

Seniors Housing Options



Types of Seniors Housing

Seniors Housing Accommodation Only

This is similar to apartment style living. May offer limited support services for a fee. (Seniors apartment or Retirement Living).

Seniors Housing with Service Options

Individual suites that offer care, support, housekeeping, meals, and or social supports. (Lodge, Retirement Living)

Seniors Housing with Service Options and Health Supports

Individual suites that offer care and support services. (Retirement Living, AHS Supportive Living, Memory Care)

Where to Find Housing Options

- **Alberta Seniors & Community Housing Association**
www.housingdirectory.ascha.com
- **AHS Case Manager (if currently receiving Home Care)**
www.albertahealthservices.ca or **call 811 Health Link**
- **Private Senior Living Consultants & Advisors**

Community Home Supports

Private services you can hire into the home such as housekeeping, meal preparation, assisted transportation and yard care.

Seniors Information Phone Line:
call **211** or **1-888-482-4696**

www.seniorscouncil.net
www.seniorshomesupports.com

Alberta Home Care, Alberta Health Services (AHS)

Individuals and family members may make a request for assessment. Assessment by an Alberta Health Services case manager may determine services such as medication assistance, bathing assistance, grooming & hygiene services and medical care that can be provided in the home at limited or no cost.

AHS Home Care Intake (780-496-1300)
www.albertahealthservices.ca or **call 811 Health Link**

Private Home Care

Individuals can hire any companion or medical support staff to support your requirements to remain in your home. These may include community home support services or private medical services.

Edmonton Seniors Housing Options

Use this tool to navigate what housing options may best meet your housing needs now or in the future. These are basic suggestions to help you explore different options. Your personal situation may affect options to explore.

Am I fully independent?

YES

No changes

NO

Do I require assistance with housekeeping and meal preparation?

YES

- Stay home, hire support
- Stay home, Homeshare Program, hire support
- Senior apartment
- Lodge
- Retirement Living, with service options or hire support

NO

Do I require some assistance with dressing, medication and bathing etc.?

YES

- Stay home with Home Care or hire care
- Senior apartment with Home Care or hire care
- Lodge
- Retirement living, with service options

NO

Do I have minor memory issues and need some cueing?

YES

- Stay home, hire support
- Stay home with Home Care
- Senior apartment, hire support
- Senior apartment with Home Care
- Retirement Living, with service options or health support
- AHS Supportive Living

NO

Do I have significant issues with my mobility, toileting etc.?

YES

- Stay home, hire support
- Retirement living, with service options or health support
- AHS supportive Living

NO

Do I have memory issues and easily gets lost, wanders or has safety issues?

YES

- Retirement living with Memory Care
- AHS Supported Living Memory care

NO

Do I require around the clock physical care?

YES

- Stay home and hire care
- Private residential care home
- AHS nursing home