

# COMMUNITY RESOURCES

Information on the following resources can be obtained from the Independent Living Resource Centre of Calgary (ILRCC) by calling (403) 263-6880.

## CRISIS LINES

Calgary Communities Against Sexual Abuse

24 Hour Crisis Line:

(403) 237-5888

<http://www.calgarycasa.com>

Community Resource Team (all types of crises)

24-Hour Mobile Crisis Team

(403) 299-9699

Specializes in adult-adolescent and family conflicts

Distress Centre (all types of crises)

24 Hour Crisis Line:

(403) 266-1605 (voice/TTY)

Senior's Help Line:

(403) 264-7700

<http://www.distresscentre.ab.ca>

## EMERGENCY SHELTERS

Calgary Native Women's Shelter Society

24 Hour Crisis Line

(403) 531-1972

Calgary Women's Emergency Shelter

24 Hour Crisis Line

(403) 234-7233

<http://www.calgarywomensshelter.com/html/about/home.html>

Children's Cottage  
24-Hour Crisis Nursery  
(403) 233-2273  
<http://www.childrenscottage.ab.ca>

Kerby Rotary House  
(403) 265-0661  
[www.Kerbycenter.com](http://www.Kerbycenter.com)

Offers short term, secure housing for men and woman 60 years and over that are abused. Crisis intervention and support are provided along with the necessities of life.

Sheriff King Family Support Centre  
24 Hour Crisis Line  
(403) 266-0707  
<http://www.ywcaofcalgary.com/prevention/shelter.html>

## **EMPLOYMENT SUPPORTS**

Champions Career Centre  
(403) 265-5374  
<http://www.championscareercentre.org>

The Champions Career Centre was established to connect employers with Albertans with disabilities. By working collaboratively with government, companies and local and regional disability organizations, Champions aims to ensure an estimated 38,000 working age Albertans with disabilities have full and equal access to career and employment opportunities.

Disability Related Employment Supports (DRES)  
1-866-644-5135  
<http://www.hre.gov.ab.ca/cps/rde/xchg/hre/hs.xsl/3159.html>

Disability related employment supports provide assistance to Albertans in overcoming the barriers to employment created by their disability.

## **EQUIPMENT**

Alberta Aids to Daily Living (AADL)  
(403) 943-2100

<http://www.health.gov.ab.ca/ahcip/benefits/aadl.html>

The Alberta Aids to Daily Living (AADL) Program is a provincial program that assists Albertans with a long term disability (> 6 months), chronic or terminal illness, in maintaining independence in their home or home like setting. The AADL Program provides funding assistance towards specific equipment and supplies.

Calgary Aids to Daily Living (CADL)  
(403) 943-2100

[www.calgaryhealthregion.ca/commcare/cadl.htm](http://www.calgaryhealthregion.ca/commcare/cadl.htm)

Calgary Aids to Daily Living (CADL) is a specialized Calgary Health Region community service that provides assessment and authorization for certain equipment and/or supplies funded through the Alberta Aids to Daily Living (AADL) Program.

Canadian Red Cross  
(403) 541-4445

[www.redcross.ca/article.asp?id=000005&tid=003](http://www.redcross.ca/article.asp?id=000005&tid=003)

The Canadian Red Cross helps people with the following services: community housing, disaster services, first aid and water safety, medical equipment loans, and much more. You will be required to be referred by a medical doctor for most of these services.

## **FOOD SERVICES**

Calgary Food Bank  
(403) 253-2059

[www.calgaryfoodbank.com](http://www.calgaryfoodbank.com)

The Calgary Food Bank is a charitable organization dedicated to gathering and providing emergency food to those in need.

Community Kitchen Program  
(403) 275-0258

[www.commuitykitchenprogram.com](http://www.commuitykitchenprogram.com)

The Community Kitchen Program can help you prepare delicious food at an average cost of \$1.25 per person per day while saving you time and energy. Typically for a 14-day period you will prepare and take home: 4 red meat dishes, 4 meatless dishes, 4 poultry dishes; 2 fish dishes, homemade soup, muffins or muffin mix for breakfast.

