



Essential phone numbers for Seniors in Calgary

9-1-1 Emergency (24-Hour)	403-SENIORS (403-736-4677) The Way In
<p>For EMERGENCY medical, fire and police response.</p>	<p>Information, advice and help accessing programs and benefits for older adults.</p> <p>thewayincalgary.ca</p>
8-1-1 Health Link (24-Hour)	403-266-HELP (403-266-4357) Distress Centre and SeniorConnect (24-Hour)
<p>Health advice (including dementia advice) from a registered nurse.</p>	<p>Crisis support and urgent social work response (including if you are concerned about a senior at-risk in the community).</p>
3-1-1 City of Calgary (24-Hour)	403-705-3250 Elder Abuse Resource Line (24-Hour)
<p>Information on all City of Calgary services.</p> <p>www.calgary.ca</p>	<p>Confidential information and support, or to report a suspected case of elder abuse.</p>
2-1-1 Community Resources (24-Hour)	<p>Information and referrals for community and social services.</p> <p>www.ab.211.ca</p>

Telephone language interpretation service available on all lines.