



# Moving to Alberta

Welcome to Alberta! We hope that the following information helps you to navigate the different systems of support and funding, and to make informed decisions.

## Alberta IDs Required:

### Alberta Health Care Insurance Plan (AB Health Card)

All new and returning residents must apply for Alberta Health Care Insurance Plan coverage. To find out more or to apply go to: <https://www.alberta.ca/ahcip-apply.aspx>

### Alberta ID and/or Driver's License

To obtain an Alberta ID or Alberta Driver's license go to: <https://www.alberta.ca/get-id-card.aspx>

### Alberta.ca Account

An Alberta.ca Account gives you online access to many government services and programs. Set up your account by going to: <https://www.alberta.ca/alberta-ca-account>

## Provincial Funding:

### Family Support for Children with Disabilities (FSCD)

Provides families who have children with disabilities with a legal contract to enable them to access services (and some products), to help with the extraordinary costs of having a child with special needs. Contracts vary from family to family in value depending on their circumstances and unique needs: <https://www.alberta.ca/fscd.aspx>

### Persons with Disabilities (PDD)

PDD helps adults with developmental disabilities to live as independently as possible in their community: <https://www.alberta.ca/persons-with-developmental-disabilities-pdd.aspx>

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

Financial and health benefits for eligible Albertans with a permanent medical condition that prevents them from earning a living: <https://www.alberta.ca/aish.aspx>

## Assessment/Diagnosis:

There are two main ways to obtain an assessment or diagnosis - Privately by a psychologist, or covered by Alberta Health Services (AHS) by a psychiatrist or a developmental pediatrician.

## Medical professionals:

### Family Doctor

Most families stay with their family doctors for regular health issues related to their child, but when it comes to disability-related health issues, they might consider being referred to a pediatrician by their family doctor. Your family doctor is the main point of contact for individuals to access any health services in Alberta.

Find a doctor here: <https://www.albertahealthservices.ca/info/page13253.aspx>

### Pediatricians

Specialize in childhood disease, illness, physical & mental health needs.

### Psychologists

Specializing in mental health related care, most private psychologists work with families who self-refer. Some require a professional, such as a family doctor or an agency to send a referral.

### Therapy Providers

Some providers work in an agency setting, some work from their home, some travel to families homes. Rates vary depending on many factors, and oftentimes there is no need for a referral.



## Education Options:

### Early Childhood Education

If your child is between the ages of 2.5-6 years old and has a severe delay or disability, he/she would probably qualify for PUF funding (Program Unit Funding). This funding provides extra support in a preschool/kindergarten setting. That support could be in the form of consultation with therapists and might include an aide in some programs. (Parents cannot apply for PUF; it's the schools who apply for it, to support their students):

<https://www.alberta.ca/early-childhood-education.aspx>

### Alberta's K-12 Education System

How Alberta's school system works, school locations, and administrative planning, reporting and funding: <https://www.alberta.ca/albertas-k-12-education-system.aspx>

## Other:

Moving to Alberta (Government of Alberta): <https://www.alberta.ca/moving-to-alberta.aspx>

Life in Alberta: <https://www.alberta.ca/life-in-alberta.aspx>

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## About Us:

**Autism Society Alberta's Family Resource Centres** are a **pan-disability** service. This means that we are ready to assist Alberta families who have family members with any type of disability. Our website can be found at: <https://autismalberta.ca/family-resource-centres>

Our Family Resource Centres provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem solving skills, access to community supports and resources, improving child and adult development, building resiliency and fostering well-being. This includes:

- Goal setting, planning and implementation of services under a Family Managed Service Agreement (PDD or FSCD), and navigation of the FSCD and PDD programs.
- Connecting families with their peer network of other families to share lived experiences and find a local community.
- Support families and FMS( Family Managed Services) administrators to find, hire, orientate the staff who will work directly with their individual and family.
- Resources and workshops. Valuable and useful workshops are offered at no cost to families through our FRCs, mostly online. Samples of topics covered are: Abuse Prevention & Response, New Diagnosis, Non-Violent Crisis Intervention, Behavioural Supports, Transition to Adulthood, and more.

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If there is no Family Resource Centre in your area, we have ALL-ALBERTA VIRTUAL SUPPORT.  
Email: [FRCAIAlberta@autismalberta.ca](mailto:FRCAIAlberta@autismalberta.ca) Phone: 587-495-2237 or 403-747-0310.