

Seniors' Transportation Information Guide



Developing Alternate
Transportation Strategies
for Seniors



ama.ab.ca

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GRANDE PRAIRIE AND AREA



Table of Contents

Introduction.....	2
Planning Ahead	4
Warning Signs of Diminishing Driving Ability	4
Licensing Information for Drivers Aged 75+	5
Winter Driving Safety	5
Transportation Options for People Who No Longer Wish to Drive.....	6
Public Transportation	6
Taxi Service.....	6
Alternative Transportation	7
Resources that Deliver Services to Your Home	7
Audiologists and Hearing Aid Practitioners	7
Banking.....	8
Community Support Services	9
Computer Repair.....	10
Dry Cleaning	10
Emergency Contacts.....	10
Friendly Visits	10
Grocery Shopping and Delivery.....	10
Hairstyling	10
Health and Wellness.....	10
Home and Respite Care.....	11
Housekeeping	11
House-sitting and Pet Care	12
Library Services.....	12
Massage Therapy	12
Meal Delivery	12
Medical Alarm Systems.....	13
Mobility Aids and Lifts	13
Pharmacy and Prescription Delivery.....	14
Rehabilitation Therapy.....	13
Respiratory Care.....	14
Yard Work and Snow Removal.....	14
Rural Information:	
Transportation Options for People Who No Longer Wish to Drive	15
Taxi Service.....	15
Alternative Transportation	15
Coach Lines.....	16
Other Resources	16

Introduction

Mobility is an important element of everyone's health and quality of life. Getting older does not necessarily mean giving up mobility and independence but the physical and mental changes that sometimes come with aging may affect our driving abilities. Awareness of the changes that some seniors go through as they age is the first step to a long and safe driving career and allows us to plan ahead to a day when we may no longer have the ability to drive safely.

Changes in health may require us to adopt new driving behaviors or consider alternative transportation options. Be aware of possible changes in vision, hearing, flexibility, and concentration and talk to your doctor about any health concerns that may affect driving. Also, be aware of the possible side effects and interactions of any prescription medications and non-prescription drugs such as alcohol. Since the ability to drive safely is not determined by age but by physical and mental health, there are many things that drivers of all ages can do to prolong their safe driving careers. Below are a few recommendations and adjustments that you can follow to maintain safe driving. Remember to also pay attention to your personal driving anxieties and take necessary steps to address them.

- Have regular medical, vision, and hearing check-ups
- Always wear your latest prescription glasses and/or hearing aids
- Stay physically and mentally fit
- Be aware of the side effects of all medications and non-prescription drugs that you are taking
- Avoid rush hour traffic – try to run your errands during the mid-morning when traffic is lighter
- Avoid driving at night if possible – if night driving is unavoidable, make sure that headlights, mirrors, and windshields are clean and tilt your rearview mirror to diminish glare
- Avoid winter driving or driving during poor weather/visibility conditions
- Avoid freeways or busy streets – take side roads instead
- Avoid left-hand turns at intersections – take three right-hand turns at the following intersection instead
- Leave more distance between you and the car ahead – at least three travelling seconds
 - Plan routes ahead for trips into unfamiliar territory
 - Plan for extra time and more breaks on longer trips
 - Park so that you do not have to reverse to exit
 - Install larger rearview and side mirrors
 - Take a brush-up or refresher driving course

Some driving behaviours can cause serious safety problems for both yourself and other motorists. These may not always be corrected through increased awareness or physical fitness so it is important to be aware of warning signs.

Mobility is an important element of everyone's health and quality of life.



Planning Ahead

Today we are outliving our ability to drive safely. This means that before we limit or stop driving we should give thought to other ways to remain mobile. Thinking about limiting or stopping driving may make us feel angry, depressed, or frustrated. Although these feelings are normal, there are some strategies that can make the transition from driver to permanent passenger easier:

