

WELL ON YOUR WAY

Youth in Transition Program

Transition Resources

This list of resources is available online at: www.fcrc.sacyhn.ca/community_resources.php#transition_to_adult_services. To access more information about the following resources, contact the Family & Community Resource Centre (FCRC) at 403-955-3272.

Alberta Health Services – Calgary Area Transition Support

- Well On Your Way Youth in Transition Program 403-955-7252 or wellonyourway@albertahealthservices.ca
- Calgary Health Region's Youth Health Program 403-955-5999 (Medical referral required)
- Family & Community Resource Centre 403-955-3272 or www.fcrc.sacyhn.ca
- Chronic Disease Management (CDM) www.calgaryhealthregion.ca/programs/cdm/adolescent.htm
- Adolescent Mental Health Transition Program 403-651-7440

Comprehensive Community Information Sources (Calgary & Area)

- Calgary Community Connection Dial 2-1-1 or www.211calgary.ca
- Calgary Youth Services Guide 2008 Available by calling 3-1-1 or pick up a copy at FCRC
- Calgary Street Survival Guide 2008 Available by calling 3-1-1 or pick up a copy at FCRC
- City of Calgary Emergency/Information line Dial 3-1-1
- Government of Alberta Disability Supports www.seniors.gov.ab.ca/DisabilitySupports/
- Family Navigator (for Canadian Forces Families with Special Needs & Responsibilities) www.familynavigator.ca/
- Canadian Mental Health Association www.cmha.calgary.ab.ca/gethelp/community_resources.aspx
(Click on "Parent Resource Manual")

Self Advocacy & Self Management

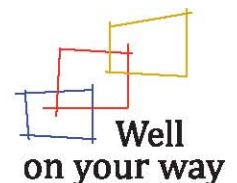
- "My Health Passport" www.sickkids.on.ca/myhealthpassport/
- CDM Row Your Own Boat program 403-943-2584 or www.calgaryhealthregion.ca/programs/cdm/self_management/ryob.htm
- Learning to Communicate with your Doctor <http://video.ichp.ufl.edu/twyd.php>
- "It's Okay To Ask" publication http://www.hqca.ca/assets/pdf/Health%20Report%2009/HQCA_It's_Okay_to_Ask.pdf
- "My Voice" – An Advance Care Planning Resource www.calgaryhealthregion.ca/programs/advancecareplanning/acp_tools.htm
- AB Children's Hospital Outpatient Pharmacy 403-955-7303
- Cocktails" Book Copies available at FCRC lending library

Health Insurance

- Alberta Health Care Insurance Plan 310-0000 then 780-427-1432 or www.health.alberta.ca/health-care-insurance-plan.html
- Alberta Blue Cross Non-Group www.health.alberta.ca/AHCIP/drugs-non-group.html
- Alberta Blue Cross Non-Group Premium Subsidy For more information, call 310-0000 then 780-427-1432 or visit www.health.alberta.ca/AHCIP/forms.html for an application form

Health & Dental

- Dental Care www.calgaryhealthregion.ca/programs/dental/pdf/how_to_get_dental_tx_guide2007Oct.pdf
- Find a Family Physician www.calgaryhealthregion.ca/doctor/index.html or www.cpsa.ab.ca/Homepage.aspx or www.cfpcn.ca/NeedaDoctor/tabid/81/Default.aspx or www.fcrc.sacyhn.ca/pdfs/unattached_strategies.pdf



