

# Alberta

## FAMILY RESOURCE LIST

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Welcome to PLAN's Family Resource List for Alberta.  
This list includes many valuable provincial and federal  
resources on the following topics:

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# Vision

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*Creating a vision for a good life for your son or daughter is one of the most important steps you can take. It is in creating a vision and sharing it with others that our dreams become reality. The following resources will help you get started.*

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## **A Good Life by Al Etmanski**

A Good Life is for families, friends and caregivers of people with disabilities. It offers a step by step guide to creating a plan for the future which provides for the safety, security and well being of people with disabilities. It leads the reader to look beyond professional services and programs in planning for the future and focus on what is needed to create a good life.

Planned Lifetime Advocacy Network (PLAN)

260-3665 Kingsway, Vancouver, BC V5R 5W2

Phone: 604.439.9566 Email: [inquiries@plan.ca](mailto:inquiries@plan.ca) Website: [www.plan.ca](http://www.plan.ca)

## **Peace of Mind CD ROM**

Peace of Mind is a practical and caring interactive tool to help you plan for the future of your relative with a disability. It combines personal stories, testimonials, tips, videos and worksheets to get you started on your path to peace of mind.

Plan Institute for Caring Citizenship

260-3665 Kingsway, Vancouver, BC V5R 5W2

Phone: 604.439.9566 Email: [inquiries@planinstitute.ca](mailto:inquiries@planinstitute.ca) Website: [www.planinstitute.ca](http://www.planinstitute.ca)

**Safe and Secure-Six Steps to creating a Good Life for People with Disabilities — Alberta Edition by Al Etmanski with Jack Collins and Vickie Cammack. Alberta contribution by Tom Cain**

Safe and Secure offers clear, practical guidance for planning for the future. It provides information relevant to families within the framework of policy, regulations and practice in Alberta. Safe and Secure includes specific information on AISH and other government benefit entitlements, alternatives to adult guardianship, financial planning, will and estate planning, discretionary trusts, home ownership and establishing a network of friends. For families living in Alberta there is no better source for information to help you plan for the future of your relative with a disability. Available from any of the three Alberta PLAN Affiliates:

Edmonton: Email: [planedmonton@interbraun.com](mailto:planedmonton@interbraun.com) Phone: 780.488.2422

Lethbridge: Email: [laclplan@shaw.ca](mailto:laclplan@shaw.ca) Phone: 403.327.2911

Calgary: Email: [families@theroadahead.ca](mailto:families@theroadahead.ca) Phone: 403.263.8226

**PATH: Planning Alternative Tomorrows with Hope**

PATH is a results oriented creative planning tool which starts in the future and works backwards to first steps that are possible and positive.

Inclusion Press International & the Marsha Forest Centre

24 Thome Crescent, Toronto, ON M6H 2S5 Canada

Phone: 416.658.5363

Email: [inclusionpress@inclusion.com](mailto:inclusionpress@inclusion.com) Website: [www.inclusion.com](http://www.inclusion.com)

**Peace Begins With Me by Ted Kuntz**

In Peace Begins With Me; Ted Kuntz shares the story of how his son with a disability led him on a journey through darkness to a life of peace, joy and happiness. At the core of his message are simple yet powerful strategies that enable us to experience more peace and joy and create a life more of our choosing. Ted's deeply personal story is an inspiration to all of us who want to move past pain and hurt, and return to peace and joy.

Website: [www.peacebeginswithme.ca](http://www.peacebeginswithme.ca)

**Love is a dance of holding on and letting go**

Resources and worksheets designed to help families understand the challenge of letting go and holding on differently.

Website: <http://www.tiesthatbind.ca/themes/index.php?theme=1>

**The Ties That Bind Internet Documentary and Community Engagement Project**

This site was created by the National Film Board to document the making of The Ties That Bind and to engage the community in discussion. There are many valuable topics, videos, articles and polls to take.

Website: [www.tiesthatbind.ca](http://www.tiesthatbind.ca)

# Relationships

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*Safety and security is dependent on the number of caring and supportive relationships in our lives. Overcoming isolation and loneliness is often one of the biggest challenges our relative will face. The following resources can help you learn about developing circles of support.*

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## **PLAN Institute for Caring Citizenship**

The Institute's goal is to foster caring communities that welcome the participation and contribution of all citizens. They provide training, consultation, research and publications for individuals, families, organizations, support workers and professionals who want to learn more about values, concepts and processes to create caring relationships.