- Develop a transportation plan. Think of ways you can stay mobile without driving: walking, public transit, taxi, volunteer drivers, family, and friends. Involve family and friends in this discussion – remember that more minds are better than one!
- Develop your schedule around your transportation plan. Alternative volunteer transportation can often be difficult to find during the peak business hours of weekdays. Try to schedule appointments and errands for the evenings and weekends when family, friends, and neighbours are more likely to be able to offer a ride. Ask your doctor's office and bank if they have extended hours during any weeknights or if they would be willing to schedule a Saturday appointment – businesses will be more likely to adopt flexible scheduling if they know that it is in demand.
- Brainstorm creative ways you can reimburse and/or recognize the contributions of family and friend volunteer drivers: bake them cookies, offer to babysit their young children, or give them a complimentary lesson in something that you are good at. Instead of hesitating to ask a family member or friend for a ride, ask yourself what you can offer them in exchange.
- Develop a transportation budget. Most of the time we do not even realize how much it costs to own and operate a car. Those funds could be reallocated to alternative transportation.
- Talk to others who have made the transition from driver to permanent passenger. Speaking to someone who can relate to your experience can help to make the transition less stressful and might also provide you with some ideas for remaining independent.

Warning Signs of Diminished Driving Ability

- Decrease in confidence while driving
- Forcing other motorists to drive defensively, for example, by excessive horn honking
- Incorrect signaling
- Difficulty maintaining lane position
- Driving too quickly or too slowly
- Failure to notice traffic signs
- Failure to stop at a stop sign or red light
- Needing help or instruction from passenger(s)
- Slow or poor decision making, for example, trouble making turns, poor estimates of distances, driving too close to other vehicles
- Frequently getting lost or becoming disorientated
- Increased car crashes, fender-benders, near-misses, and/or traffic citations

Licensing Information for Drivers Aged 75+

Alberta Transportation's Driver Fitness and Monitoring is responsible for making decisions on an individual's ability to drive. Driver licensing decisions are made on a case by case basis and may require medical documentation and functional assessment.

All drivers' must provide a medical as a condition of driver licensing:

1. At age 75, 80 and every two years thereafter
2. If you are renewing a professional class license that allows you to drive commercial vehicles
3. If your doctor feels a change in your health might affect your ability to drive safely
4. If requested by Driver Fitness and Monitoring

A Reviewing Officer will evaluate your medical report and driving history. If necessary and independent doctor may be asked to evaluate your medical information and provide advice to the Reviewing Officer. You may be asked to undergo further medical or functional evaluation.

Possible Outcomes:

1. Continued driving
2. Conditional driving i.e. no driving at night
3. Suspension of driving until medical condition is resolved/improved
4. Cancellation of driving privileges

Contacting Driver Fitness and Monitoring:

Alberta Transportation, Driver Fitness and Monitoring
4999-98 Avenue, Edmonton, AB T6B 2X3
Phone: 780-427-8230 (Toll Free by first calling 310-0000)
<http://www.transportation.alberta.ca/542.htm>

Winter Driving Safety

Snow season is here in Alberta and driving in the city and on the highways can be very stressful. Here are some tips to ensure you get where you're going safely.

- Get your vehicle ready for winter in the fall-install winter tires
 - Learn and practice winter driving techniques before you need them
 - Start your travels rested - driving in deteriorating conditions while tired isn't safe
 - Before you leave check the road conditions
 - Start your trip with a full tank of gas
 - Remove all snow from your vehicle before each trip
 - Give yourself extra travel time in bad weather
 - Avoid using cruise control on slippery roads
 - Travel with a fully charged cell phone
 - **SLOW DOWN** and **WEAR** your seatbelt
 - Tell someone where you are going and when you plan to get there. Take a fully charged cell phone with you
 - Try to stay on main roads
 - If the conditions are too treacherous, turn back or find safety quickly
 - Carry an emergency first aid kit with you at all times
- Visit AMA's website for winter car care tips
ama.ab.ca/CarCare

Transportation Options for People Who No Longer Wish to Drive

Public Transportation

Disabled Transportation Society

Phone: 780-830-7433 (Dispatch)
Location: Grande Prairie, Clairmont
Website: www.gpdtcs.ca

Provides door to door transportation for persons physically or mentally disabled, persons who are legally blind, and persons 75 plus. Members of the Disabled Transportation Society pay a lower fare.

Grande Prairie Public Transit

Phone: 780-538-0337
Website: www.cityofgp.com/index.aspx?page=1555

Operates from 5:50am to 10:15pm Monday through Friday, starting from 8:30am on Saturdays and 9:00 on Sundays.