- Complex Chronic Disease Management Clinic (Medical referral required) 403-943-4131 or www.calgaryhealthregion.ca/programs/cdm/complex_chronic.htm
- Calgary Adolescent Treatment Services (CATS) 403-237-5492 or www.woodshomes.ca/how_we_can_help/our_programs/crisis_and_outreach/exit_community_outreach.html
- Community Accessible Rehabilitation (Medical referral required) www.calgaryhealthregion.ca/programs/rehab/car.html or www.calgaryhealthregion.ca/programs/rehab/pdf/car/car_model.pdf
- Health Link www.calgaryhealthregion.ca/yourhealth/ or 403-943-5465
- Home Care 403-943-0778 or www.calgaryhealthregion.ca/commhomecare
- Advance Care Planning www.calgaryhealthregion.ca/programs/advancecareplanning/
- Medic Alert 1-800-668-1507 or www.medicalert.ca
- Medication and Herbal Advice Line 403-944-1012 or 1-888-944-1012
- South Calgary PAP Clinic 403-254-2030 or <http://thesundanceclinic.com/>

Mental Health & Addiction

- Canadian Mental Health Association (Click on "Parent Resource Manual") www.cmha.calgary.ab.ca/gethelp/community_resources.aspx
- Access Mental Health 403-943-1500 or www.calgaryhealthregion.ca/mh/sites/access/index.htm
- Mental Health Help Line 1-877-303-2642
- Distress Centre 403-266-1605 or www.distresscentre.ab.ca/
- Calgary Eating Disorder Clinic 403-955-7700 or www.calgaryhealthregion.ca/eatingdis/
- AADAC Call the 24-hour help at 1-866-33-AADAC (22322) or www.aadac.com
- Hull Child & Family Services – Bridging the Gap 403-216-0660 or www.hullservices.ca/btg.aspx

Sexual Health

- Sexual and Reproductive Health Program www.calgaryhealthregion.ca/hecomm/sexual/sexual.htm
- Sexual Health Access Alberta 403-283-8591 or www.sexualhealthaccess.org
- Planned Parenthood www.plannedparenthood.org
- Calgary Sexual Health Centre 403-283-5580 or www.cbca.ab.ca
- Sexually Transmitted Infection Clinic 403-955-6700 or www.calgaryhealthregion.ca/programs/std/
- Links on sexuality for people with disabilities www.familyvillage.wisc.edu/general/sexuality.htm
- Sexuality information, education & support www.sexualhealth.com/
- Chlamydia resource www.prevent.org/NCC

Social/Emotional Supports

- Family & Community Resource Centre 403-955-3272 or www.fcrc.sacyhn.ca
- Family to Family Program (FCRC) 403-955-3272 or www.fcrc.sacyhn.ca
- AB Children's Hospital Spiritual Care or Rev. Marcel Leffelaar at 403-955-2906 To book an appointment call: Rev. Dr. Philip Behman at 403-955-7868
- Calgary Counselling Centre 403-265-4980 or www.calgarycounselling.com
- Calgary Family Services 403-269-9888 or www.calgaryfamilyservices.org
- Catholic Family Services 403-233-2360 or www.cfs-ab.org
- Eastside Family Services 403-299-9696 or www.woodshomes.ca/how_we_can_help/our_programs/crisis_and_outreach/family_centres.html
- Jewish Family Services 403-287-3510 or www.jfsc.org/
- Distress Centre 403-266-1605 or www.distresscentre.ab.ca

Guardianship

- Office of the Public Guardian (OPG) 403-297-3364 or www.seniors.gov.ab.ca/services_resources/opg/guardianship/index.asp
- Office of the Public Trustee 403-297-6541 or http://justice.gov.ab.ca/dependent_adults/trustee_dependent_adult.aspx#how

Community Supports by Diagnosis or Special Group

- Alberta Aids to Daily Living (AADL) www.seniors.gov.ab.ca/aadl/
- Alberta Association for Community Living 403-717-0361 or www.aacl.org/
- AACL Community Navigator Project Contact Project Coordinator at 403-634-7330
- Alberta Easter Seals 403-235-5662
- Arthritis Society 1-800-321-1433 or www.arthritis.ca/local%20programs/alberta/default.asp?s=1

