



CENTRAL ZONE

ZONE STATS...

- Population** 453,469
- Life Expectancy** 80.7 years
- Hospitals** 31
- Physicians** 801
- Volunteers** 2,500
- Size** 95,000 km², similar in size to the country of Portugal
- Meals Served** 2.5 M per year
- There were approximately** 112,095 tongue depressors used in the Central Zone in 2011 (which equates to 1 out of 4 people in the Central Zone that said "AH")

DID YOU KNOW...

- More than 400 new spaces, providing a variety of continuing care and supportive living options, have opened in the Central Zone since 2010.
- Construction is underway on a new Central Alberta Cancer Centre, which will offer radiation therapy treatment for the first time in central Alberta.
- The Two Hills helipad was recently redeveloped to accommodate the latest STARS air ambulances.
- Capacity is being increased in Innisfail and Olds to accommodate additional day surgery and ophthalmology.
- The Emergency to Home Program, which links seniors in central Alberta emergency departments with community supports, expanded to Ponoka and Wetaskiwin after being successfully piloted in Red Deer.



ALPHABETICAL LISTING OF SERVICES BY COMMUNITY • CENTRAL ZONE

For more information about health care options, programs and services, contact your local facility at the numbers provided below. Many programs and services, such as Addiction & Mental Health and Public Health, are available through your local health centre.

ANDREW

Laboratory Services 780-656-3034

BASHAW

Bashaw Care Centre 780-372-3731

Bashaw Home Care/Palliative Care 780-372-4155

BENTLEY

Bentley Care Centre 403-748-4115

BRETON

Breton Health Centre 780-696-4701

CAMROSE

Camrose Addictions and Mental Health
Clinic Addiction Services 780-672-1181
Mental Health Services 780-679-1241

Camrose and Area Mammography Centre
780-679-6146

Camrose Community Cancer Centre 780-679-2822
Camrose Community Health Centre/Public Health
780-679-2980

Camrose Home Care 780-679-2900

Camrose Professional Centre
Asthma Education Program 780-608-8611
Pediatric Specialty Clinic 780-608-8611

