 3W5

Phone: (403) 943-9300

Website: <https://www.albertahealthservices.ca/findhealth/facility.aspx?id=1003295>

Spectrum Yoga and Wellness Ltd

A mobile yoga company that teaches city-wide, offering therapeutic yoga classes for children, adults, and seniors with neurological and physical disabilities. They teach private, semi-private, and public classes, which are individualized specifically to meet each person's needs and abilities. Spectrum Yoga and Wellness also offers Developmental and Behavioral aide supports (PUF, PDD, and FSCD), as well as community aide supports and respite services. Siblings, family members, and community aides are also welcome to participate and assist.

Phone: 587-573-1466

Email: spectrumyogaandwellness@gmail.com

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/>

Thompson, Eaman (Amy) | MC:AT (Healing Arts Therapy)

Area of Expertise: BIPOC counselling, neurodiverse counselling, career counselling, service navigation/accessibility, communication, stress management, career transitions, anxiety, depression, anger management, body image/self-esteem, identity and life transitions, sexuality and relationships, grief, and trauma.

Counselling: Individual Sessions and Group Workshops

Therapies: Primary focus on narrative- and arts-based approaches, in addition to an investment in trauma-informed, humanistic, person-centered, and mindfulness approaches. Also has experience and training with cognitive behavioural therapy, solution-focused brief therapy, dialectical behavioural therapy, and acceptance and commitment therapy

Ages Served: Adults, and mature adolescents on a case-by-case basis

Costs: Offers two session lengths: 45 minute (\$125/session) and 90 minutes (\$225/session). Also offers some discounts (e.g., student, Covid rates, etc.). Additionally, offers a free consultation for the purpose of checking to see if the services align with individuals' insurance coverage

Address: 4411 16th Ave NW, Calgary, AB, T3B 0M3

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

Universal Rehabilitation Service Agency (URSA)

Their Wholistic Day Programs offers a variety of community-based day programs where participants experience a variety of social situations on a daily basis, both within their community and the outlying areas. Participants must have a developmental disability, be at least 18 years old, and require partial to total assistance with activities of daily living.

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

Phone: 403-272-7722

Website: <https://ursa-rehab.com/developmental-disability-services/wholistic-day-programs/>

4. PROFESSIONAL COUNSELLING

a. Organizations

Autism Calgary Counselling Services

Autism Calgary provides individual and family counselling with a Registered Provisional Psychologist with experience and knowledge of Autism Spectrum Disorder (ASD) and mental health. In-person and virtual sessions are available for residents across Alberta. Sliding fee scale and FSCD rate available.

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

Phone: 403-250-5033, ext. 229

Email: counselling@autismcalgary.com

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

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

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/>

Cultivate

Provides mental health assessments, individual and group counselling. Rates are \$200/hr, however, they also have a sliding scale to provide lower rates for services.

Phone: 403-612-1903

Email: hello@growthelife.com

Website: <https://growthelife.com/services/>

Elements Calgary Mental Health

Provides ongoing case management and free counselling for individuals with disabilities alongside a diagnosis of some sort (ADHD, Anxiety, Depression etc). Clients can call to book an intake meeting, or attend the Wednesday drop-in intake sessions.

Address: 400 - 1035 7 Ave SW, Calgary, AB, T2P 3E9

Email: info@elementscmh.ca

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

Phone: (403) 266-8711

b. Psychologists

A list of individual psychologists for adults 18+ is available at this link on the Autism Calgary website:

<https://autismcalgary.com/information/adult/health/psychologists/>

5. STAYING CONNECTED

Canadian Red Cross - Friendly Calls Program

This program matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to check in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services.

Phone: 1-833-979-9779

Website:

<https://www.redcross.ca/how-we-help/community-health-services-in-canada/friendly-calls-program>

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/>

Community Resource Team (Woods Homes)

Text and phone support by experienced social workers. 24 hr crisis phone support. When you are experiencing stress and need someone to talk to, this is a great local resource.

Phone: 403-299-9699

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

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

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 (London Drugs, SASS Custodial Work)

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.

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/>

OTHER RESOURCES

Books

Here are a few book recommendations on mental health management for senior caregivers:

1. ***The Caregiver's Toolbox: Checklists, Forms, Resources, Mobile Apps, and Straight Talk to Help You Provide Compassionate Care*** by Carolyn P. Hartley
2. ***The Emotional Survival Guide for Caregivers: Looking After Yourself and Your Family While Helping an Aging Parent*** by Barry J. Jacobs
3. ***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
4. ***The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself*** by Linda Abbi
5. ***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.

YouTube

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.

Website: <https://www.youtube.com/@CaregiverStress>

2. **[Alzheimer's Association](#)**: The Alzheimer's Association has a YouTube channel that provides information and support for caregivers of individuals with Alzheimer's and other forms of dementia.

Website: <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.

Website: <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.

Other Online Resources

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/>

BACK COVER



FOR FURTHER INFORMATION, CONTACT:

autismcalgary.com

info@autismcalgary.com

3639 26 St NE Calgary, AB

403-250-5033