- Braceworks 403-240-9100 or www.braceworks.ca
- Bridges to the Future Contact Candisse McCormick at 403-649-6247 or www.bridgestothefuture.ca
- Calgary Cerebral Palsy Association 403-205-4935 or www.calgarycp.org
- Calgary Scope Society 403-509-0200 or www.calgscope.org
- Calgary Society for Persons with Disabilities 403-246-4450
- Canadian Diabetes Association www.diabetes.ca/ or www.diabetes.ca/get-involved/programs/category/alberta/
- Canadian Paraplegic Association www.canparaplegic.org/en/CPA_Alberta_Homepage_152.html
- Cerebral Palsy Association of AB – Step by Step Transition Program (Download a copy of the manual from this website) www.cpalberta.com/pathways.htm or 403-543-1161
- The Children’s Link Society Contact Transitional Support Worker at 403-230-9158
- Community Disability Services www.communitydisabilityservicesalberta.com or 403-250-9495
- Developmental Disabilities Resource Centre 403-240-7331 or www.ddrcc.com
- Epilepsy Association of Calgary 403-230-2764 or www.epilepsycalgary.com/index.html
- EXIT Community Outreach & Resource Centre 403-262-9953 or www.woodshomes.ca/how_we_can_help/our_programs/crisis_and_outreach/exit_community_outreach.html
- Independent Living Resource Centre 403-263-6880 or www.ilrcc.ab.ca
- Kidney Foundation 403-255-6108 or www.kidneyfoundation.ab.ca
- Lung Association of Alberta www.ab.lung.ca/ or 1-888-566-5864
- Motion Specialties (Calgary) 403-247-2222 or www.themotiongroup.com
- Muscular Dystrophy Association of Canada www.muscle.ca
- Opportunities for the Disabled Foundation www.oftdf.org/wscraft/ or 1-877-856-3833
- Poss-Abilities 403-463-8508 or <http://c-a-s-s.org/programs/capa/>
- Red Cross Medical Equipment Loan Service 403-273-4426 or www.redcross.ca/article.asp?id=2823&tid=082
- SABIS 403-521-5212 or www.sabis.ab.ca/
- Spinabifida Association www.sbhasa.ca/
- Tetra (Assistive devices) Calgary contact (Kim Beckers) at 403-259-5873 or www.reachdisability.org/tetra
- The Road Ahead Society of Calgary 403-263-8226 or www.theroadahead.ca
- Ups & Downs (Calgary Downs Syndrome Assoc) 403-289-4394 or www.updowns.org
- VRRRI 403-284-1121 or www.vrri.org/

Education

- Transitions for Students with Disabilities <http://alis.alberta.ca/hs/ep/pps/planning/disability.html>
- U of C – Disability Resource Center 403-220-8237 or www.ucalgary.ca/drc/
- Mount Royal College (MRC) – Disabilities Services 403-440-6868, or email disabilities-services@mtroyal.ca, or visit www.mtroyal.ca/AcademicSupport/ResourcesServices/LearningSkillsCentre/DisabilitiesServices/index.htm
- SAIT – Disability Services 403-284-8767 or www.sait.ca/pages/studentsservices/disabilitysupportservices/index.shtml
- Chinook College www.chinooklearningservices.com/
- Bow Valley College 403-410-1400 or www.bowvalleycollege.ca/disabilities/Default.htm

Vocation

- SIN Application <http://www.servicecanada.gc.ca/eng/sc/sin/index.shtml> or 1-800 206-7218 (Select Option "3")
- Alberta Works – Disability Related Employment Supports <http://employment.alberta.ca/cps/rde/xchg/hre/hs.xsl/3159.html>
- Bridges to Success 403-777-5627 or www.mcbridecareergroup.com/calgary/bridgestosuccess.pdf
- Calgary Youth Employment Centre 403-268-2490 or <http://yec.nextsteps.ca/index.html>
- Champions Career Centre 403-265-5374 or www.championscareercentre.org
- Chrysalis 403-258-1501 or www.chrysalis.ab.ca
- Columbia College Training Centre Employment Services Coordinator at 403-235-9324, or Community Access Service Coordinator at 403-235-9300, or www.columbia.ab.ca/Programs/ProgramsPreCareer/CommunitySupportServicesDepartment/tabid/65/Default.aspx
- Hull Child & Family Services – Hope Work Experience Program <http://www.hullservices.ca/hope.aspx> or 403-219-7431
- Pathways Employment Program 403-543-1161 or www.cpalberta.com/pathways.htm
- Progressive Alternatives Society of Calgary 403-262-8515 or www.pasc-calgary.org

