

SENIORS PROGRAM

The Seniors program emerged after the flood of 2013. CMHA recognized during that time that several senior and elders 55+ in rural and urban communities were requiring integral and dynamic mental health resources and supports. CMHA values the contributions of seniors and is committed to offer an age-friendly program.



**Canadian Mental
Health Association**
Calgary
Mental health for all

The Seniors program uses a health promotion and wellness approach to help individuals and vulnerable seniors who reside in the community in maintaining their independence and continue living in their community. These community-based services are an integral part of the continuum of care that is available to seniors 55+.

Program offers:

- Continuum of care
- Family support
- Active Living programs
- Connecting seniors to caregiving/home care
- Advocacy
- Support in health and wellness
- Psycho-social support



Program offers: (continued)

- Look-Listen-Link to community resources
- Obtaining safety and security
- Obtaining transportation
- Provide key contacts and community collaborative service delivery
- Assist in obtaining appropriate government or health ID
- Assist in obtaining appropriate disability assistance

- Assist in housing matters
- Support community programs
- Assist with transitional planning
- Provide educational resources
- Build sustainable relationships in rural and urban environments
- Diverse cultural supports
- Provide follow-up

FOR MORE INFORMATION

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