260 – 3665 Kingsway, Vancouver, British Columbia, V5R 5W2

Phone: 604.439.9566 Fax: 604.439.7001

Email: [inquiries@planinstitute.ca](mailto:inquiries@planinstitute.ca) Website: [www.planinstitute.ca](http://www.planinstitute.ca)

## **The Company of Others: Stories of Belonging by Sandra Shields and David Campion**

This book uniquely captures the spirit and significance of personal networks. Compelling stories and photographs lead the reader on an intimate journey into the lives of five individuals — with no connection to one other and little in common, except in one respect: each person is at the centre of an active social “circle” — a network of caring friends and family whose lives are enriched by the relationship they share. An extraordinary and moving book about the transformative power of family and community.

Email: [inquiries@planinstitute.ca](mailto:inquiries@planinstitute.ca) Website: [www.planinstitute.ca](http://www.planinstitute.ca)

### **Reaching Out; A portrait of social networks in Canada by Nancy Rother**

Reaching Out is a portrait of facilitated social network development across Canada. Filled with the wisdom of individuals, families and facilitators from all walks of life, it is one of the clearest, most practical guides you will find to facilitating networks. The report is based around seven critical elements for creating and sustaining social networks, exploring challenges and offering practical tips for each.

Email: [inquiries@planinstitute.ca](mailto:inquiries@planinstitute.ca) Website: [www.planinstitute.ca](http://www.planinstitute.ca)

**One Candle Power — Seven Principles that Enhance the Lives of people with Disabilities and Their Communities** Revised by Cathy Ludlum and the Communitas Team. The Communitas Team created seven booklets on supporting Circles in the mid 1980's. This wisdom has recently been updated so you can review the lessons they learned then — and in the intervening years. If you want to know about Circles of Support, this is a wonderful resource.

Email: [inclusionpress@inclusion.com](mailto:inclusionpress@inclusion.com) Website: [www.inclusion.com](http://www.inclusion.com)

### **Weaving the Ties That Bind**

An online course for facilitators. Using 18 years of PLAN's experience in developing social support networks, this course provides participants with the knowledge and skills necessary to become a social network facilitator. Designed to be both practical and inspirational, this course is available through the Plan Institute.

Email: [inquiries@planinstitute.ca](mailto:inquiries@planinstitute.ca) Website: [www.planinstitute.ca](http://www.planinstitute.ca)

### **Social Networks Annotated Bibliography by Brian Smith**

This bibliography has been prepared for people interested in addressing the fundamental challenge of marginalization through the development and facilitation of social networks. For many labeled and marginalized people, isolation and loneliness are the biggest challenges they face. We are discovering that without a well developed social network it is difficult if not impossible to fully participate in and contribute to society.

Website: [www.planinstitute.ca](http://www.planinstitute.ca)

### **Simple truths are sometimes the hardest to see**

Resources and worksheets that explore the importance of relationships and the creation of circles of friends.

Website: <http://www.tiesthatbind.ca/themes/index.php?theme=6>

### **The Belonging Initiative**

The Belonging Initiative is a national initiative committed to nurturing belonging and ending isolation of people with disabilities. It is guided by a fundamental belief in the importance of human connections and the possibilities for mutual enrichment that arise through such connections. Holding a passionate belief that collectively we can develop a groundswell that will lead to a society in which everyone belongs! To that end, the Belonging Initiative has formalized a collaboration and developed a framework for creating a national presence to change the lives of isolated Canadians with disabilities.

Email: [inquiries@planinstitute.ca](mailto:inquiries@planinstitute.ca) Website: [www.nurturingbelonging.ca](http://www.nurturingbelonging.ca)

# Contribution

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*Our relatives offer many gifts and contributions.*

*When those gifts are acknowledged and received, we all benefit. Participating in our communities and being recognized for our contributions is a mark of citizenship.*

*To learn more, visit these web sites.*

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## **Philia: A Dialogue on Caring Citizenship**

The Philia Dialogue is a global conversation on caring citizenship — a notion of citizenship based on contribution, participation, relationship, and a commitment to the common good. The inspiration for this dialogue stems from our roots in the disability community. Philia believes that welcoming the presence and participation of people with disabilities as well as others who have been marginalized or isolated — will revitalize our communities and strengthen our society.