- Transitional Vocational Program at MRC 403-440-6872 or <http://conted.mtroyal.ca/tvp/index.shtml>
- Venturer's Society of Calgary 403-617-5138

Financial Planning

- Persons with Developmental Disabilities (PDD) 403-297-5011 or www.pdd.org/default.shtml
- PDD Transition Planning Guides for Parents www.pdd.org/Central/resources/transplanning.shtml
- SIN Application <http://www.servicecanada.gc.ca/eng/sc/sin/index.shtml> or 1-800 206-7218 (Select Option "3")
- Assured Income for the Severely Handicapped (AISH) 403-297-8511 or www.seniors.gov.ab.ca/AISH/
- Credit Counselling Services of Alberta 1-888-294-0076 or www.moneyproblems.ca/mp/credit-counselling-calgary.htm
- Alberta Scholarships and Bursaries www.alis.gov.ab.ca/hs/fo/scholarships/available.html
- Alberta Blue Cross Scholarships www.ab.bluecross.ca/scholars.html
- Government Benefits Navigator www.reducepoverty.ca/ (Click on Government Benefits Navigator link and enter personal information to find out what tax credits and/or reimbursements you may be eligible for)
- Canada Revenue Agency Medical and Disability-Related Information www.cra-arc.gc.ca/E/pub/tg/rc4064/rc4064-e.html
- Disability Tax Credit www.cra-arc.gc.ca/disability/
- Registered Disability Savings Plan www.hrsdc.gc.ca/eng/disability_issues/disability_savings/index.shtml or www.rdsp.com or 1-800-622-6232
- Opportunities Fund for Persons with Disabilities www.servicecanada.gc.ca/eng/goc/opportunities_fund.shtml or 1-800-622-6232

Housing

- Accessible Housing Housing Registry at 403-282-1872 or www.ahscalgary.ca
- Calgary Housing Co. 403-221-9100 or www.calgary.ca (type Calgary Housing Company in search box at top of page)
- CUPS Rapid Exit Housing Program 403-221-8780 or <http://cupsscalgary.com/programs.aspx>
- Horizon Housing 403-297-1746, or www.horizonhousing.ab.ca
- Residential Access Modification Program (RAMP) www.seniors.gov.ab.ca/AADL/ramp/
- Residential Rehabilitation Assistance Program for Persons with Disabilities www.cmhc-schl.gc.ca/en/co/prfinas/prfinas_003.cfm

Transportation

- Handi-Bus www.calgaryhandibus.com/
- Access Calgary 403-537-7770 or www.accesscalgary.ca
- Dreams Transportation Ltd 403-590-7433 or www.dreamstransportation.ca
- 4 Seasons Transportation 403-663-8800 or www.4seasonstransport.com

Recreation & Fitness

- Between Friends Club 403-269-9133 or www.betweenfriends.ab.ca
- CDM Living Well Exercise Program www.calgaryhealthregion.ca/programs/cdm/living_with_a_chronic_condition/livingwell.htm
- City of Calgary Recreation Programs Pick up a copy of the program guide for people with disabilities at FCRC
- Disability Sailing Association of AB 403-225-8050 or www.dsaalberta.org
- Pediatric Weight Clinic 403-547-8992 or www.pediatricobesityclinic.com/m.php?p=home
- Stage Left Productions 403-831-0455 or www.stage-left.org/index.htm