Persons showing a Canadian National Institute for the Blind (CNIB) National card ride free. Persons who receive Assured Income for the Severely Handicapped (AISH) can receive free passes at City Hall.

Taxi Service

Black Top

Phone: 780-532-1060
Location: Grande Prairie
Serves: Grande Prairie and surrounding communities

10% discount for seniors

Canadian Cabs

Phone: 780-539-4242
Location: Grande Prairie
Serves: Grande Prairie and surrounding communities

10% discount for seniors

City Cabs

Phone: 780-533-3222
Location: Grande Prairie
Serves: Grande Prairie and surrounding communities

Comet Taxi

Phone: 780-402-2111
Location: Grande Prairie
Serves: Grande Prairie and surrounding communities

10% discount for seniors

Golden Cabs

Phone: 780-539-9949
Location: Grande Prairie
Serves: Grande Prairie and surrounding communities

Seniors discount

Metro Cabs

Phone: 780-533-4000
Location: Grande Prairie
Serves: Grande Prairie and surrounding communities

20% discount for seniors

Prairie Cabs

Phone: 780-539-1166
Location: Grande Prairie
Serves: Grande Prairie and surrounding communities

10% discount for seniors

Swan Taxi

Phone: 780-539-4000
Location: Grande Prairie
Serves: Grande Prairie and surrounding communities

Discount available

V.I.P Cabs

Phone: 780-833-8333
Location: Grande Prairie
Serves: Grande Prairie and surrounding communities

20% discount for seniors

Wapiti Taxi

Phone: 780-539-4333
Location: Grande Prairie
Serves: Grande Prairie and surrounding communities

10% Seniors' discount

Alternative Transportation

Beaverlodge Handi-Bus

Contact: 780-354-2201

Offers service every second and fourth Wednesday from the Seniors Centre and Amisk Court in Beaverlodge to Grande Prairie.

City of Grande Prairie Community Social Development – FCSS

Phone: 780-538-0374
Location: Grande Prairie

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Grande Spirit Foundation-Housing

Phone: 780-532-2905
Website: www.grandespirit.org

Runs scheduled trips for the residents of buildings under their management. Transportation is provided to seniors in Sexsmith and Grovedale for shopping trips to Grande Prairie.

Home Support Services – County of Grande Prairie

Phone: 780 532-9727
Locations: County of Grande Prairie no. 1, Wembley, Hythe and Beaverlodge

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Home Support Services – Sexsmith FCSS

Phone: 780-568-4345
Location: Sexsmith

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Hythe Handi-Bus

Phone: 780-356-3077

Offers service to Grande Prairie twice a month for appointments and shopping. There is a \$5.00 fee per trip.

Northern Express Bus Line

Grande Prairie: 780-897-0808
High Level: 780-926-0808
Edmonton: 780-983-8225
Website: www.northernexpressbusline.ca

Offer service to Edmonton, Peace River, Grimshaw, Slave Lake, Grande Prairie, High Level, Manning, Fairview, and charter services for seniors and other groups.

Resources that Deliver Services to Your Home

Audiologists and Hearing Aid Practitioners

Anderson Hearing Aid & Audiology Service Ltd.

Phone: 780-539-3277
Toll Free: 1-877-616-1348
Website: www.andersonhearing.com
Location: Grande Prairie

Basic screening test – no charge but there is a fee for regular hearing tests. Assist with the process of applying for Senior Benefits or AADL benefits. Provide house calls.

Northern Sound Hearing Clinic

Phone: 780-539-4002
Toll free: 1-800-993-9972
Website: www.northernsoundhearing.com
Location: Grande Prairie

Offer scheduled visits in house, seniors' lodges and centers. They will check funding qualification.

Banking

ATB Financial

Phone: 1-800-332-8383

www.atb.com

Westview

780-539-7450

Northview

780-538-5225

Southview

780-538-8000

Beaverlodge

780-354-2235

Wembley

780-766-2511

Hythe

780-356-3823

Offer 24-hour internet banking and telephone banking. Assistance with telephone banking during office hours.

