

The Aging Caregiver's Guide to
Resources



2019

Helping Aging Caregivers Care *for* Themselves
and their Loved Ones *with* Autism Spectrum Disorder (ASD)

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This Resource Guide is designed especially for parents and caregivers of adults with Autism Spectrum Disorder (ASD). It offers up-to-date information about community services, community supports, government programs and other organizations in the Calgary area, to enable parents/caregivers to care for themselves and their adult children or other dependents with ASD as they age. This Guide is a project of Autism Calgary, with valuable input from ‘aging caregiver’ volunteers, and support from the Government of Canada’s New Horizons for Seniors Program.



Supports for You

1. General Information and Support

Autism Calgary

Autism Calgary is an association of individuals and families living with Autism Spectrum Disorder (ASD). The organization has numerous programs and services, such as Family Support Workers, Support Groups, Recreation Groups, Special Events, Employment Initiatives, the Autism Calgary Library, and the Calgary Coop Community Pantry. Family Support Workers can answer your questions about ASD and available services within the Autism Calgary organization or in Calgary. Ask for their free publication **Adult Life with Autism Spectrum Disorder: A Self-Help Guide**, which provides thorough information on topics such as Estate Planning, Decision-Making, Guardianship and Trusteeship, Government Assistance, Career and Educational Opportunities, Considerations for Living Arrangements, etc.

Address: 3639 – 26 St. NE Calgary T1Y 5E1

Phone: 403-250-5033

Email: info@autismcalgary.com

Website: <https://autismcalgary.com/>

Access Mental Health

Clinicians work over the phone to help people navigate the addiction and mental health system. They are familiar with both Alberta Health Services and community-based programs and will explore options and direct or refer clients to the most appropriate resource to meet their needs. Access Mental Health is a non-urgent service.

Phone: 403-943-1500

Email: mental.health@albertahealthservices.ca

Website: <https://albertahealthservices.ca/services/Page11443.aspx>

Calgary Seniors Resource Society

Helps older adult navigate community care services, pensions and benefits, housing supports, transportation services and other programs and services available for them in the community. Their SeniorConnect Social Work Team also provides response to urgent crisis situations, and they have many volunteer-run programs for seniors such as Pet Assist and Escorted Transportation.

Address: 3639 – 26 St. NE Calgary T1Y 5E1

Phone 403-266-6200

Email: info@calgaryseniors.org

Website: <https://calgaryseniors.org>

InformAlberta

Alberta's Province-wide Service Directory, where you can search for information about community, health, social and government services across the province.

<https://informalberta.ca>

Kerby Centre for the 55 Plus

Offers many events, programs and activities for health & wellness, recreation, fitness and learning, and workshops on wills and Personal Directives. Their Information Resources Team help with pensions, seniors' housing, government programs, income tax preparation, guardianship, and Enduring Power of Attorney. Volunteer lawyers give legal guidance, and Commissioners for Oaths witness documents.

Address: 1133 – 7 Ave. SW Calgary T2P 1B2

Phone 403-265-0661

Email: generaloffice@kerbycentre.com

Website: <https://kerbycentre.com>

The Way In Network

The Way In is a free in-person counselling service (in your home or a convenient location) and/or phone line providing support for older Calgarians. It is a partnership between Calgary Seniors Resource Society, Jewish Family Service, Carya Calgary (formerly Calgary Family Services), the Calgary Chinese Elderly Citizens' Association, and the Calgary Distress Centre. They can help you by:

- Providing information about services available for older adults
- Helping fill out forms and applications for government benefits, transportation and housing
- Offering information about activities in your community and opportunities to meet new people
- Providing support in life transitions for complex issues such as mental illness

Locations: various locations in all four quadrants of Calgary.

Phone: (Monday to Friday, 8:30 a.m. to 4:30 p.m.) 403-736-4677

Email: network@thewayincalgary.ca

Website: <http://thewayincalgary.ca/>

Progressions

Presentations and social opportunities for parents of adults with special needs. Parents come together to work collaboratively, mentor each other, recommend resources and share transition experiences. Monthly meetings, informal meet-ups, special events, and information sessions at various locations in Calgary.