Camrose St. Mary's Hospital 780-679-6100

CASTOR

Castor Community Health Centre 403-882-3404

Castor Our Lady of the Rosary Hospital 403-882-3434

CONSORT

Consort Community Health Centre 403-577-3770

Consort Hospital and Care Centre 403-577-3555

CORONATION

Coronation Community Health Centre 403-578-3200

Coronation Hospital and Care Centre 403-578-3803

DAYSLAND

Daysland Health Centre 780-374-3746

DRAYTON VALLEY

Drayton Valley Community Cancer Centre
780-621-4888

Drayton Valley Community Health Centre
780-542-4415

Drayton Valley Hospital and Care Centre
780-542-5321

Drayton Valley Addiction Services 780-542-5669

DRUMHELLER

Drumheller Addiction Services - Counselling and
Prevention 403-823-1660

Drumheller Community Cancer Centre 403-820-7985

Drumheller Environmental Health and Support
Services 403-823-3341

Drumheller Health Centre 403-823-6500

ECKVILLE

Eckville Community Health Centre 403-746-2201

ELNORA

Elnora Community Health Centre 403-773-3636

GALAHAD

Galahad Care Centre 780-583-3788

HANNA

Hanna Addiction Services 403-823-1660

Hanna Health Centre 403-854-3331

INNISFAIL

Innisfail Health Centre 403-227-7800

ISLAY

Islay Assisted Living 780-744-3795

KILLAM

Killam Addiction Services 780-672-1181

Killam Health Care Centre 780-385-3741

Killam Mental Health Services 780-385-7161

KITSCOTY

Kitscoty Public Health/Rehab 780-846-2824

LACOMBE

Lacombe Community Health Centre 403-782-3218

Lacombe Hospital and Care Centre 403-782-3336

Lacombe Mental Health Centre 403-782-3413

LAMONT

Lamont Health Care Centre 780-895-2211

LINDEN

Linden Nursing Home 403-546-3966

LLOYDMINSTER

Dr. Cooke Extended Care Centre 780-871-7900 or
306-820-5970

Lloydminster Community Cancer Centre
306-820-6144

Lloydminster Public Health Services 306-820-6225

Lloydminster Home Care 306-820-6200

Lloydminster Hospital (Saskatchewan) 306-820-6000

Lloydminster Mental Health Services 306-820-6250

Lloydminster Patient Care Centre

Laboratory Services 780-875-1590

MANNVILLE

Mannville Care Centre 780-763-3621

MUNDARE

Mary Immaculate Hospital 780-764-3730

MYRNAM

Home Care 780-366-3870

Laboratory Services 780-366-3873

OLDS

Olds Community Health Centre 403-556-8441

Olds Hospital and Care Centre 403-556-3381

Olds Mental Health Services 403-507-8174

PONOKA

Centennial Centre for Mental Health and Brain Injury
403-783-7600

Ponoka Addiction Services 403-340-5274

Ponoka Community Health Centre 403-783-4491

Ponoka Hospital and Care Centre 403-783-3341

Ponoka Mental Health Services 403-783-7903

Ponoka Northcott Care Centre 403-783-4764

PROVOST

Provost Addiction Services 780-753-6958

Provost Community Health Centres 780-753-6180

Provost Health Centre 780-753-2291

Provost Mental Health Services 780-753-2575

RED DEER

Central Alberta Cancer Centre, Red Deer
403-343-4526

Extendicare Michener Hill 403-348-0340

Red Deer Addiction Services 403-340-5274

Red Deer 49 Street Community Health Centre
403-340-5225

Red Deer 49 Street Community Health Centre -
Mental Health Services 403-340-5466

Red Deer Bremner Avenue Community Health Centre
403-341-2100

Red Deer Johnstone Crossing Community Health
Centre 403-356-6300

Red Deer Regional Hospital Centre 403-343-4422

RIMBEY

Rimbeys Adult Day Support 403-843-2030

Rimbeys Community Health Centre 403-843-2288

Rimbeys Hospital and Care Centre 403-843-2271

ROCKY MOUNTAIN HOUSE

Rocky Addition Services 403-845-2788

Rocky Mountain House Health Centre 403-845-3347

SEDGEWICK

Sedgewick Home Care/Public Health/Rehab
780-384-3652

STETTLE

Stettler Addiction Services 403-742-7523

Stettler Community Health Centre 403-742-3326

Stettler Hospital and Care Centre 403-742-7400

SUNDRE

Sundre Community Health Centre 403-638-4063

Sundre Hospital and Care Centre 403-638-3033

SYLVAN LAKE

Sylvan Lake Community Health Centre 403-887-2241

THREE HILLS

Three Hills Addiction Services 403-823-1660

Three Hills Health Centre 403-443-2444

Three Hills Mental Health Services 403-443-8532

TOFIELD

Tofield Addiction Services 780-672-1181

Tofield Adult Community Mental Health Services
780-679-1241

Tofield Children Mental Health Services 780-662-7061

Tofield Health Centre 780-662-3263

TROCHU

St. Mary's Health Centre 403-442-3955

TWO HILLS

Two Hills Health Centre 780-657-3344

VEGREVILLE

St. Joseph's General Hospital 780-632-2811

Vegreville Addiction Services 780-632-6617

Vegreville Care Centre 780-632-2871

Vegreville Home Care/Public Health/Rehab
780-632-3331

VERMILION

Vermilion Addiction Services 780-842-7619

Vermilion Community Health Centre 780-853-5270

Vermilion Health Centre 780-853-5305

Vermilion Mental Health Services 780-581-8000

VIKING

Viking Health Centre 780-336-4786

Viking Home Care/Public Health/Rehab 780-336-4782

WAINWRIGHT

East Central Catholic School Division Building
Addiction Services 780-842-7619

Child and Adolescent Services Child and Adolescent
Program 780-842-7522

Wainwright Community Health Centre 780-842-4077

Wainwright Health Centre 780-842-3324

Wainwright Mental Health Services 780-842-7522

WETASKIWIN

Wetaskiwin Addiction Services 780-361-1358

Wetaskiwin Community Health Centre 780-361-4333

Wetaskiwin Hospital and Care Centre 780-361-7100

Wetaskiwin Mental Health Services 780-361-1245

WILLINGDON

Eagle Hill Lodge
Laboratory Services 780-367-2374

WINFIELD

Winfield Community Health Centre 780-682-4755

KNOW YOUR OPTIONS...