Website: [www.philia.ca](http://www.philia.ca)

## **What we see depends on what we are looking for**

Resources and worksheets that examine how contribution and citizenship go hand in hand.

Website: <http://www.tiesthatbind.ca/themes/index.php?theme=9>

# Home

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*A sanctuary that our relatives can call their own.  
Home can take many different forms for those who  
experience disability. For those who need support in  
day to day life, traditional group homes were, at one time,  
the only option. Today, many families are creating exciting  
alternatives, some of which include home ownership.*

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## **Home is Where the Heart Is**

A booklet created for families who are looking for options. The booklet discusses the issues to consider, various housing options developed by families and the advantages and disadvantages and methods of ownership. While developed for families living in British Columbia, the lessons are applicable universally.

Email: [inquiries@plan.ca](mailto:inquiries@plan.ca) Website: [www.plan.ca](http://www.plan.ca)

## **Creating Housing Choices for People with Developmental Disabilities**

A Resource Guide, Itay Greenspan and Laural Raine. Kehilla Residential Program.  
Toronto, Ontario, April 2006.

## **Creating a Future of Home Ownership for Persons with Developmental Disabilities**

June Birch and Maureen Murphy Black, May 2003.

## **Housing Issues for Albertans with Developmental Disabilities: A Discussion Paper November 2001**

[http://www.pdd.org/docs/prov/housing\\_issues.pdf](http://www.pdd.org/docs/prov/housing_issues.pdf)

## **Home Ownership: A Resource Guide**

[http://www.pdd.org/docs/prov/PL\\_HomeOwnershipGuide.pdf](http://www.pdd.org/docs/prov/PL_HomeOwnershipGuide.pdf)

### **Canadian Cohousing Network**

Cohousing describes intentional neighbourhoods that combine the autonomy of private dwellings with the advantages of shared resources and community living. Residents usually own their individual homes, which are clustered around a "common house" with shared amenities. Each home is self-sufficient with a complete kitchen, but resident-cooked dinners are often available at the common house for those who wish to participate.

Website: [www.cohousing.ca](http://www.cohousing.ca)

### **Canada Mortgage and Housing: Residential Rehabilitation Assistance Program (RRAP)**

— The Residential Rehabilitation Assistance Program assists in the creation of affordable housing for adults with a disability by providing financial assistance to renovate/convert/develop existing residential properties. The assistance is in the form of a forgivable loan.

Canada Mortgage and Housing Corporation

Phone: 1.800.639.3938 Website: [www.cmhc-schl.gc.ca](http://www.cmhc-schl.gc.ca)

### **Housing Support Programs — Government of Alberta**

The Housing Services Division, through the Government of Alberta, facilitates the development of affordable housing in high-growth, high-need communities and northern remote areas of the province.

Housing Services Division, PO Box 927, Edmonton, Alberta, T5J 2L8

Edmonton Office: Phone: 780.422.0122 Fax: 780.422.8462

Calgary Office: Phone: 403.297.7453 Fax: 403.297.6138

Email: [housing@gov.ab.ca](mailto:housing@gov.ab.ca) Website: [www.seniors.gov.ab.ca/housing/index.asp](http://www.seniors.gov.ab.ca/housing/index.asp)

### **Alberta Aids to Daily Living Program (AADL)**

This program provides authorized medical equipment and supplies to enable persons who have a long-term disability or a chronic or terminal illness to live independently in a home or similar setting.

Toll-Free: 310.1000 Edmonton: 1.780.427.0731

TTY: 1.800.232.7215

Website: [www.seniors.gov.ab.ca/AADL/](http://www.seniors.gov.ab.ca/AADL/)

**Accessible Housing Society**

This not-for-profit, charitable society has been established to assist in housing people with physical disabilities in the Calgary, Alberta area. There are several main programs: a housing registry, which tracks the suitable rental accommodations and assists in finding matches; rental units owned and operated by the society; a Residential Assessment and Design service which provides design advice for renovations or new homes tailored to clients' particular needs.

