

A photograph of three people—a young woman, a middle-aged woman, and a young man—standing in a snowy landscape. They are all smiling and wearing winter clothing like coats, scarves, and gloves. They are holding shovels, suggesting they are participating in a snow-clearing activity. The background shows snow-covered trees and a blue sky with some clouds.

# Communities responding to Support Seniors

Helping  
seniors stay  
in their  
homes longer.



# Supporting seniors living at home and staying in their community.

Changing a lightbulb is a simple task for most people. However for some seniors changing lightbulbs and other common household chores are more than they can physically handle and can pose safety risks. The ability to keep up with household chores and home maintenance can be the difference between being able to continue living in their current home or having to move out of the community.

Age Friendly funding and committee work paved the way for a citywide home supports program to help seniors to get assistance with household tasks they can no longer do for themselves. The goal is to enable seniors to live in their homes for longer.

The Seniors Home Supports Program provides Edmonton seniors with referrals to businesses,

Crestwood  
Snow Angels

For seniors who treasure their home, every cleared sidewalk is an act of grace. Students at Crestwood School shovel snow for seniors as part of a volunteer program, earning them the title of 'Crestwood Snow Angels.' It's the way one community has connected youth in support of seniors who require a 'little help.'

community groups and individuals which offer snow removal, yard help, housekeeping or minor home repair services. Six seniors organizations across Edmonton participate in the Seniors Home Supports Program to recruit and screen service providers that are reliable and economical. These district agencies help seniors living in the area by providing them with the names and contact information for providers that meet their needs.

Having access to home supports services improves safety and puts seniors at ease. "I had stopped going into my basement because I was unable to change my lightbulbs and I could not see down there," says Dawning Boston.

"The handyman is a dear. Not only did he change my lightbulbs, but he nailed down the curling rugs on the basement floor so that I wouldn't trip," she adds.

Districts do not charge seniors for giving them referrals, nor do they receive any commission or dues from the service provider.

## The Seniors Home Supports Program

links seniors with vetted contractors who provide snow removal, yard help, housekeeping or minor home repair services

Learn more [www.seniorshomesupports.com](http://www.seniorshomesupports.com)



# Age Friendly Supported Resources



## AFE Transportation Information Hubs

Twelve kiosks located around the city provide seniors with transit maps, printed information about driving services, driver safety and cessation.



## Inclusiveness Toolkit

Created by the Pride Seniors Group, this toolkit will help ensure seniors activity centres and housing communities are inclusive and welcoming to LGBTQ2S seniors.



## Navigator Courses

Caregivers Alberta offers Navigator Workshops to train professionals to identify, assess and support individuals who are providing unpaid care for someone living with illness, disability or age related challenges.



## Tips for Developing Programs for Immigrant and Refugee Seniors

Valuable information to help guide organizations, community groups, and funders in creating effective programs to help immigrant and refugee seniors face their unique challenges.



## Healthy Aging Information Sessions and Phone Chats

AFE speakers present free interactive educational sessions on over 40 healthy aging topics. Or Healthy Aging Phone Chats allow seniors to enjoy a small group conversation from the comfort of their own home.



## Seniors Information Phone Line - Dial 211

Get information about programs, services and resources for seniors in Edmonton. For more in-depth information or assistance, 211 will connect you with a senior outreach worker.



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