Phone: 403-804-5142

Email: progressionsyyc@gmail.com

Website: <https://progressions-yyc.squarespace.com/>

2. Guardianship and Trusteeship

Calgary Office of the Public Guardian and Trustee

Address: #900, 444 – 7 Ave. SW Calgary T2P 0X8

Phone: 403-297-3364 (Adult Guardianship Services)

Phone: 403-297-6541 (Trusteeship services)

Calgary Legal Guidance Elder Law Program

Advice and Presentations on Enduring Powers of Attorney, Adult Guardianship and Trusteeship, Personal Directives, and Elder Abuse.

Address: #100, 840-7 Ave. SW Calgary T2P 3G2

Phone: 403-716-6489

Email: clg@clg.ab.ca

Website: <http://clg.ab.ca/programs-services/elder-law-program/>

Kerby Centre for the 55 Plus

The Centre's Information Resources team provides assistance filling out forms, and answers questions about guardianship applications, enduring power of attorney, and personal directives.

Address: 1133 – 7 Ave. SW Calgary T2P 1B2

Phone 403-265-0661

Email: generaloffice@kerbycentre.com

Website: <https://kerbycentre.com>

3. Estate and Financial Planning

Alberta Supports - Information on Wills in Alberta Service

Provides information about types of wills, preparing or changing a will, Personal Directives and Enduring Power of Attorney.

Website: <https://www.alberta.ca/wills-in-alberta.aspx>

Calgary Legal Guidance (CLG) Elder Law Program

Advice and Presentations on estate administration, wills and estate planning, preparing a will, Enduring Powers of Attorney and Personal Directives. Also provides lawyer referral service.

Address: #100, 840-7 Ave. SW Calgary T2P 3G2

Phone: 403-716-6489

Email: clg@clg.ab.ca

Website: <http://clg.ab.ca/programs-services/elder-law-program/>



Kerby Centre for the 55 Plus

Workshops are given on topics such as wills, financial planning, and personal directives.

Address: 1133 – 7 Ave. SW Calgary T2P 1B2

Phone 403-265-0661

Email: generaloffice@kerbycentre.com

Website: <https://kerbycentre.com>

Steve Williams Financial

Steve helps families with their Disability Tax Credit applications, RDSP applications and taxes.

Phone: 403- 257-6235

Email: info@smallbusinesscompanies.ca

4. Counselling and Emotional Support

Autism Calgary

Offers supports groups such as Keeping it Together, The Fathers Support Network and the Parents of Teens and Adults Support Groups. The meetings run monthly.

Website: <https://autismcalgary.com/upcoming-support-recreation-groups/>

Phone: 403-250-5033 (X228)

Calgary Counselling Centre

Offering client-focused counselling in areas such as family relationships, anxiety, parent-child conflict, marital relations, depression, stress, and trauma. Counselling fees are on a sliding scale, according to annual family income and ability to pay. Day, evening and Saturday appointments available.

Address: #1000, 105 – 12 Ave. SE Calgary T2G 1A1

Phone: 403-691-5991

Email: contactus@calgarycounselling.com

Website: www.calgarycounselling.com

Carya (formerly Calgary Family Services)

Helping those experiencing difficulties to manage and overcome obstacles through counselling and tailored services.

Programs: Family Counselling, Youth Engagement, and Older Adult Counselling.

Address: #200, 1000 – 8 Ave. SW Calgary T2P 3M7

Phone: 403-269-9888

Email: info@caryacalgary.ca

Website: <https://caryacalgary.ca>

Canadian Mental Health Association – Caregiver Connections Drop-in Supports and Peer Support and Navigation Program:

The program focuses on the needs of those living with or caring for someone with a mental health and/or addiction issues.