Bank of Montreal (BMO)

Phone: 1-877-225-5266

Website: www.bmo.com

Grande Prairie: 780-538-8150

Offer 24-hour internet banking and telephone banking. Special service offered for seniors

Canadian Imperial Bank of Commerce (CIBC)

Phone: 1-800-465-2422

Grande Prairie

Main: (780)538-8300

Westpointe: 780-538-8363

Beaverlodge: 780-354-2221

Canadian Western Bank

Phone 780-831-1888

Location: Grande Prairie

Website: www.cwbank.com

RBC

Phone: 1-800-769-2511

Website: www.royalbank.com

Grande Prairie

Main

780-538-6500

South 40 Centre

780-538-6288

Offer 24-hour internet banking and telephone banking.

Scotia Bank

Phone: 1-800-472-6842

Website: www.scotiabank.com

Main

780-532-9250

Westgate

780-833-1660

Offer 24 hour Internet banking and telephone banking. Special services are offered for those 59 years of age and older

Servus Credit Union

Phone: 1-877-378-8728

Grande Prairie

Main : 780-831-2928

10130-117 Ave.

780-532-8866

18-9701-84 Ave.

780-402-2928

Website: www.servuscu.ca

Offer 24 hour Internet banking and telephone banking. Special services are offered for those 59 years of age and older or who have been with their credit union for 25 years or more.

TD Canada Trust

Phone: 1-866-222-3456

Website: www.td.com

Grande Prairie

West Side

780-538-8100

Cobblestone

780-538-8144

Offer 24 hour Internet banking and telephone banking.

Community Support Services

Alberta Supports and Family and Community Support Services

Phone: 1-877-644-9992

Website: www.seniors.alberta.ca

Beaverlodge Neighbourhood Resource Centre

Phone: 780-354-4180

Location: Beaverlodge

The one-stop shop for information for seniors who turn 65. Applications are available for Old Age Security, Guaranteed Income Supplement, Spouses Allowance, Canadian Pension, Alberta Benefit, etc.

City of Grande Prairie Community Social Development – FCSS

Phone: 780-538-0374

Location: Grande Prairie

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

HealthLink

Phone: 1-866-408-5465

Website: www.MyHealth.Alberta.ca

Home Support Services – County of Grande Prairie

Phone: 780 532-9727

Locations: County of Grande Prairie no. 1, Wembley, Hythe and Beaverlodge

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Home Support Services – Sexsmith FCSS

Phone: 780-568-4345

Location: Sexsmith

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Seniors' Advisory Council for Alberta

Phone: 780-422-2321

Email: saca@gov.ab.ca

Seniors Outreach

Phone: 780-539-6255

Location: Grande Prairie

Website: www.gpcouncilonaging.com/sohome.html

The one-stop shop for information for seniors who turn 65. Applications are available for Old Age Security, Guaranteed Income Supplement, Spouses Allowance, Canadian Pension, Alberta Benefit, etc.

Sexsmith & District Seniors Association

Phone: 780-568-4513

Location: Sexsmith

Wellington Resource Center

Phone: 780-567-2843

Location: Clairmont

The one-stop shop for information for seniors who turn 65. Applications are available for Old Age Security, Guaranteed Income Supplement, Spouses Allowance, Canadian Pension, Alberta Benefit, etc.

Computer Repair

Computer Guys & Cyber Café

Phone: 780-882-7272

Will come to your home to repair computers. Flat fee of 150/hr if they bring it back to the shop or 75/hr if they fix it at your home on the spot.

Micro Computers Plus

Phone: 780-538-0888

Website : www.mcplus.com

Will come to your home to repair computers and provide a seniors' discount.

Terminal 51

Phone: 780-402-8300

Will do after hours house calls. After 6pm can come and fix or pick up and fix. On site repair is 95.00/hr.

Dry Cleaning

Towne Centre Laundry

Phone: 780-539-7868

Offer delivery service and seniors discount

Emergency Contacts

911 For Emergency Situations

Fire 780-538-0393

Poison Control Center 1-800-332-1414

RCMP 780-830-5700

Friendly Visits

City of Grande Prairie Community Social Development – FCSS

Phone: 780-538-0374

Location: Grande Prairie

Provide basic light housekeeping, laundry, childcare, meal preparation, companionship, home management skills, and drive to appointments.

