

**Typically, older adults with complex health conditions are high users of the health system. CHOICE Programs aim to preserve the health of frail seniors, keep them out of hospital, and maintain their independence for as long as possible.**



### How it works:

- clients come to a day centre a few days a week
- they receive a variety of services from doctors, nurses, pharmacists, occupational/physiotherapists, dieticians and social workers.
- they benefit from regular social contact with other clients and recreational programming.
- In-home care, 24/7 telephone support and after-hours emergency access are also provided.

Ernie Golka (right) was 78 when he entered the CHOICE program. He had experienced a heart attack, several surgeries and was exhausted from the frequent trips to the hospital to be treated for his multiple medical conditions. His family was equally exhausted. They were trying to juggle all his medical appointments with their own hectic lives.

“CHOICE has been a godsend,” says Ellen Golka-Moxham, Ernie’s daughter. “We don’t know how we would have managed without it and we seriously doubt if Dad would be doing as well as he is today without it.”

“CHOICE is effective at preserving the health of frail seniors, keeping them out of hospital and avoiding or delaying their admission to long-term care,” says Trish McGrath, manager for CapitalCare’s CHOICE Programs.

### Who is eligible?

For adults **60 years and older**:

- with complex, long-term health issues who live in their own homes
- willing to change their family doctor and pharmacist to CHOICE healthcare providers
- can attend the day centre regularly using transportation provided

For adults **60 years and under**:

- who are functionally frail, physically disabled, or cognitively impaired

### Service locations in Edmonton:

- **CapitalCare CHOICE Dickinsfield**  
14225 94 Street
- **CapitalCare CHOICE Mental Health**  
14504 118 Street
- **CapitalCare CHOICE Norwood**  
10404 111 Avenue

### Referral needed:

Clients are assessed by a community care coordinator or their Home Care case managers.

### For more information or a referral:

Visit [www.capitalcare.net](http://www.capitalcare.net) (Click on Programs) for more information or call Alberta Health Services - Community Care Access at 780.496.1300 for a referral.