Phone: 403-297-1700

Email: scheduling@cmha.calgary.ab.ca

Chestermere Family Caregiver Support Group

Learn about caregiver burnout, finding balance, and receive information and support. No charge.

Meetings run the 2nd Wed of each month.

Website: www.chestermere.ca/275/Support-Groups

Phone: 403-207-7079

Community Resource Team at Woods Homes (text or call)

Social workers on the line ready to offer support and listen via text or voice.

Phone: 403-299-9699

Text: 587-315-5000

5. Government Funding

These resources often help parents as well as their adult children, please take a look at the section 'Supports for your Adult Children' for complete listings.

6. Respite Supports

Care.com

Care is an online resource which enables you to search for special needs care respite providers by city when you create an account. Fees apply.

Website: <https://care.com/en-ca>

DDRC (Developmental Disability Resource Centre of Calgary)

In and out of home day and overnight respite care by trained, pre-screened subcontractors.

Address: 4631 Richardson Way SW Calgary T3E 7B7

Phone: 403-240-3111

Email: info@ddrc.ca

Website: <https://ddrc.ca>

Just 4 U Family Services Inc.

Offers respite services varying from overnights, individual/group outings, or daytime/evening.

Provides respite services from children to seniors in Calgary and area. For adult clients, services are

Direct billed to the family.

Phone: 403-590-2122

Email: info@just4ufamilyservices.com

Website: <https://just4ufamilyservices.com>

Stepping into L.I.F.E. Inc.

Provides respite care for families with PDD adults. Options include hourly, daytime, nighttime, 24 Hours, several days at a time, or on a weekly basis. Respite may include companionship, mentoring, personal care, or social recreation programming.

Address: 59 Beddington Rise NE Calgary T3K 1N1

Phone: 403-295-2010

Email: Denise@steppingintolife.ca

Website: <https://steppingintolife.ca>



Supports for Your Adult Children

1. General Information Advocacy and Help

Autism Calgary

Autism Calgary is a charity that provides information and support for anyone living with autism. Among their services you will find help with: systems navigations, resource listings, diagnostic resources, Talk Support, Pantry (low income individuals and their families), support groups, social opportunities and annual events. Contact the Family Support team for more information 403-250-5033 (X228)

The Autism Calgary website provides adult resources: <https://autismcalgary.com/resources/adult/>

Calgary Legal Guidance Social Benefits Advocacy Program (SBAP)

This program can help with questions or concerns about government assistance programs and services, and provide information, advice, guidance, advocacy, referrals and representation to people looking for help with benefit-related matters, such as increasing your benefit amount, appealing a benefit denial decision or change in benefits, obtaining medical documentation, preparing for an appeal hearing, understanding policies, and connecting with community supports.

SBAP can also help support and guide you regarding the following social benefit programs:

- Assured Income for the Severely Handicapped (AISH)
- Income Support (Alberta Works)
- Adult/Child Health Benefit

Address: #100, 840 –7 Ave. SW Calgary T2P 3G2

Phone: 403-716-6479

Email: clg@clg.ab.ca

Website: <http://clg.ab.ca/programs-services/social-benefits-advocacy-program/>

Alberta Human Services

This online list provides names, services provided, contact information and website addresses for government approved Service Providers for Calgary and Region:

<http://www.humanservices.alberta.ca/disability-services/pdd-calgary-approved-service-providers.html>

2. Government Funding

AISH (Assured Income for the Severely Handicapped)

Alberta Supports- General AISH Information Service:

Providing financial and health benefits for eligible Albertans with a permanent medical condition that prevents them from earning a living.

This website provides information about AISH eligibility, payment details, forms, and how to apply.

Phone (toll free): 1-877-644-9992

Email: hs.ascc@gov.ab.ca

Website: <https://www.alberta.ca/aish.aspx>

Calgary AISH Office

Providing financial and health benefits for eligible Albertans with a permanent medical conditions which prevents them from employment.