103, 2003 - 14th St. NW, Calgary, Alberta, T2M 3N4

Phone: 403.282.1872 Housing Registry: 403.282.3373 Fax: 403.284.0304

Email: [info@ahscalgary.ca](mailto:info@ahscalgary.ca) Website: [www.ahscalgary.ca](http://www.ahscalgary.ca)

**Moving away from home is a rite of passage**

Resources and worksheets that explore different types of homes and living options.

Website: <http://www.tiesthatbind.ca/themes/index.php?theme=8>

# Decision-Making

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*The ability to make choices about who will help us and where we will live is a basic need we all share. When our children reach the age of majority, we no longer have the legal right to assist them with decisions. An alternative to obtaining legal guardianship is substitute decision making. To find out more about legal options, the following resources are available.*

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## **Office of the Public Guardian**

This website lists all the offices of the Public Guardian in Alberta

Or contact Alberta RITE operator at 310.0000 and ask to be connected toll free to the office nearest you. Website: [www3.gov.ab.ca](http://www3.gov.ab.ca)

## **Public Trustee for the Province of Alberta**

Alberta's Office of the Public Trustee protects the financial interests of vulnerable Albertans by administering the estates of dependent adults, deceased persons and minors when there is no one else to act.

400 South, 10365 - 97 Street, Edmonton, Alberta, T5J 3Z8

Phone: 780.422.3141 Fax: 780.422.9136

Email: [jack.klinck@gov.ab.ca](mailto:jack.klinck@gov.ab.ca) Website: [www.justice.gov.ab.ca/public\\_trustee/](http://www.justice.gov.ab.ca/public_trustee/)

**Alberta Civil Liberties Research Centre**

Provides clear explanations regarding many Alberta laws, for example, Guardianship.

Faculty of Law, University of Calgary

2500 University Drive N.W., Calgary, Alberta, T2N 1N4

Phone: 403.220.2505

Website: [www.aclrc.com/](http://www.aclrc.com/) (then go “Publications — Seniors and the law”)

**Making choices is about taking chances**

Resources and worksheets designed to explore the area of “choice” and how supported decision making helps keep people safe while respecting their ability and right to make choices for themselves.

Website: <http://www.tiesthatbind.ca/themes/index.php?theme=3>

# Financial and Estate Planning

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*Ensuring that your relative will experience a life that is full and rewarding, with the necessary funds for vacations, etc. is one of the keys to a good life. Writing your will and creating a discretionary trust is an important way to ensure that your family member with a disability still receives disability benefits.*

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## **Assured Income for the Severely Handicapped (AISH)**

This program provides financial assistance and health benefits to adults with permanent disabilities that severely impair their ability to earn a living

Toll Free: 1.866.5135 Edmonton: 1.780.644.5135

TTY: 1.800.232.7215 TTY Edmonton: 1.780.427.9999

Website: [www.seniors.gov.ab.ca/aish/](http://www.seniors.gov.ab.ca/aish/)

**CanadaBenefits** — A very useful site to find out what federal and provincial benefits you may be entitled to receive. Listings for each province include motor vehicle tax rebates, bus passes, subsidies for housing, etc.

Website: [www.canadabenefits.gc.ca](http://www.canadabenefits.gc.ca)

**Canada Pension Plan (CPP) Disability Benefits**

CPP provides a monthly taxable benefit to contributors who are disabled and to their dependent children.

Toll Free: 1.800.277.9914 TTY: 1.800.255.4786

Website: [www.sdc.gc.ca](http://www.sdc.gc.ca)

**Money isn't everything, but it sure helps**

Resources and worksheets that assist families to focus on their financial and estate planning, thus planning for a more financially secure future for their loved one.

Website: <http://www.tiesthatbind.ca/themes/index.php?theme=5>

# Family Resource Groups

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*There are many resource groups throughout your province and Canada that offer information, guidance, support and advocacy.*

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## **Planned Lifetime Advocacy Network**

PLAN is a not-for-profit organization created by and for families who have a relative with a disability. We help families ensure a safe and secure future for their relative with a disability.

