

Having a support system is a way of taking care of you and your family.

Strathmore Adult Day Program 403-361-7121
(Hospital and Virtual Services)

Red Cross Equipment Loan Program 403-273-4426



Strathmore HandiBus 403-934-3418

Self Managed Care
(contact Homecare)

Caregivers Support Group 403-361-7277

Homecare/Occupational Therapy/ Home Supports 403-361-7181

WFCSS 934-5335

Strathmore FCSS 401-934-9090
(In Home Supports, KARE Drivers, Frozen Meals, Snow Angels, Volunteer Income Tax Service)

Wheatland & Area Hospice Society 401-934-8199

Email: info@wheatlandhospice.ca
www.wheatlandhospice.ca
www.facebook.com/Wheatlandhospice
(Bedside Respite, Palliative Navigation, Dying2Learn)

Alberta Aids to Daily Living 310-0000 then 780-427-0731

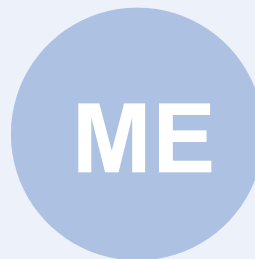
Rural Palliative Homecare Team
(referral by Homecare or MD)

Alberta Mental Health 403-943-1500

PCN Calgary Primary Care Network 403-901-0142
(Chronic Disease Mgmt, Complex Care, Foot Care)

PEOLC Rural Inhome Funding
(contact Palliative Homecare nurse or Hospice Society)

eHospice
www.eHospice.com



EMS

(Assess, Refer, Treat Program and Community Paramedic Program)

Alberta Hospice Palliative Care Association
www.ahpca.ca

Your Family MD

Pharmacist
(Blue Cross, Palliative Meds Funding, Medical supplies)

Myhealth.ab.ca
search "palliative"

TBCC Shared Care Team

(your MD and TBCC coordinate your care together)

Funeral Home
Wheatland Funeral Home
403-934-4404

Service Canada
1-800-277-9914

Community Groups
(Lions, Elks, etc)

Veterans Affairs Canada
1-866-522-2122

Private Community Caregivers

Bayshore Health 587-216-3882;
Nurse Next Door 403-306-0180;

Meals on Wheels 403-324-0655
(Strathmore only)

Strathmore Legion 403-934-5119

(hospital parking passes, medical equipment)

Personal Care: *assistance with personal hygiene, dressing, toileting, mobilization and transferring, eating, oral care, and medication management.*

Home Support: *assistance with preparing meals, home cleaning, and recreation activities*

Respite Care: *day, evening, or night care to give unpaid caregivers (generally family) a break*

Professional Services: *Nursing, social work, and physio/occupational therapy*

Many people don't want help when they need it the most.

Ask for and Accept help. • Wouldn't you help someone if they were in a similar situation?

Giving some tasks to others lets you focus on tasks you feel you can do yourself.