

Calgary Seniors' Resource Society

Share the Past. Create the Future.

Who We Are

Calgary Seniors' Resource Society (CSRS) promotes and provides services to seniors in the community and in their homes. We support senior independence by offering information and providing essential programs that assist with day to day living. CSRS programs are for seniors, families and friends of seniors and those who come in regular contact or care for seniors. CSRS connects people with the information, services and support that they need in order to live healthier, happier and more fulfilling lives.

History

In the early 1970's a group of concerned church women began phoning and visiting isolated seniors. As the need for senior support grew, several organizations were formed to provide assistance, including: The Senior Citizens' Central Council of Calgary, The Calgary Community Support Services for Seniors and Outreach Project for Eastern Core Seniors. On July 1, 1995 these organizations merged to form the Calgary Seniors' Resource Society (CSRS). Today, we remain in touch with our roots, offering programs such as Telephone Reassurance, Friendly Visiting and Escorted Transportation, which is almost 14 years old.

Who We Serve

Clients of Calgary Seniors' Resource Society include isolated seniors, low-income seniors, seniors with health risks, seniors seeking information and help accessing services, and seniors with disability or frailty concerns.

Awards and Recognition

- 2006 Ministers' Seniors Service Award Nominee
- 2005 Jim Gray Safer Calgary Community Award
- 2005 Leader In Community Award; Volunteer Calgary
- 2004 Ministers' Seniors Service Award

Testimonials

"Thank you so much. I really appreciate this help."

Ann, age 82

"I really appreciate this service. Frank stays with me while I shop. Thank you so much."

Helen, age 79

"Please convey my thanks to your volunteer for his courtesy and kindness."

William, age 73

Programs and Services

Escorted Transportation Program

Volunteer drivers not only escort seniors to and from medical appointments, the bank and the grocery store, but stay by their side and assist with things like carrying bags and finding the right office.

Telephone Reassurance Program

Seniors are matched with a volunteer from the CSRS Telephone Reassurance Program who will phone regularly to provide support and information about services, acting as a link to the community.

Friendly Visiting Program

The CSRS Friendly Visiting Program matches a volunteer and senior based on mutual interests. The pair spend their visits doing activities that both enjoy, ultimately improving the seniors' quality of life.

Speakers' Bureau Program

Knowledgeable presenters deliver information on planning and personal directives to seniors groups throughout Calgary as part of the CSRS Speakers' Bureau Program.

Information and Referral Services

Seniors and their families can call CSRS for information on services, issues affecting seniors and/or referrals.

Outreach Services

CSRS registered social workers meet individually with seniors, often in their own homes, connecting them to services which keep them independent for as long as possible. CSRS outreach workers provide support, referrals and information about everything from seniors' benefits and tax clinics to home care support.

ABCs of Fraud Program

Trained volunteers speak to seniors' groups and caregivers about preventing fraud or scams as part of a national education program called ABCs of Fraud®.

SeniorConnect Program

The SeniorConnect Program at CSRS, in partnership with the Distress Centre, provides free training to groups, businesses and individuals, teaching them to recognize the signs of risk and report their concerns via a 24 hour seniors' line.

Seniors' Social Link Program

Seniors build positive relationships in their local communities and are given an opportunity to get out and socialize at events organized by the Seniors' Social Link Program offered by CSRS.

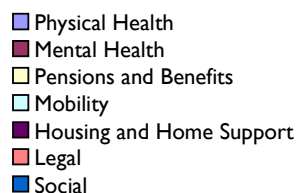
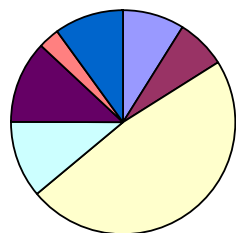
Frightening Statistics:

- Seniors are the fastest growing demographic in Calgary and in Canadian society.
- 46% of single seniors in Calgary live at or below the Low Income Cut Off of \$16,350/year.
- By 2015 there will be more people over the age of 65 than under the age of 15.
- Quality of life decreases with age.
- 16% of Canadians over 65 will experience some level of impairment requiring support.
- In 2006 there were over 97,000 new cases of dementia reported.
- The Canadian health care system spends \$15 million/day on dementia related costs.
- 32% of seniors in Canada have disabilities that affect their mobility.
- The number of people 65+ will almost double in the next 10 – 15 years. The largest affected age group will be those 85+ whose population will increase by approximately 65%. This is also the demographic that will require the most support.
- 24% of Alberta seniors are estimated to be at high risk of isolation and are therefore more vulnerable to depression, malnutrition, injury, fraud, elder abuse and senior suicide.

CSRS 2006 Statistics

- 6,373 hours of direct Outreach support services were provided to seniors.
- 1,690 seniors attended ABCs of Fraud presentations.
- Volunteers gave more than 13,500 hours of service to CSRS programs and activities.
- Escorted Transportation volunteers drove CSRS clients almost 83,000 kms.
- More than 10,000 individuals were served by CSRS in 2006.
- CSRS has over 225 active weekly volunteers and almost 6,000 community “Connectors”.
- CSRS launched the Seniors’ Social Link program and had over 1,100 participants in its first year. In 2007 a shuttle service will be added.
- Over 12,250 phone calls were received requesting service for the Escorted Transportation program.
- SeniorConnect expanded to include the rural bedroom communities surrounding Calgary and a Youth Education & Awareness Component.
- For every \$1.00 spent by CSRS on support and prevention, \$12.90 is saved in services by the City of Calgary, Province of Alberta and Calgary Health Region.

CSRS Areas of Focus



Funding

