

## WHO CAN BENEFIT FROM THIS SERVICE?

- Seniors 55 & over
- Frail or isolated seniors
- Families of seniors in need of support

## WHAT CAN YOU EXPECT?

- A friendly telephone call or a visit in your home
- A chance to talk to our outreach worker on health & well being
- Referrals to senior services
- Information about programs & services that may benefit you



## WHO IS WESTEND SENIORS?

Westend Seniors Activity Centre is a non-profit charitable organization that offers programs and services to seniors aged 55 and up. As a hub in the community, the centre offers a place where seniors can come to stay engaged, active and make new friends.



If you know a senior living in the Westend who is isolated, lonely and depressed or is in need of Outreach Services, please call our **Community Outreach Coordinator** at Westend Seniors Activity Centre.



**For More Information  
Call:  
(780) 483-1209  
Website:  
westendseniorsactivitycentre.com**

## Westend Seniors Activity Centre

### Community Outreach Support Services

*We Can Help*



**9629-176 Street  
Edmonton, Alberta  
T5T 6B3**

**Phone: (780) 483-1209  
Fax: (780) 483-7738**

**Email:  
outreach@westendseniors.com**

## COMMUNITY OUTREACH PROGRAM

With the guidance of an Outreach Coordinator, we can provide:

- Health & wellness information
- Assessment of needs
- Income and benefits information
- Transportation information
- Legal & advocacy resources
- One to one consultation
- Family consultation & support
- Resources to prevent isolation
- Assistance with form completion
- A home help registry

## HOME HELP REGISTRY

The outreach program's Home Registry is a list of screened applicants who provide such services as:

- Housekeeping
- General Home Maintenance
- Yard Work
- Light Home Repairs
- Painting (inside or outside)
- Respite Care
- Decluttering/downsizing
- Snow Removal



**Workers hold current  
“Edmonton City Police”  
Security Clearances**

## SUPPORT GROUPS

A supportive environment to:

- Connect with other seniors facing similar situations
- Find out the latest information
- Exchange thoughts & feelings
- Enjoy fellowship & support
- Share in a safe environment

These support groups can provide opportunities for seniors to share their experiences and coping strategies with others.

Groups include “Circle of Friends”, a drop in Bereavement Support group and a Diabetes Support group.

Information sessions and workshops on topics such as health and wellness are held each month.

**Groups meet on a regular basis.**