#260 – 3665 Kingsway Vancouver, British Columbia, V5R 5W2

Phone: 604.439.9566 Fax: 604.439.7001

Email: [inquiries@plan.ca](mailto:inquiries@plan.ca) Website: [www.plan.ca](http://www.plan.ca)

## **The Road Ahead Society — Calgary PLAN Affiliate**

The Road Ahead Society's aim is to promote and develop friendships through the facilitation of meaningful relationships with people who are committed to supporting each other and to establish a secure future, such as trusts, estates, will planning and home ownership.

300, 1000 9th Avenue SW, Calgary, Alberta, T2P 2Y6

Phone: 403.263.8226 Fax: 403.263.5277

Email: [families@theroadahead.ca](mailto:families@theroadahead.ca) Website: [www.theroadahead.ca](http://www.theroadahead.ca)

## **Planned Lifetime Advocacy Network — Edmonton PLAN Affiliate**

The primary mission of PLAN Edmonton is to help families achieve the "good life" for their relative with a disability by ensuring a safe/secure future throughout the lifetime of the individual. In pursuing this objective various strategies are used, including the establishment and maintenance of a personal support network, ("circle of friends").

11803-125 St. Edmonton, Alberta T5L 0S1

Phone: 780.488.2422

Email: [vickie@planedmonton.ca](mailto:vickie@planedmonton.ca)

### **LACL PLAN — Lethbridge PLAN Affiliate**

Purpose is to create safe, secure and full lives for its members, while making a commitment to provide lifetime advocacy and monitoring for people with disabilities.

527 6th Street S., Lethbridge, Alberta, T1J 2E1

Phone: 403.327.2911 Fax: 403.320.7054

Email: [laclplan@shaw.ca](mailto:laclplan@shaw.ca) Website: [www.lethbridgeacl.org](http://www.lethbridgeacl.org)

### **Epilepsy Society of Calgary**

The Epilepsy Association of Calgary is a charitable, social service agency established to address community, individual, and family needs related to epilepsy.

Calgary Office: 4112 - 4th Street N.W., Calgary, Alberta, T2K 1A2

Toll Free: 1.866.EPILEPSY Phone: 403.230.2764 Fax: 403.230.5766

Email: [epilepsy.calgary@telus.net](mailto:epilepsy.calgary@telus.net) Website: [www.epilepsycalgary](http://www.epilepsycalgary)

Central Alberta Office: Parson's Clinic Building

#303, 4822 - 50th Street Red Deer, Alberta, T4N 1X4

Toll Free: 1.866.EPILEPSY Phone: 403.358.3358 Fax: 403.358.3595

Email: [epilca@telus.net](mailto:epilca@telus.net) Website: [www.epilepsycalgary](http://www.epilepsycalgary)

### **Schizophrenia Society of Alberta**

A non-profit organization whose current mission statement is to alleviate the suffering caused by schizophrenia and other related illnesses. Major focus is on personal and organizational advocacy, education, self-help, and research.

5th Floor, 9942 - 108 Street, Edmonton, Alberta, T5K 2J5

Toll Free: 1.800.661.4644 Phone: 780.428.0400 Fax: 780.422.2800

Email: [info@schizophrenia.ab.ca](mailto:info@schizophrenia.ab.ca) Website: [www.schizophrenia.ab.ca](http://www.schizophrenia.ab.ca)

### **Multiple Sclerosis Society of Canada — Alberta Division**

Provides information, advocacy, referrals, medical equipment provision, peer support, support counseling, self-help groups for people with multiple sclerosis as well as for their family and friends, public awareness and education programs for professionals and others, and system advocacy. Also funds research related to multiple sclerosis.

Victory Centre, 11203 - 70 Street, Edmonton, Alberta, T5B 1T1

Toll Free: 1.800.268.7582 Phone: 780.463.1190 Fax: 780.463.7298

Email: [info.alberta@mssociety.ca](mailto:info.alberta@mssociety.ca) Website: [www.mssociety.ca/alberta](http://www.mssociety.ca/alberta)

**Cerebral Palsy Association in Alberta (CPAA)**

Provides direct support to people affected by cerebral palsy through informed and compassionate support services, educational programs, recreation and leisure opportunities and community advocacy.