Address: 2752 Sunridge Way NE Calgary T1Y 0A5

Phone: 403-297-8511

Disability Tax Credit (DTC)

The DTC is a non-refundable tax credit that helps persons with disabilities, or their supporting persons, reduce the amount of income tax they may have to pay. The website below provides step-by-step instructions, and detailed information.

For more information about the DTC, contact the Canada Revenue Agency:

Phone: 1-800-959-8281

Website: <https://bit.ly/2yNovKZ>

PDD (Persons with Developmental Disabilities)

Provides supports for adults with developmental disabilities through yearly contracts to local agencies service providers (Agency Model), directly to families (Family Managed Services model), or a mix of both. PDD funding provides supports in the areas of home living, respite, community access, employment, short term living supports and occasionally, specialized supports. A very important program in the lives of Albertans with disabilities.

Calgary Disability Services

Address: 300S, 8500 Macleod Trail SE Calgary T2H 2N

Phone: 403-297-5011

Email: HS.PDDCalgary@gov.ab.ca

Website: <https://humanservices.alberta.ca/disability-services/pdd.html>

Registered Disability Savings Plan (RDSP)

The RDSP is a long-term savings plan to help Canadians with disabilities and their families save for the future. To help you save, the Government will pay a matching Canada Disability Savings Grant of up to \$3,500 a year on your contributions, and a Canada Disability Savings Bond of up to \$1,000 a year into the RDSPs of low-income and modest-income Canadians. The website below provides forms and detailed information.

For more information on opening an RDSP, contact the Canada Revenue Agency:

Phone: 1-800-959-8281

Website: <https://bit.ly/2xyIsBu>

3. Housing

A number of Disability Service Providers have community-based apartments and homes, some with full time staff for complex-needs clients. If you are affiliated with a Disability Service Provider, ask if they offer housing options.

Other sources for information about housing options for adults with ASD:

Aspires Housing

A group of parents focused on the identification and development of local family-driven housing solutions for their adult children with autism or other disabilities. Monthly meetings at The Ability Hub with discussions and guest speakers; social events for members and families.

Address: (The Ability Hub): #300, 3820 – 24 Ave. NW Calgary T3B 2X9

Phone: (403) 210-5000

Email: john.seigner@sinneavefoundation.org

Website: <https://bit.ly/2U7akXP>

Calgary Housing Company

Administers rental and rent supplement programs on behalf of the City of Calgary. To determine whether you are eligible for subsidized housing, and to put in an application, visit:

<http://calgaryhousingcompany.org/applicants/apply-for-subsidized-housing-01/>

Three locations:

#320, 433 Marlborough Way NE Calgary

#18, 6624 Centre Street SE Calgary

1701 Centre Street NW Calgary

Phone: 587-390-1200 (for all three locations)

Email (Application Inquiries): chcapplicant@calgary.ca.

Website: www.calgaryhousingcompany.org

Horizon Housing Society

Provides affordable housing for people with mental health issues. They have 742 apartment units in Calgary. They do not take direct applications from prospective tenants. Instead they work with more than 30 referring social service agencies, (called “Referring Partners”), who refer prospective tenants to Horizon Housing when they are informed of an opening.

This link which shows a partial list of Horizon Housing’s “Referring Partners”:

<http://www.horizonhousing.ab.ca/our-partners/service-providers/>

Contact Horizon Housing for more information:

Address: #885,105-12 Ave SE Calgary T2G 1A1

Phone: 403-297-1746

Email: info@horizonhousing.ab.ca

Website: <https://horizonhousing.ab.ca>

4. Training and Education

4.1 Independent Living Skills Training

Independent Living Resource Centre (ILRCC)-Learn Program

The Learn Program helps with working towards equality and independence for all persons with disabilities, this program includes classes in music, movement, a variety of sports, cooking, and budgeting. Its goals are to alleviate social isolation, encourage new skills, and foster self-confidence.