When you need health care, you have many options. Knowing your options will help you get the care that's best for you when and where you need it. Each community in Alberta offers a range of health care services and programs.

Find out what Alberta Health Services offers in your local area and how you can improve and support your health.

WHERE CAN YOU GO FOR HEALTH INFORMATION?

PRIMARY CARE NETWORKS

**Indicates PCN located outside of Central Zone but serving a Central Zone community*

***ALBERTA HEARTLAND PCN** 780-997-0046 (serving Fort Saskatchewan, Gibbons, Lamont and Redwater)

BIG COUNTRY PCN 403-442-2252 (serving Consort, Coronation, Drumheller, Hanna, Stettler, Three Hills and Trochu)

CAMROSE PCN 780-608-4927

KALYNA COUNTRY PCN 780-603-4455 (serving Vegreville and Viking)

LLOYDMINSTER PCN 780-874-0490 (serving Blackfoot, Kitscoty and Lloydminster)

PROVOST PCN 780-753-2271

RED DEER PCN 403-343-9100 (also serving Red Deer County, Blackfalds, Delburne, Penhold and Springbrook)

ROCKY MOUNTAIN HOUSE PCN 403-845-3050 (also serving Caroline, County of Clearwater, Sunchild First Nations Reserve, O'Chiese First Nations Reserve and Bighorn First Nations Reserve)

***ST. PAUL/ASPEN PCN** 780-645-1719 ext. 2218 (also serving Elk Point, Glendon, Saddle Lake First Nations, Goodfish Lake First Nations, Smoky Lake, Lac La Biche, Beaver Lake First Nations, Two Hills and surrounding areas)

VERMILION PCN 780-853-6966 (also serving Beauvallon, Clandonald, Derwent, Dewberry, Innisfree, Kitscoty, Mannville, Marwayne, Minbur and Myrnam)

WAINWRIGHT PCN 780-842-6676 (also serving Chauvin, Edgerton, Irma, Denwood, Fabyan, Kinsella, Loughheed, Hardisty, Amisk, Hughenden, Czar, Metiskow and Ribstone)

WETASKIWIN PCN 780-312-2500 (also serving Hobbema, Millet and Ma-Me-O Beach)

WOLF CREEK PCN 403-782-1408 (also serving Lacombe, Ponoka, Rimbey and Sylvan Lake)

PCNs still under development have not been included.

➔ Call **Health Link Alberta** at 1-866-408-LINK (5465) for health advice and information through a toll-free phone number to all Albertans. Access is 24-hours, 7-days a week and support is provided by experienced registered nurses and other health care professionals.

➔ Visit **albertahealthservices.ca** to find out up-to-the-minute information about health care in Alberta.

➔ Download the **AHS App** to carry AHS services and information at your fingertips.

● Find **estimated wait times** at emergency departments and urgent care centres in Calgary and Edmonton at **albertahealthservices.ca/emergencywaittimes.ca**

➔ Find AHS facilities and services in your area with the **Health Care Locator** at **albertahealthservices.ca/FacilitySearch** or the AHS mobile app for iPhones and Android phones.

➔ Go to **MyHealth.Alberta.ca** for trustworthy health information and useful health tools.

➔ Call **PADIS** (Poison & Drug Information Service) at 1-800-332-1414 for free, confidential poison, chemical, medication and herbal advice.

➔ This **map** shows health care services by community. Maps are available across Alberta in AHS facilities in each zone.

➔ Follow us on Twitter. For information and news for Central Zone residents, follow us at **https://twitter.com/AHS_CentralZone**

HEALTH CARE mapping out in your community



IMPORTANT CONTACTS

HEALTH LINK
Toll-free: 1-866-408-LINK (5465)

AHS ONLINE
www.albertahealthservices.ca is your online source for health care information, services, news and more. Check us out!

WHAT'S RIGHT FOR YOU?

Alberta Health Services offers programs and services at over 400 facilities throughout the province, including hospitals, clinics, continuing care facilities, mental health facilities and community health centres. Our skilled and dedicated health professionals promote wellness and provide health care every day to approximately 3.8 million Albertans.

Get the health care that's right for you, in your community!