3688 48 Avenue NE, Calgary, Alberta, T3J 5C8

Toll Free: 1.800.363.2807 Phone: 403.543.1161 Fax: 403.543.1168

Email: [admin@cpalberta.com](mailto:admin@cpalberta.com) Website: [www.cpalberta.com](http://www.cpalberta.com)

**Canadian Mental Health Association (CMHA) — Alberta Division**

Works to promote the mental health of all individuals in Alberta. Aims to reduce the stigma of mental illness through education, advocacy, and research. Also provides consultation to CMHA branches and to other groups involved in community-based programs for people with a mental illness.

328 Capital Place, 9707-110 Street NW, Edmonton, Alberta, T5K 2L9

Phone: 780.482.6576 Fax: 780.482.6348

Email: [division@cmha.ab.ca](mailto:division@cmha.ab.ca) Website: [www.cmha.ab.ca](http://www.cmha.ab.ca)

**Canadian Down Syndrome Society**

The Canadian Down Syndrome Society (CDSS) is a vital resource linking parents and professionals through advocacy, education and providing information.

Their website lists all the local family support groups across Alberta with local contact names. You go to their website and then Resources/Support groups/Alberta.

811 - 14 Street N. W., Calgary, Alberta, T2N 2A4

Phone: 403.270.8500 Toll Free: 800.883.5608 Fax: 403.270.8291

Email: [dsinfo@cdss.ca](mailto:dsinfo@cdss.ca) Website: [www.cdss.ca](http://www.cdss.ca)

**Calgary Down Syndrome Society**

Ups and Downs is a registered, non-profit, volunteer-run organization for the parents, families and friends of people with Down syndrome. Ups and Downs now provides a wide variety of services and personal involvement opportunities to the Calgary area and southern Alberta. Their ultimate goal is to realize the complete acceptance and inclusion of individuals with Down syndrome into all aspects of family and community life.

811 - 14 Street N.W., Calgary, Alberta, T2N 2A4

Phone: 403.289.4394 Toll Free: 1.866.230.0979 Fax: 403.289.4339

Email: [info@upsdowns.org](mailto:info@upsdowns.org) Website: [www.upsdowns.org](http://www.upsdowns.org)

### **Brain Injury Association of Alberta (BIAA)**

BIAA advocates for people affected by an Acquired Brain Injury (ABI) throughout Alberta, assists with the creation of local peer support groups, educates Alberta's public on awareness and sensitization to issues common amongst people surviving brain injury, and promotes the prevention of brain injuries.

4916-50th Street, Red Deer, Alberta, T4N 1X7

Toll Free in Alberta: 1.888.533.5355 Phone: 403.309.0866 Fax: 403.346.8740

Email: [biaa@shaw.ca](mailto:biaa@shaw.ca) Website: [www.biaa.ab.ca](http://www.biaa.ab.ca)

### **Alberta Association for Community Living (AACL)**

Fosters family leadership and advocacy in the pursuit of fully inclusive community lives for children and adults with developmental disabilities.

11724 Kingsway Avenue, Edmonton, Alberta, T5G 0X5

Toll Free: 1.800.252.7556 (within Alberta) Phone: 780.451.3055 Fax: 780.453.5779

Email: [familyvoices@aacl.org](mailto:familyvoices@aacl.org) Website: [www.aacl.org](http://www.aacl.org)

### **Autism Society of Edmonton Area**

Promotes federal policies, programs and legislation that respond to the needs of the Autism community. Promotes evidence-based services/treatment, best practices and standards. Increases awareness and understanding of Autism Spectrum Disorders and acceptance and participation of individuals with ASDs. Promotes intervention research that will provide individuals with ASDs and their families with practical support.

Suite 101 - 11720 Kingsway Avenue, Edmonton, Alberta, T5G 0X5

Phone: 780.453.3971 Fax: 790.447.4948

Email: [autism@compusmart.ab.ca](mailto:autism@compusmart.ab.ca) Website: [www.edmontonautismsociety.org](http://www.edmontonautismsociety.org)

### **Alberta Association of Rehabilitation Centres**

AARC's mandate is to provide support to rehabilitation service providers of community-based services for people with disabilities. The goal is to ensure quality service delivery for clients. In fulfilling this mandate, AARC does not limit its support exclusively to its members. The association's education, accreditation and advocacy efforts also have a positive effect on organizations outside the umbrella.