Grocery Shopping and Delivery

New Horizon Co-op

Website: www.newhorizoncoop.ca

Locations: Grande Prairie (780-539-6111)

La Glace (780-568-2410)

Rycroft (780-765-3616)

Fairview (toll free: 1-866-540-2667)

Valleyview (780-524-3101)

The delivery service is available for a minimum charge of \$5.00. Phone, fax or email your order into The Marketplace by 11:00am and receive same day delivery. Delivery service is available Monday to Friday.

Hairstyling

New York Salon and Spa

Phone: 780-830-2403

Provides in-house service and discount dependant on service requested.

Health and Wellness

Sherry Ouimet - Certified Personal Trainer

Older Adult Exercise Specialist

Phone: 780-933-6606

Email: sherryk1@telus.net

Offers modified exercise programs for older adults at any fitness level and for persons with special conditions.

Linda Shields - Certified Personal Trainer

Older Adult Exercise Specialist

Phone: 780-814-2293

Email: mygenerationfitness@gmail.com

Offers group and individual exercise programs tailored for older adults needs and persons with special conditions.

Home and Respite Care

City of Grande Prairie Community Social Development – FCSS

Phone: 780-538-0374

Location: Grande Prairie

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Grande Prairie and Region Adult Day Programs- Alberta Health Services

Phone: 780-357-2584

Locations: Grande Prairie, Hythe, and Beaverlodge

Service is for any adult who has suffered from a stroke, Heart Disease, Diabetes, Multiple Sclerosis, Parkinson's Disease, dementia, or other disability causing dependence on family, for some aspect of care.

Home Support Services – County of Grande Prairie

Phone: 780-532-9727

Locations: County of Grande Prairie no. 1, Wembley, Hythe and Beaverlodge

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Home Support Services – Sexsmith FCSS

Phone: 780-568-4345

Location: Sexsmith

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Housekeeping

Cal 'N' Clean Ltd.

Phone: 780-882-5403

Location: Grande Prairie

Offer residential and commercial cleaning services.

Dirty Deeds Cleaning Services

Phone: 780-228-0285

Location: Grande Prairie

Offer move ins and outs, weekly and bi-weekly house cleaning services.

Easy 4 U Cleaning

Phone: 780-228-4982

Location: Beaverlodge

Offer house cleaning services.

City of Grande Prairie Community Social Development – FCSS

Phone: 780-538-0374

Location: Grande Prairie

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Home Support Services – County of Grande Prairie

Phone: 780 532-9727

Locations: County of Grande Prairie no. 1, Wembley, Hythe and Beaverlodge

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Home Support Services – Sexsmith FCSS

Phone: 780-568-4345

Location: Sexsmith

Provides services such as, light housing keeping, meal preparation, home management and budgeting; drives clients to appointments and shopping, and provides respite care for caregivers of ill or special needs people.

Jan-Mar Cleaning Services

Phone: 780-933-9029
Location: Grande Prairie

Offer move outs, weekly and bi-weekly cleans.

Karens Maid Services

Phone: 780-539-7710
Location: Grande Prairie

Offer house cleaning services

Orca Janitorial Services Inc.

Phone: 780-296-5112
Location: Grande Prairie
Website: www.orcajanitorialservices.ca

Offer daily and weekly janitorial services for residential properties.

Prestine Cleaning Services

Phone: 780-380-6236
Location: Grande Prairie

Offer one-time, weekly, bi-weekly, and move outs cleaning services.

House-sitting and Pet Care

Grande Prairie Dog Squad

Phone: 780-978-6848
Website: www.gpdogsquad.com
Location: Grande Prairie

Offer dog walking, pet sitting and training services.

Part Of The Family Pet Sitting Services

Phone: 780-228-1768
Serves: Grande Prairie, Clairmont and Sexsmith.

Offer at-your-home pet sitting services.

Library Services

Grande Prairie Public Library

Phone: 780-532-3580
Website: www.gppl.ab.ca

Provide library material and services to all Grande Prairie residents. There is a 'home-bound' service, where volunteers deliver materials to library members throughout the city.

Massage Therapy

AHS Rehabilitation Home Care Services

Phone: 780-532-4447
Location: Grande Prairie

Rehabilitation home care services provide access to clients eligible for AADL benefits related to mobility and equipment needs. Service is provided in the client's home. Referral is made by client and or caregiver, other health provider to Intake Coordinator, any Community Health Centre.

