

LACOMBE COMMUNITY RESOURCES FOR SENIORS

Medical Home/The Primary Care Network

Lacombe's Family Physicians, and a team of professionals who work alongside them to support you in your ongoing health needs.

- **Main Street Medical Clinic (8 Physicians) & Panel Managers**
 - 403-782-6717

- **Lacombe Family Medical Associates (11 Physicians) & Panel Managers**
 - 403-782-3351

- **Geriatric Assessment Nurse:** For assessment and support of seniors in Lacombe
 - 403-782-1408

- **Chronic Disease Nurse:** For assessment and support of people with diabetes and other chronic conditions in Lacombe
 - 403-782-1408

- **Exercise Specialist:** For individual consults regarding physical activity and exercise and leads a number of group exercise programs
 - 403-782-1408

- **Psychologists:** Provide support for those with mental health related concerns
 - 403-782-1408

- **Dietitian:** Provides support to those who have specialized diet needs and/or diet concerns
 - 403-782-1408

- **Foot Care Nurse:** For assessment and care of people with complicated foot care needs
 - 403-782-1408

Lacombe Community Health Centre/Home Care

For in-home support to help maintain independence and wellness

- **Continuing Care Access Centre**
 - 1-855-371-4122

- **Lacombe Home Care:** For support in personal care needs such as bathing and hygiene, medication administration, wound care, mobilization and transferring
 - 403-782-3218

- **Occupational Therapy:** For support in daily living needs, home safety, and driving concerns
 - 403-782-3218

- **Home Physiotherapy:** For physical health and rehabilitation support
- 403-782-3218

- **Continuing Care Counselors :** For support in transitions to or between supportive living facilities
- 403-782-3218

- **Palliative Care Resource Nurse:** For end of life care and support
- 403-782-3218

Lacombe Hospital and Care Centre Outpatient services

- **Physiotherapy:** For physical health and rehabilitation support
- 403-782-3336

- **Speech and Language pathology:** For swallowing, speech and language concerns
- 403-782-3336

Lacombe Community Addiction and Mental Health Centre

- **Addictions Counselor:** For support of those living with addiction
- 403-782-3413

- **Seniors Mental Health Outreach Nurse:** Providing seniors mental health assessments that includes assessing mood disorders, psychosis, memory impairments, ability to function in environment etc. Consult with psychiatrists for behavior management strategies, medication review and possible admission to CCMHBI
- 403-782-3413

Lacombe Family and Community Support Services

A team of professionals working to support people in the community of Lacombe by providing a wide range of services including: social support needs, assistance with government forms, home supports such as light housekeeping, Meals on Wheels and Life Line, access to the Connex bus for seniors and supportive group programs such as the Compass Caregiver workshop

- **Community Outreach Worker & Healthy Families Program Supervisor**
- 403-782-6637

- **Seniors Service Coordinator**
- 403-782-6637

- **Coordinator for home supports and Compass Caregiver workshop**
- 403-782-6637

Alzheimer's Society

Provides support to those living with dementia and their Care Partners by offering information, advice, assistance, and access to community support groups

- **Regional Lead, Client Services**

- 403-342-0448

Parkinson Association

Provides support to those living with Parkinson's disease and their Care Partners by offering information, advice, assistance and access to community support groups

- 1-800-561-1911

Parkinson's Disease 24 hr help-line

- 1-877-243-999

Pharmacies

- **Rexall**

- 403-782-2900

- **IDA**

- 403-789-3999

- **Fisher's Pharmasave**

- 403-782-3999

- **Shoppers**

- 403-782-3220

- **Loblaw**

- 403-782-7354

- **Lacombe Pharmacy**

- 403-786-8008

Housing for Seniors

- **Lacombe Foundation:** Independent living

- 403-782-4118

- **Lacombe Senior Citizens Lodge:** Independent living

- 403-782-3811

- **Royal Oak Village:** Independent and supported living

- 403-782-4523

Volunteer Link

- Companionship, transportation, shopping

- 403-786-0110

Kozy Korner Seniors drop-in centre

- 403-782-6216

CAPRI clinic for pain control

- 403-782-6555

The Lending Cupboard Red Deer

For medical equipment loans, including wheelchairs, canes, crutches and more

- 403-356-1678

Government of Alberta Seniors Programs and Services

- 1-877-644-9992
- 1-780-644-9992

Government of Alberta Seniors and Housing

- 310-0000

Alberta Supports Contact Centre for Deaf or Hearing Impaired

- 1-800-232-7215

Service Canada

For information about taxes, Canada Pension and Old Age Security

- www.canada.ca
- 1-800-277-9914

Office of the Public Guardian and Trustee (OPGT) Red Deer

For adult guardianship and trusteeship services

- 403-340-5165

Veterans Affairs

- 1-866-522-2122

Veterans Affairs Canada Assistance Services: for psychological support (24 hour)

- 1-800-268-7708

Alberta Elder Abuse Awareness Network (24 hour)

- 1-877-454-2580
- 1-403-346-6076

Mental Health Crisis Line (24 hour)

- 1-877-303-2642

Health Link: for health and dementia advice (24 hour)

- 811

Emergency Care

- 911