Address: #134, 3359 – 27 St. NE Calgary T1Y 5E4

Phone: (LEARN Program Co-ordinator) 403-263-6880, ext. 233

Email: learn@ilrcc.ab.ca

Website: <https://ilrcc.ab.ca>

Sinneave Foundation- Launch

The Launch program offers transition planning plus skill development for emerging adults interested in continuing their education, getting a job and/or building their independent living skills. Launch Online has free online training modules; Launch into Life provides group workshops; Launch + Skills offers individualized transition planning and skill development.

Address: #300, 3820 – 24 Ave. NW Calgary T3B 2X9

Phone: 403-210-5000

Email: info@sinneavefoundation.org

Website: <https://bit.ly/2Edr0Gm> Website: <https://sta-ab.com>

Society for Treatment of Autism- Various programs

Offering a Skills for Life Program, the Work Skills Exploration, Employment Preparation and Work Experience Placements programs all for adults with ASD.

Address: 404 – 94 Ave. SE Calgary T2J 0E8

Phone: 403-253-2291

Email: welcherj@sta-ab.com

4.2 Post-Secondary Education Supports

Sinneave Family Foundation

The Ability Hub Resource Centre provides an excellent online list of post-secondary educational and training opportunities for individuals with ASD in Calgary and area on their website. It also offers the contact information for Accessibility and Student Support Services at the educational institutions listed:

<https://bit.ly/2EehaE5>

4.3 Employment and Volunteering

Spectrum Advantage

Through their association with Ready, Willing & Able (a national partnership funded by the Government of Canada), Spectrum Advantage provides post-secondary supports to students with ASD. This includes coaching, academic strategies, advocacy for accommodations, and organizational tools.

#300, 3820 – 24 Ave. NW Calgary T3B 2X9

Phone: 403-210-5000, ext. 2032

Email: sarah@autismcalgary.com

Website: <https://thespectrumadvantage.com/other-things-we-offer/>

Auticon Canada

Hires adults with ASD as consultants as IT Consultants. Professional job coaches help manage employment relationships. Previously known as Meticulous Consulting.

Address: #300, 3820 24 Ave. NW Calgary T3B 2X9

Phone: 403-210-5000

Email: info@auticon.ca

Website: auticon.ca

4.4 Employment Training and Mentoring for Adults with ASD

Champions Career Centre

Helps clients with visible and invisible disabilities find employment and overcome workplace Challenges. Connects employers with prospective employees and supports the maintenance of Employments.

Address: #650, 839 – 5 Ave. SW Calgary T2P 3C8

Phone: 403-265-5374

Email: info@championscareercentre.org

Website: <https://championscareercentre.org>

DDRC- Developmental Disabilities Resource Centre.

DDRC's PACE Program empowers adults to explore and pursue employment. The Education Team helps individuals find and achieve goals through inclusive, on-the-job training throughout the community and a pre-employment computer literacy 12-week course for those in the PACE program.

Address: 4631 Richardson Way SW Calgary T3E 7B7

Phone: 403-240-3111

Email: info@ddrc.ca

Website: <https://www.ddrc.ca/pace/>

Potential Place (a Clubhouse International accredited organization)

Offers an Employment Program for individuals with mental health issues, which revolves around part-time entry-level jobs. Employability skills, workplace training and a safe social setting for members.

Address: #110, 999 – 8 St. SW Calgary T2R 1J5

Phone: 403-216-9250

Email: clubmail@potentialplace.org

Website: <http://potentialplace.org/employment-program/>

Potential Place (a Clubhouse International accredited organization)

Offers an Employment Program for individuals with mental health issues, which revolves around part-time entry-level jobs. Employability skills, workplace training and a safe social setting for members.

Address: #110, 999 – 8 St. SW Calgary T2R 1J5

Phone: 403-216-9250

Email: clubmail@potentialplace.org

Website: <http://potentialplace.org/employment-program/>

Prospect

Prospect's Disability Employment Services support individuals with developmental disabilities, ASD, fetal alcohol spectrum disorder, or brain injuries, enhancing their quality of life through increased workforce participation. They offer employability assessments, service needs assessments, essential skill and limited pre-employment support, career planning, case management services, skill development, direct job placement and retention supports.