2910 - 3 Avenue NE, Calgary, Alberta, T2A 6T7

Phone: 403.250.9495 Fax: 403.291.9864

Email: [aarc@albertarehab.org](mailto:aarc@albertarehab.org) Website: [www.albertarehab.org](http://www.albertarehab.org)

# Services

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*Each province has unique government and non-profit programs to provide support services.*

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## **Persons with Developmental Disabilities (PDD) Program**

The PDD Provincial Board develops, implements, and evaluates a provincial plan for the delivery of supports to adults with developmental disabilities. The Provincial Board also coordinates, funds, monitors, and assesses Community Boards in the carrying out of their activities.

Alberta Provincial Board

Peace Hills Trust Tower, 4th Floor, 10011- 109 Street, Edmonton, Alberta, T5J 3S8

Phone: 780.427.1177 Fax: 780.427.1220

Email: [mona.etcheverry@gov.ab.ca](mailto:mona.etcheverry@gov.ab.ca) Website: [www.pdd.org](http://www.pdd.org)

## **Community-Based Services**

Contact any of the PLAN Affiliates regarding service information in your community.

Edmonton: Email: [planedmonton@interbraun.com](mailto:planedmonton@interbraun.com) Phone: 780.488.2422

Lethbridge: Email: [laclplan@shaw.ca](mailto:laclplan@shaw.ca) Phone: 403.327.2911

Calgary: Email: [families@theroadahead.ca](mailto:families@theroadahead.ca) Phone: 403.263.8226

## **Premier's Council on the Status of Persons with Disabilities (liaison)**

The Premier's Council aims to improve the lives of persons with disabilities. They do this by listening to issues of the disability community and communicating them to members of government.

11th Floor, HSBC Building, 10055 -106 Street, Edmonton, Alberta, T5J 1G3

Toll Free: 1.800.272.8841 Phone: 780.422.1095

Email: [pcspd@gov.ab.ca](mailto:pcspd@gov.ab.ca)

Website: [www.seniors.gov.ab.ca/CSS/premiers\\_council/index.asp](http://www.seniors.gov.ab.ca/CSS/premiers_council/index.asp)

# Other Resources

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*There are so many resources available to individuals, families and organizations. Listed here are some additional resources that you may want to explore.*

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## **PLAN's Social Audit Website**

Conducting the Social Audit was a milestone for PLAN. The board of PLAN implemented the social audit to ensure that the values around which PLAN is so carefully constructed are maintained long into the future. It was PLAN's means of holding itself accountable and provides a transparent view of the organization, reporting on both successes and challenges in a balanced and candid way. To our knowledge, PLAN was the first not-for-profit organization in Canada to have an externally reviewed social audit.

Website: [www.socialaudit.ca](http://www.socialaudit.ca)

## **Enablelink and Abilities Magazine Website**

A wonderful Canadian resource for people with disabilities and those who care about them. Lists many directories and resources, offers an ezine with regular updates and news from across the country.

Website: [www.enablelink.org](http://www.enablelink.org)

## **Quality Mall Website**

Quality Mall is a unique website designed like a shopping mall where you can find lots of free information about person-centered supports for people with developmental disabilities. Each of the mall stores has departments you can look through to learn about positive practices that help people with developmental disabilities live, work and participate in our communities and improve the quality of their supports.

Website: [www.qualitymall.org](http://www.qualitymall.org)

**PWD online: Guide to Government of Canada Services for People with Disabilities and their Families.**

A site where persons with disabilities, their family members, caregivers and service providers can access a full range of information on disability-related programs and services in Canada. Includes: Income Benefits and Tax, Housing, Accessibility, Transportation and Travel, Advocacy, Learning and Skills Development, Employment, Health, Safety and Security, Recreation and Active Living, Community and Citizen Participation, Key Publications, Provincial and Territorial Contact Information and Non-Governmental Organizations.

Website: [www.pwd-online.ca](http://www.pwd-online.ca)