Calgary Accommodations for out of Town Residents

Northwest Calgary

1. Ronald McDonald House – 111 West Campus Place NW – 403-240-3000 or www.rmhsouthernalberta.org – Temporary, affordable accommodation for families whose children (18 years and under) are being treated at one of Calgary's medical facilities
2. Canadian Cancer Society Lodge (Hostel-South Tower) – 12th & 13th floor South Tower, Foothills Medical Centre – 403-944-1156 – This facility is for patients who are receiving treatment at the Tom Baker Cancer Clinic – The bedrooms and bathrooms in this facility are not accessible by wheelchair – 1 bedroom private for visitors/out of province (\$45, with escort \$30 extra) – 2

bedroom shared for visitors/out of province (\$30, with escort \$25 extra) – If you are in a 2 bedroom suite, you will have a roommate. You will have your own locked bedroom, but will share the living room, dining room, and washroom with another patient. If you (or the patient in the other bedroom) have brought an escort, that person will sleep on a hide-a-bed in the living room.

3. Causeway Bay Hotel – 4420 16th Ave NW – 403-288-7115 (Pauline or Wayne) – \$69.30 (taxes incl) for 1 person – \$73.70 (taxes incl) for 2 or more – Call after 4 p.m. for available rooms – Credit card required to book
4. Royal Wayne – 2416 16th Ave NW – 403-289-6651 – \$73.70 + taxes (1 bed) – \$83.60 + taxes (2 beds)
5. Traveller's Inn – 4611 16th Ave NW – 403-247-1388 – \$70 + taxes (1 bed) – \$80 + taxes (2 beds) – They have a suite with a kitchenette for \$85/night + taxes
6. Super 8 Motel – 1904 Crowchild Tr NW – 403-289-9211 – \$79.99 + taxes (1 bed) – \$89.99 + taxes (2 beds)
7. Holiday Inn Express – 2227 Banff Tr NW – 403-289-6600 – \$92.25 + taxes (1 or 2 beds)
8. Best Western Inn – 1804 Crowchild Tr NW – 1-888-774-7716 – \$104 + taxes (1 or 2 beds)
9. Calgary North Thriftlodge – 2304 16th Ave NW – 403-289-0241 – \$104 + taxes (1 or 2 beds)
10. Ramada Limited – 2363 Banff Tr NW – 403-289-5571 – \$79.99 + taxes (1 bed) – \$89.99 + taxes (2 beds)
11. Econo Lodge – 2231 Banff Tr NW – 403-289-1921 – \$92.65 + taxes (1 bed) – \$101.15 + taxes (2 beds)
12. Mennonite Guest House (Morley Trail) – 403-282-7101 – \$40 (taxes incl) for 1 person – \$50 (taxes incl) for 2 people sharing the same room – \$250/week for 1 person – \$300/week for 2 people sharing the same room – Breakfast is included for all rates – This accommodation is in high demand, so would need to be booked at least a month in advance.
13. Home Haven B&B (29th Street NW) – Contact Mary @ 403-284-4136 – Their rooms are not wheelchair accessible – This accommodation is in high demand, so would need to be booked at least a month in advance.

Northeast Calgary

1. NE Travelodge – 2750 Sunridge Blvd NE – 1-800-578-7878 – The rate for this hotel is \$99/night and a voucher is required – Contact Social Worker from Peter Lougheed Centre to get a voucher – Accommodations can be booked in advance, but rate won't be guaranteed without the voucher/coupon.

South Calgary (Ask for 'Hospital Rates' when calling to check availability and rates)

1. Travelodge – 9206 Macleod Tr – 403-253-7070
2. Travelodge – 7012 Macleod Tr – 403-253-1111
3. Econolodge – 7505 Macleod Tr – 403-252-4401
4. Carriage House – 9030 Macleod Tr – 403-253-1101
5. Best Western – 135 Southland Dr SE – 403-278-5050
6. Howard Johnson – 5307 Macleod Tr – 403-258-1064

Out of Province Transition Resources

- www.pwdonline.ca – a website that allows a disabled individual or a parent of a child with a disability to access assistance in looking for resources. The process is done via an on-line survey. On the home page, click on "list of benefits" under "on-line" services. The next step is to choose the province and follow the survey. The result will reveal a list of provincial and federal resources.