Meals on Wheels  
(403) 243-2834

[www.mealsonwheels.com](http://www.mealsonwheels.com)

Meals on Wheels is a non-profit organization that provides home delivered nutritious, low cost meals, to seniors (age 60+) and individuals with disabilities.

## **FUNDING**

AISH  
(403) 297-8511

[www.seniors.gov.ab.ca/aish](http://www.seniors.gov.ab.ca/aish)

Assured Income for the Severely Handicapped (AISH) provides financial and health benefits for adult Albertans with a permanent disability that severely impairs their ability to earn a living. The level of benefits depends on income and assets. The maximum financial benefit is \$950 per month.

Please have a Coordinator assist you with explaining the process and filling out the application forms to help you avoid an appeal.

Alberta Works  
(403) 297-8511

<http://www.hre.gov.ab.ca/cps/rde/xchg/hre/hs.xsl/3171.html>

Alberta Works focuses on training people for employment. The goal of Alberta Works is to help unemployed people find and keep jobs, help low-income Albertans cover their basic costs of living, and help employers meet their need for skilled workers.

Canada Pension Plan Disability  
1-800-277-9914

<http://www.hrsdc.gc.ca/en/isp/cpp/disaben.shtml>

The Canada Pension Plan (CPP) disability benefit is available to people who have made enough contributions to the CPP, and whose disability prevents them from working at any job on a regular basis. People who qualify for disability benefits from other programs may not qualify for the CPP disability benefit.

You must apply for a disability benefit in writing. There are also benefits available to the children of a person who receives a CPP disability benefit. Please have an ILRCC Coordinator assist you with explaining the process and filling out the application forms to help you avoid an appeal.

## **HOUSING**

Accessible Housing Society  
(403) 282-1872

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

Accessible Housing Society (AHS) is a Calgary-based non-profit organization and registered charity with a mandate to create opportunities for safe, affordable, barrier-free housing for people experiencing mobility problems.

Calgary Housing Company  
(403) 221-9100

<http://content.calgary.ca/CCA/City+Hall/Business+Units/Corporate+Properties+and+Buildings/Calgary+Housing+Company/Calgary+Housing+Company.htm>

The Calgary Housing Company (formerly known as Calhome and the Calgary Housing Authority) operates and manages both subsidized and affordable housing.

With over 7,300 housing and rent supplement units, a variety of housing is available for low-income households. Housing types include duplexes, townhouses, high-rise apartments and shared living accommodations.

The Housing Registry Network  
(403) 277-7368

[www.lowcostrent.org](http://www.lowcostrent.org)

The Housing Registry Network (HRN) is a user friendly website that provides people at risk of becoming or remaining homeless, the means to access a varied inventory of low cost rental housing and resources citywide. It also provides a free opportunity for people with space to rent to list their housing options on the network. It is distinguished from other housing registries by its listing of housing options for specialized groups and for its agency compendium.

## **HOUSING SUPPORTS**

Calgary Home Care  
(403) 943-1920

<http://www.calgaryhealthregion.ca/commcare/homecare.htm>

The Calgary Health Region's Care in the community portfolio provides health services to promote independence and quality of life to thousands of people and their families. From home care and care centres, to assisted living and adult day support, we work closely with community partners to provide more than 2.8 million hours of care to more than 8,000 home care clients, 4,000 care centre clients and 1,000 adult day support clients every year.

## **PHONE NUMBERS**

211

[www.211.ca](http://www.211.ca)

By dialing 211 this is a free information service that will help you look up non-profit information.

311

This is the phone number to all City of Calgary services.

411

Directory Assistance Exemption Form

This form is to be filled out and submitted to Telus. This will allow the Consumer, who is unable to use the phone book, access to using 411 free.

RITE Number  
310-0000

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

By dialing this number this will give you access to long distance government phone numbers.

TTY

TTY to Voice Dial: 711

For TTY users calling a standard phone user

TTY to TTY Dial: 1-800-855-1155

For TTY users calling another TTY and requiring operator assistance, or operator assistance (to bill collect, to a 3rd number or an accepted calling card)

To alternately bill to another TTY.