Address: 915 – 33 St. NE Calgary T2A 6T2

Phone 403-273-2822

Email: info@prospectnow.ca

Website: <https://prospectnow.ca>

Spectrum Advantage

Supports individuals with ASD to find and retain employment within the digital/electronic economy. Offers a four-month program which includes 4 weeks of paid job readiness preparation classes, followed by a minimum of three months paid employment for program graduates with support by an ASD Human Resource Consultant/Job Coach. The program is for those between the ages of 18-30.

#300, 3820 – 24 Ave. NW Calgary T3B 2X9

Email: sarah@autismcalgary.com

Website: <https://thespectrumadvantage.com/potential-candidates/>

4.5 Volunteer Opportunities for Adults with ASD

Autism Aspergers Friendship Society of Calgary (AAFS)

Provides a variety of volunteer activities for youth and adults. In particular, VAULT is an adult (18+) program that runs Mondays to Fridays. Individuals volunteer at AAFS and in the community.

Address: 7220-D Fairmount Dr. SE Calgary T2H 0X7

Phone 403-246-7383

Email: admin@aafscalgary.com

Website: <https://aafscalgary.wildapricot.org/>

Beast Mode Fitness

A partnership of the Sinneave Family Foundation and University of Calgary. This exercise program at U. of C. helps teens/young adults with autism become more physically active. 10-week program, with 60-minute training sessions.

Phone: 403-220-4374

Email: (Coordinator Nicholas Lapoint) Nicholas.lapoint@ucalgary.ca

Website: https://sinneavefoundation.org/sinneave_work_item/beast-mode-fitness/

Between Friends

Ages 3 to Adult; social, developmental and recreational opportunities for individuals with disabilities.

Address: #205, 8989 Macleod Trail S. Calgary T2H 0M2

Phone: 403-269-9133

Email: info@betweenfriends.ab.ca

Website: <https://betweenfriends.ab.ca/>

The Calgary Society of Community Opportunities

Provides day program services for adults with developmental disabilities to socialize and build their skills. Programs such as cooking, performing arts, dance and fitness are offered.

Address: #102, 2616-18 St. NE Calgary

Phone: 403-253-3454, ext 223

Email: cscsco1@telusplanet.net

Website: <https://cscocalgary.com>

Centre 4 Artistic Soles

Offers all inclusive, barrier free activities for all to enjoy no matter the ability. Activities include a variety of dance classes, arts & crafts, quilting, scrapbooking and much more.

Address: #118, 2323 -32 Ave. NE T2E 6Z3

Phone: 403-452-7500

Email: info@Centre4-Artistic-Soles.com

Website: <https://www.centre4-artistic-soles.com/about>

City of Calgary Registered Adapted Programs

Sports, Fitness, Music and Craft programs for adults with physical disabilities.

For Registration details, call 403-366-3935

Address: two locations:

Southland Leisure Centre · 2000 Southland Dr. S.W. · Phone 403-648-6550

Village Square Leisure Centre · 2623 56 Street N.E. · Phone 403-366-3900

Dubasov Dance & Wellness Inc.

Offer a wide range of inclusive and specialized programs tailored to meet the needs people with a variety of abilities including those who have developmental or cognitive delays, physical disabilities, and sight and auditory limitations. Current Programs include Autism Movement Program, Dance for Developmental Delays, Yoga and Creative Movement for Special Needs, and Restorative Yoga for Parents.

