



Individual Caregiver Support:

- One to one in person or virtual caregiving support
- Use of standardized assessment tools to guide support
- System navigation within Alberta Health Services and/or community agencies for caregiver specific needs

Professional and Community Support:

- System's Navigation, Leadership and Education for Professionals Supporting Caregivers (AHS and Community Based)
- Education and Training tailored to your AHS Site using Caregiver Centered Care Online Training Modules (www.caregivercare.ca)
- Caregiver Support Advocacy – Champions and participants in Canada's Caregiving Centre for Excellence (<https://canadiancaregiving.org>)
- Advocacy for National and Provincial Caregiver Strategy
- Member of Calgary's Caregiver Support Initiative

How We Help

Services provided impact the lives of family caregivers in many ways:

- Reduction of caregiver burnout
- Better informed, skilled and knowledgeable caregivers
- Increased ability to manage caregiving responsibilities

If your loved one is already connected to an AHS Clinic, is in hospital or connected to Home Care.

Reach out to ask for support from an AHS Social Worker.

Family Caregiver Center

AHS- Specialized Geriatric Services



Are you a caregiver supporting a loved one with a health concern?

Not sure where to access help?

The Family Caregiver Support Program

403-955-1674

Email:
family.caregivercentre@ahs.ca

Additional Caregiver Support

Mental Health and Addictions

AHS Access Mental Health
403-943-1500

**Canadian Mental Health Association
Peer Support Service**
403-297-1402
<https://cmha.calgary.ab.ca>

Carya
403-205-5244
<https://caryacalgary.ca>

Community Connect YYC
www.communityconnectyyc.ca

Culturally Specific

**Calgary Chinese Elderly Citizens'
Association**
403-269-6122
<https://www.cceca.ca/services>

Centre for Newcomers
403-569-3325
<https://www.centrefornewcomer.ca>

Miskanawak
403-247-5003 East Ext. 1 west Ext. 2
Healing Lodge and support from Elders
<https://miskanawah.ca>

Inclusion Alberta
403-717-0361
<https://inclusionalberta.org/contact/>

General Caregiver Support

Caregivers Alberta
1-877-453-5088
<https://www.caregiversalberta.ca>

Calgary Seniors Resource Society
403-266-6200
<https://www.calgaryseniors.org>

Jewish Family Services
403-287-3510

**Unison (Kerby Centre) Caregiver
Support Group**
403-234-6566
<https://unisonalberta.com/wellness>

Dementia Specific

AHS Dementia Advice Line Call 811

Alzheimer Society of Calgary
403-290-0110
<https://www.alzheimercalgary.ca/>

Dementia Network Conversation Café's
403-290-0110 Ext. 237
<https://dementianetworkcalgary.ca/>

Jewish Family Services
403-287-3510

**Vecova Individual Counselling for
Caregivers**
403-284-1121
<https://www.vecova.ca/>

Brain Injury

**Southern Alberta Brain Injury Society
(SABIS) 403-521-5212**
<https://sabis.ab.ca>

Cancer Specific

AHS Psychosocial Oncology
587-231-3570

Wellspring Cancer Support Alberta
587-747-0260
<https://wellspringalberta.ca>

Grief and Loss

AHS Grief Support Program
403-955-8011

Disability Related

Children's Link Society
403 235-5662
<https://childrenslink.ca>

Palliative/ Companion Program

Sage/Hospice Calgary
403-263-4525

For Additional Support:
Call 211 or Continuing Care Access and
Community Access: (Home Care)
Calgary Zone: 888-943-1920

** Note: This list is not all inclusive (May 2025)*