British Columbia

- British Columbia Disability Resource Guide – <http://www.oftdf.org/PDF/BCDRG.pdf>
- British Columbia Ministries and Organizations – http://www.gov.bc.ca/main_index/a_to_z/organizations.html
- British Columbia Health Authorities – Click on the link to your area and then type Home and Community Care in the search area to access information for this service in your area or contact the Home and Community Care department at your local health unit – <http://www.healthservices.gov.bc.ca/socsec/>
- Community Living B.C. – <http://www.communitylivingbc.ca/>
- Health Link BC – <http://www.healthlinkbc.ca>
- Chronic Disease Management in B.C. – <http://www.health.gov.bc.ca/cdm/index.html>
- B.C. Medical Services Plan – <http://www.health.gov.bc.ca/msp/infoben/index.html>
- Employment Assistance for persons with disabilities – <http://www.eia.gov.bc.ca/pwd/eapwd.htm>

Saskatchewan

- Saskatchewan Health – <http://www.health.gov.sk.ca/>
- Saskatoon Health Region – <http://www.saskatoonhealthregion.ca/index.htm>

- Kinsmen Children's Centre – For information, contact Social Worker – Shelley Hamilton (306-655-1266) or http://www.saskatoonhealthregion.ca/your_health/facilities_kinsmen_about.htm
- Royal University Hospital – http://www.saskatoonhealthregion.ca/your_health/ch_ruh_home.htm
- Regina Qu'Appelle Health Region – <http://www.rqhealth.ca/index.shtml>
- Wascana Rehabilitation Centre – 306-766-5100
http://www.rqhealth.ca/finding/long_term/wascana/wascana_rehab_hospital.shtml

Manitoba

- Contact Megan Beamish – MBeamish@exchange.hsc.mb.ca

Ontario

- Good 2 Go Transition Program – <http://www.sickkids.ca/good2go/index.html>
- Ontario Disability Resource Guide <http://www.oftdf.org/PDF/drg-on.pdf>

Yukon

- Yukon Health & Social Services – <http://www.hss.gov.yk.ca>
- Yukon Health & Social Services – Disabilities – Health Services – http://www.hss.gov.yk.ca/programs/social_services/disabilities/health_services/
- Yukon Health & Social Services – Disabilities – Other Yukon Government Services – http://www.hss.gov.yk.ca/programs/social_services/disabilities/other_services/
- Yukon Health & Social Services – Disabilities – Social, Family & Regional Services – http://www.hss.gov.yk.ca/programs/social_services/disabilities/social_fam_regional/
- Yukon Health & Social Services – Disabilities – Territorial Supplementary Allowance – http://www.hss.gov.yk.ca/programs/social_services/disabilities/tsa/
- Yukon Health & Social Services – Adult Community Social Services – http://www.hss.gov.yk.ca/programs/social_services/adult/ or (867) 667-5674
- Yukon Health & Social Services – Social Assistance – http://www.hss.gov.yk.ca/programs/social_services/assistance/

Northwest Territories

- Northwest Territories Health Services and Social Programs index – <http://www.gov.nt.ca/agendas/health/index.html>
- Northwest Territories Department of Health and Social Services – <http://www.hlthss.gov.nt.ca/>

Nunavut

- Nunavut Health Services – <http://www.gov.nu.ca/health/>
- Government of Nunavut Department of Education – <http://www.gov.nu.ca/education/eng/index.htm>
- Nunavut Income Support Program – <http://www.gov.nu.ca/education/eng/is/index.htm>
- Aboriginal Information for Nunavut – <http://www.aboriginalcanada.gc.ca/acp/site.nsf/en/ao21005.html>