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AS OF OCTOBER 2013

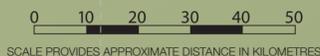


CENTRAL ZONE

ALBERTA HEALTH SERVICES CENTRAL ZONE

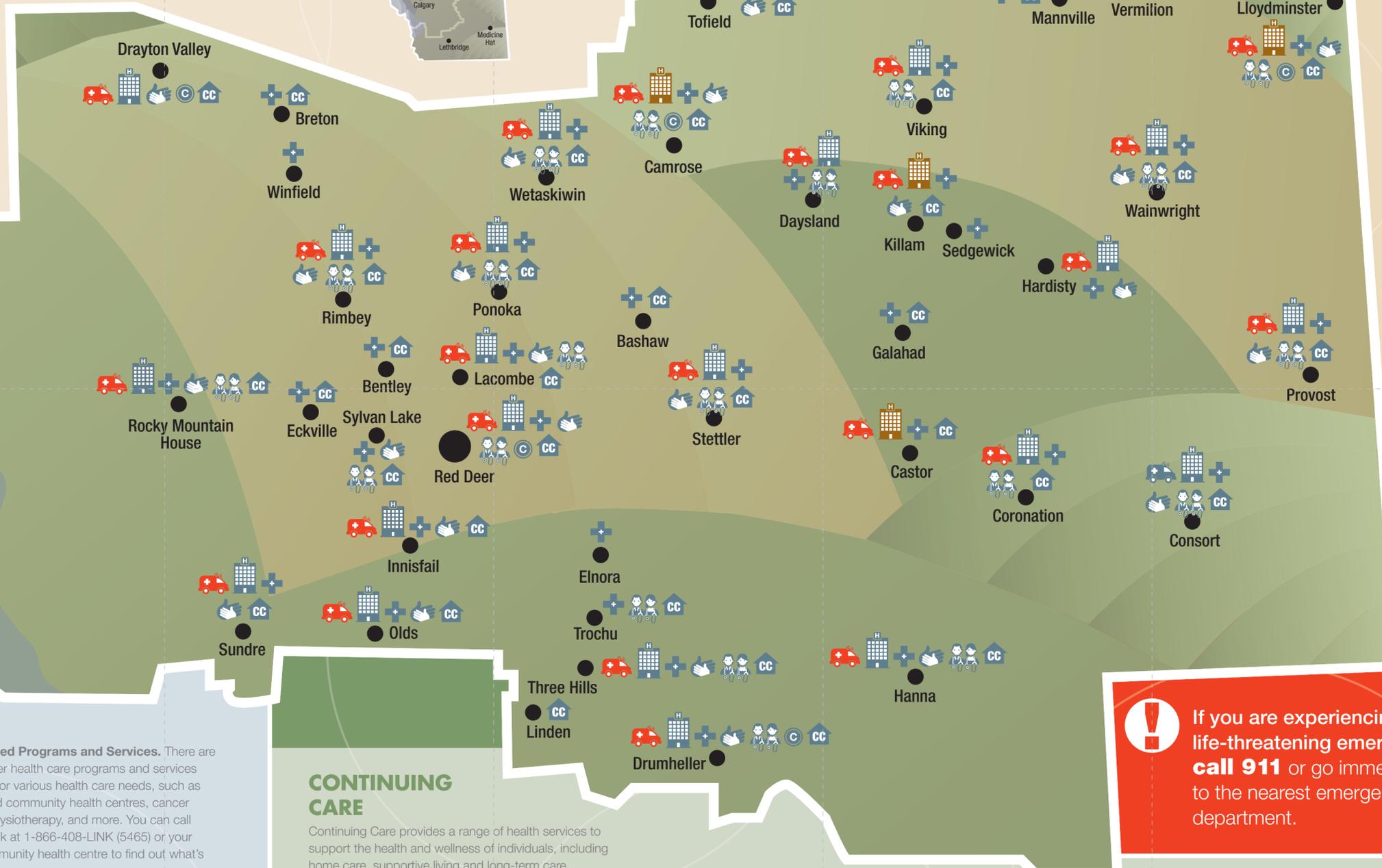
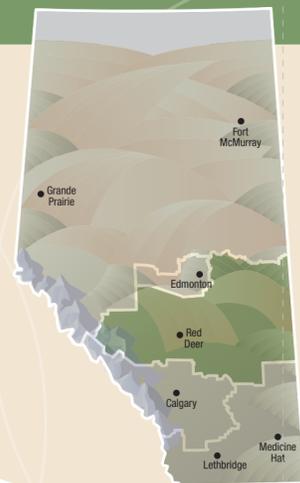
LEGEND OF SERVICES