Meal Delivery

Meals on Wheels

Phone: 780-539-3901
Location: Beaverlodge

Deliver hot, nutritious meals to members of the community who are unable to adequately prepare meals for themselves because they are elderly, frail, disabled or convalescent due to surgery or illness.

Meals on Wheels

Phone: 780-539-3901
Location: Grande Prairie

Deliver hot, nutritious meals to members of the community who are unable to adequately prepare meals for themselves because they are elderly, frail, disabled or convalescent due to surgery or illness.

Medical Alarm Systems

Lifeline

Phone: 780-538-4597

Lifeline is the personal response service that ensures help is available at the press of a button, 24 hours a day.

Priority Care Call

Phone: 1-877-322-0334
Website: www.prioritycallcare.com

Priority Care Call provides a reliable and cost effective Emergency Alarm System for Seniors and people with disabilities.

Mobility Aids and Lifts

Mobility Plus Health and Homecare

Phone: 780-532-3511
Toll Free: 1-800-565-1495
Website: www.mobilityplus.ca
Location: Grande Prairie

Medical supplies and equipment provider serving northern Alberta, northeastern BC and NWT.

Pharmacy and Prescription Delivery

Beaverlodge IDA Drugstore

Phone: 780-354-2088
Location: Beaverlodge

Offer prescription delivery within Beaverlodge.

London Drugs

Phone: 780-538-3700

Offer prescription delivery under some circumstances.

Shamrock Pharmacy (New Horizon Co-Op)

Phone: 780-532-2652

Offer prescription delivery within the city of Grande Prairie.

Shoppers Drug Mart – Grande Prairie

Phone: 780-532-3318
Location: 9701 84 Ave.

Phone: 780-532-2540
Location: 11801 100 St.

Phone: 780-357-9301
Location: 9930 92 St.

Phone: 780-814-9028
Location: 10720 78 Ave.

Offer prescription delivery within the city of Grande Prairie.

South Side Pharmacy

Phone: 780-532-7412

Third Thursday of every month is Seniors Day with discounts up to 20% depending on purchases. Prescriptions can be delivered from all stores.

Superstore Pharmacy

Phone: 780-831-3835
Location: Grande Prairie

Offer prescription delivery within the city of Grande Prairie.

Walmart-Gateway Centre

Phone: 780-513-3745

Offer delivery to Points West Living-The Gardens senior complex only.

Rehabilitation Therapy

Alberta Health Service Home Care Program

Grande Prairie Virene Building Health Centre
Phone: 780-532-4447

Provide assistance for individuals of all ages requiring post-surgical care, long term care or palliative care to live independently in their own homes. Anyone can access Home Care by calling the nearest Home Care office and requesting an assessment of needs.

Respiratory Care

Parkland Respiratory Care

Phone: 780-532-0880

Location: Main Floor 214 Place,
11-9909 103 St. Grande Prairie

Website: www.parklandrespiratorycare.com

Provides diagnostic testing, oxygen therapy, sleep therapy, asthma therapy, and respiratory products. Do home visits with doctor order.

Yard Work and Snow Removal

GP Landscaping Ltd.

Phone: 780-539-0078

Website: www.gplandscaping.net

GP Lawn Doctor

Phone: 780-539-7090

Website: www.gplawndoctor.com

Green Acre Ventures

Phone: 780-538-1891

Website: www.greenacreventures.ca

Ibex Landscape Co.

Phone: 780-513-6444

Website: www.ibexlandscape.com

Deliver in and out of town.

Priority Chain Link & Landscaping Ltd.

Phone: 780-833-2371

Location: Grande Prairie

Website: www.prioritychainlink.calls.net

Rural Options

Transportation Options for People Who No Longer Wish to Drive

The Rural Options listed here only encompass transportation specific options. A list of goods and services available without travel for the rural areas of the Peace Region are not listed here. For further information on such services contact your local seniors' center or Family and Community Services office.

Taxi Service

Dual Cabs, Grimshaw

Phone: 780-332-1819

12 Foot Taxi, Peace River

Phone: 780-624-8294

City Cabs, Peace River

Phone: 780-624-8989

Peace River Taxi, Peace River

Phone: 780-624-3020

Phyl's Taxi, Peace River

Phone: 780-625-9084

Alternative Transportation

All services provide transportation for seniors living within the rural Peace region. For more information or to book a ride you must phone ahead. Private providers (lodges, etc) can only be accessed by non-residents when room permits and are not available for public rental.