Voice to TTY Dial: 1-800-855-0511

For standard telephone users to communicate with a TTY user

## RECREATION

The Access 2 Entertainment™ Card  
(416) 932-8382 ext. 227

[www.access2.ca](http://www.access2.ca)

The Access 2 card provides individuals with disabilities with either free admission or a significant discount for their support person at member movie theatres across Canada. This program was developed by an advisory group of nine national disability organizations, in conjunction with Famous Players and Cineplex Galaxy.

Fee Assistance for Recreation Services  
311

<http://content.calgary.ca/CCA/City+Hall/Business+Units/Recreation/Registration/Fee+Assistance+for+Recreation+Services/Fee+Assistance+for+Facility+Admissions.htm>

Fee Assistance is available to residents of Calgary who are in financial need to access recreation programs and admissions at a reduced rate at participating organizations.

Fee Assistance is accepted at:

City of Calgary pools, leisure centers and golf courses

South Fish Creek Recreation Association

Calgary Public Library

Rotary Challenger Park

Cardel Place

Talisman Centre

Fort Calgary

TELUS World of Science

Heritage Park

V.R.R.I.

## TRANSPORTATION

Access Calgary

(403) 537-7770

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

Access Calgary provides transportation services for Calgarians who may not always be able to use Calgary Transit buses and C-Trains. Access Calgary offers a shared-ride, door-to-door service within the city limits of Calgary. Access Calgary is a public transportation service and should not be confused with private taxi, medical or emergency transportation.

Calgary Transit

(403) 262-1000

[www.calgarytransit.com](http://www.calgarytransit.com)

Today's transit fleet is made up of 315 regular buses, 367 low floor buses, 92 community shuttle buses, and 116 light rail vehicles.

Disability Travel Card

(403) 235-5662

The purpose of the reduced fare is to make it easier for people with disabilities to travel. A person with a disability accompanied by an adult attendant may travel for a reduced fare on any participating Canadian coach operators or Via Rail.

Low-Income Monthly Transit Pass (AISH)  
(403) 262-1000

<http://www.calgarytransit.com/html/Passes.html#AISH>

\$35/month

Effective 2005 August 1, the Low-Income AISH Monthly City Transit Pass will be available to residents of Calgary, currently receiving the Assured Income for the Severely Handicapped (AISH) subsidy.

This pass is valid on all regular Calgary Transit and Access Calgary Services and Special Services with payment of the applicable premium. The program, which began in August 2005, has only received approval from Calgary City Council until December 2006. Continuation of the program beyond December 2006 depends on further Council approval

## **VARIOUS RESOURCES**

Alberta Health Care Subsidy  
310-0000 and then dial: 780-427-1432

[www.health.gov.ab.ca/ahcip/2086.pdf](http://www.health.gov.ab.ca/ahcip/2086.pdf)

By filling out this form you may qualify for a reduced rate on paying for your Alberta Health Care.

Calgary Legal Guidance  
(403) 234-9266

[www.clg.ab.ca](http://www.clg.ab.ca)

Calgary Legal Guidance provides free legal advice for individuals with low income. If you cannot afford a lawyer and you don't qualify for Legal Aid, Calgary Legal Guidance can help. Volunteer lawyers donate their professional time to meet with you and help resolve your problem.

Disability Tax Credit 2201 Form.

[www.cra-arc.gc.ca/tax/individuals/segments/disabilities/menu-e.html](http://www.cra-arc.gc.ca/tax/individuals/segments/disabilities/menu-e.html)

This form needs to be filled out by a medical doctor and will give people with disabilities an exemption on their income tax.

Human Rights Commission  
(403) 297-6571

[www.albertahumanrights.ab.ca](http://www.albertahumanrights.ab.ca)

Through the provisions outlined in the Human Rights, Citizenship and Multiculturalism Act, the Alberta Human Rights and Citizenship Commission follows a two-fold mandate: to foster equality, and reduce discrimination for Albertans. The Commission fulfills this mandate through public education initiatives and the investigation and resolution of complaints of discrimination.

**This is only a brief list of available resources so please let us know if there are additional resources that you would like added to this catalog.**

This resource list was updated in November 2006 by:  
**The Independent Living Resource Centre of Calgary**

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