- Emergency Departments.** 24-hour care – If you are concerned that you are seriously ill or injured, go to the nearest emergency department. **Patients with potentially life-threatening conditions should immediately phone 911.**
- Emergency Limited Hours.** These communities have emergency health care services available within limited hours. Please contact the facility in your community to confirm the hours for emergency care. Please refer to the back of this map for contact numbers in your community.
- Hospitals.** These are AHS and AHS partner facilities for treating urgent, complex or other health needs on an inpatient basis. Some sites may provide hospital care, continuing care or community health care from one site, called a Health Centre. (Partner facilities are denoted in **brown**.)
- Community and Public Health Services.** These facilities provide a wide range of health services which may include prenatal, postpartum, health promotion/disease and injury prevention, bereavement services, communicable disease and school health, and many other community care, public health and wellness programs.
- Primary Care Networks.** Many family physicians in Alberta are part of a Primary Care Network (PCN) – a group of family doctors working together with a team of other health professionals such as nurses, dietitians and pharmacists to provide care to a defined group of patients.
- Addiction and Mental Health Services.** These facilities and programs are for the treatment and care of people with mental health or addiction challenges.
- Cancer Care Centres.** AHS offers a variety of programs, services and facilities that work with those affected by cancer, as well as provide programs to help Albertans reduce their risk of developing cancer. For more information on the services available in your community, call Central Alberta Cancer Centre (in Red Deer) 403-343-4526.
- Continuing Care.** These are AHS or AHS partner sites offering long term and/or supportive living options in this community.



OTHER HEALTH CARE OPTIONS

- Health Link Alberta.** A free, round-the-clock, telephone advice and health information service. Toll free: 1-866-408-LINK (5465).
- Family Doctors.** Your best option for medical care and continuity. They can diagnose and treat most medical issues, provide periodic health exams, supervise chronic illness and mental health issues, provide referrals to other medical consultants and specialists, if needed.
- Walk-In Clinics.** If you don't have a family doctor, some communities have walk-in clinics that often don't require an appointment. Walk-in clinics are staffed by family physicians. Many have extended hours into evenings and weekends, providing another option for after-hours care.
- Pharmacists.** Offer a wide range of services that can help you and your family maintain good health and avoid emergency situations.
- Specialized Programs and Services.** There are many other health care programs and services available for various health care needs, such as public and community health centres, cancer clinics, physiotherapy, and more. You can call Health Link at 1-866-408-LINK (5465) or your local community health centre to find out what's available in your area.
- X-ray and Diagnostic Imaging Clinics.** You may be sent to have procedures such as X-rays, MRIs and other types of scans done.
- Labs.** Labs are facilities where you may be sent to have blood, urine or other samples taken.
- MyHealth.Alberta.ca.** You can go to this single website to find trustworthy health information and useful health tools.



CONTINUING CARE

Continuing Care provides a range of health services to support the health and wellness of individuals, including home care, supportive living and long-term care. Access to continuing care services is available through Home Care Programs within communities. Our goal is to support seniors and adults with disabilities to remain in their own homes and communities for as long as their abilities allow. AHS is working to provide a variety of living options with different levels of health support to ensure that care is received in the right place, at the right time. To find out more about the options available in your community, call your local Home Care office or visit www.albertahealthservices.ca/5198.asp

HEALTH ADVISORY COUNCILS

Health Advisory Councils (HACs) are focused on one thing: listening to your thoughts and ideas on health care in Alberta. Yellowhead East and David Thompson are the two councils located in central Alberta. Councils act as a channel for information and feedback, and provide advice to Alberta Health Services. The Yellowhead East Health Advisory Council includes communities from Lloydminster to Camrose and Andrew to Provost. The David Thompson Health Advisory Council includes communities from Consort to Rocky Mountain House and Drayton Valley to Drumheller. For more information about the councils, please visit www.albertahealthservices.ca/hac.asp



If you are experiencing a life-threatening emergency, call 911 or go immediately to the nearest emergency department.

FOUNDATIONS AND TRUSTS

Local health foundations work in your communities, raising funds to improve health care delivery where you live. To support your local foundation, call **403-943-2949**, or visit www.albertahealthservices.ca/give