Autumn Lodge, Berwyn

Phone: 780-338-3917

Capacity: 18 passenger, 2/4 wc

There is free public access for local seniors on weekends.

Del Air Lodge Bus, Manning

Phone: 780-836-3325

Capacity: 14 or 12 passengers, 3 or 4 wc

There is public access for local seniors one day per week to the local hospital. The bus is also available to the community, schedule permitting.

Falher Friendship Corner, Falher

Phone: 780-837-2153

Capacity: 20 passenger

Provide transportation to special needs persons within the general public. The cost is \$11.00/trip or \$55.00/month if a resident of a group home.

Golden Age Bus, High Prairie

Phone: 780-523-3142

Provide transportation to seniors in the rural areas of Kinuso, Faust, Jousard, Grouard, Enilda and Triangle.

Harvest Lodge, Fairview

Phone: 780-835-2862

Capacity: 18 passenger

There is free public access for local seniors.

Heritage Towers, Peace River

Phone: 780-624-3919

Capacity: 18 passenger, 2 wheelchairs (wc)

There is public access for local seniors and payment is by donation.

MD of Spirit River, Spirit River

Phone: 780-864-3500

Capacity: 10 passenger, wc accessible

Operated by the MD, this service primarily provides transportation to access medical services in Spirit River or Grande Prairie. The service is open to seniors living within the MD, the Village of Rycroft, and the Town of Spirit River at a cost of \$10.00 round trip. Seniors from Birch Hills Country and Saddle Hills County can also access the service at a cost of \$20.00 round trip.

MD Greenview, Valleyview

Phone: 780-524-7600

A service provided on a bi-monthly basis for local seniors to travel to shopping and for social outings. The bus service is operated by Alberta North Coaches Inc.

Northern Sunrise County, Nampa

Phone: 780-322-3954

Capacity: 12 passenger, 2 wc

Operated by the County, this service provides transportation for local seniors to Peace River (\$5.00 round trip) and to Grande Prairie (\$20.00 round trip).

Smoky River MD, Falher

Phone: 780-837-2220

Capacity: 20 passenger

Operated by the MD for their ratepayers this service primarily provides transportation to access medical services. Residents of Eaglesham and Courtesy Corner may also be eligible. Costs are travel within the MD \$7.50, to Peace Rive \$10.00 and to Grande Prairie \$20.00, all round trip.

Coach Lines

LuxLiner, Grimshaw

Phone: 1-855-LUXLINE

Email: info@luxliner.ca

Website: www.luxliner.ca

As part of the Alberta Bus Consortium, Luxliner can now connect passengers from Peace River with multiple bus services throughout Alberta.

Northern Express Bus Line

Grande Prairie: 780-897-0808

High Level: 780-926-0808

Edmonton: 780-983-8225

Website: www.northernexpressbusline.ca

Offers rides to Edmonton, Peace River, Grimshaw, Slave Lake, Grande Prairie, High Level, Manning, Fairview, and charter services for seniors and other groups.

Other Resources

Government of Alberta – Alberta Supports and Family and Community Support Services

Phone: 1-877-644-9992

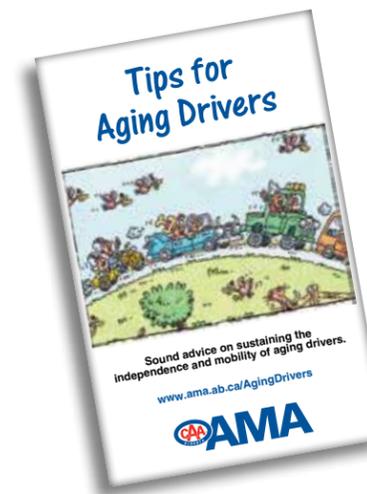
Website: www.seniors.alberta.ca

Seniors' Advisory Council for Alberta

Phone: 780-422-2321

Email: saca@gov.ab.ca

How's your driving?



Find out with the *Tips for Aging Drivers* Booklet

Sound advice on sustaining your independence and mobility



Available at all AMA centres | ama.ab.ca/AgingDrivers