Address: #12, 6325-12 St. SE Calgary T2H 2K1

Phone 403-452-7600

Email: dubasovdw@gmail.com

Website: <https://dubdw.com>

In-Definite Arts Society

Home to a collective of over 170 artists with developmental disabilities receiving PDD funding, the facility contains large studio areas providing the space, materials and encouragement to explore arts in various mediums, such as drawing, painting, sculpture, ceramics, fibre arts, mosaic, woodworking, and fused glass. The In-Definite Arts Society is also dedicated to publicly showing the work of the artists in regular exhibitions

Address: 8038 Fairmount Dr. SE Calgary T2H 0Y1

Phone 403-253-3174

Email: info@ourIAC.ca

Website: <https://indefinitearts.com>

JB Music Therapy

A team of accredited Music Therapists who design treatment plans for people of all ages and abilities, encouraging connection to music for enjoyment, increased focus and decreased anxiety. Personalized and group programs for individuals with autism.

Address: #1, 1332 Hastings Cres. SE Calgary T2G 4C9

Phone: 403-240-3877

Email: info@jbmusic.ca

Website: <https://www.jbmusictherapy.com/>

MoMo Mixed Ability Dance Theatre

For persons of all abilities who would like to explore movement, voice, theatre and dance. Community classes and performances.

Address: 111 – 12 Ave. SE Calgary T2G 0Z9

Phone: 800-123-5555

Email: info@momodancetheatre.org

Website: <https://momomovement.ca>

Opening Gaits Therapeutic Riding Society of Calgary

For people of all ages with developmental and/or physical disabilities to experience the physical, social and emotional benefits of riding horses.

Address: South of Calgary, Township Rd 224 (see website for map)

Phone: 403-254-4184

Email: openinggaitssociety@gmail.com

Website: <https://openinggaits.ca>

Rocky Mountain Adaptive

Programs, camps, private lessons; winter and summer sports and outdoor activities for persons with physical and intellectual disabilities.

Phone: 403-431-1354

Email: info@rockymountainadaptive.com

Website: <https://rockymountainadaptive.com>

Special Olympics Calgary

Provides sport opportunities and classes to participants of any age with an intellectual disability. Programs teach skills and foster qualities to enrich athletes' daily lives, with year-round activities and involvement.

Address: #14, 2180 Pegasus Way NE Calgary T2E 8M5

Phone: 403-735-1022

Email: info@specialolympicscalgary.ca

Website: <https://specialolympicscalgary.ca>

Studio C: A Collaborative Arts Centre

A collaborative art centre creating inclusive culture, for anyone interested in exploring art. Studio C is a studio space and gallery, and offers workshops, classes, and exhibitions for the public. Located at cSPACE King Edward, Level 2.

Address: #235, 1721 -29 Ave. SW Calgary T2T 6T7

Phone: 403-269-1838

Email: studioc@prospectnow.ca

Website: <https://studiocprospect.ca/>

5. Daily Living Supports

5.1 Transportation

Calgary Transit Access

Division of Calgary Transit that provides book-in-advance, shared-ride, door-to-door service within Calgary limits, for people with a disability who cannot use Calgary Transit buses or C-Trains.

Phone: 403-537-7777

Website: <https://www.calgarytransit.com/calgary-transit-access>

Dream Transportation

Transports riders with special needs to all quadrants of the city as well as out-of-town locations, using vans, limousines, commercial buses and wheelchair accessible buses. Provide group and individual transportation.

Address: #104, 1530-27 Ave. NE (head office)

Phone: 403-590-7433

Website: <http://www.dreamstransportation.ca/>

5.2 Home Care and Housekeeping

Home Care (Alberta Health Services)

Publicly-funded personal and healthcare services for clients of all ages. Provides help in areas such as personal hygiene, medication management, and basic housekeeping services.

Phone: 403-943-1920

Website: <https://www.albertahealthservices.ca/cc/Page15488.aspx>

Integrated Living Services

(A Program of the Developmental Disabilities Resource Centre of Calgary) DDRC's home-based services offer customized home supports to disabled adults on a regular basis, such as domestic chores and help with money management.

Address: 4631 Richardson Way SW Calgary T3E 7B7

Phone: 403-240-7327

Email: info@ddrc.ca

Website: <https://comprehensivecare.ca>



For more information contact Autism Calgary:

autismcalgary.com
info@autismcalgary.com
3639 26 St NE Calgary, AB
403-250-5033