

LEGEND

Post-COVID Functional Scale
ALL GRADES

Post-COVID Functional Scale
GRADE 2+

Post-COVID Functional Scale
GRADE 3+

Symptom Area	Universal/Targeted/Personalized Services (Including Specialty Clinics)
ALL	<p>Rehabilitation Advice Line (RAL) Health Link (811) – includes access to Dietitian services Continuing Care Access (Home Care)</p> <p>Alberta Healthy Living Program Video Series: After COVID-19 <i>Topics: Overview, Symptoms, Treatment, Nutrition & Fatigue, Loss of Taste & Smell, Fatigue & Routine</i> <i>Managing: Persistent Cough, Pain, Sleep, Stress, Shortness of Breath, Changes in Thinking, Fatigue</i> <i>Exercise: Tips for Getting Started & Exercising at the Right Level</i></p> <p>Early Supported Discharge (Calgary) Alberta Healthy Living Program Calgary Zone - workshops</p> <p>Community Accessible Rehabilitation - Post-Covid-19 Rehabilitation Long COVID Interprofessional Outpatient Program (IPOP) Clinic – Calgary (South Sector)</p>
Respiratory	<p>Alberta Aids to Daily Living - Respiratory Benefits Program Calgary Zone Pulmonary Central Access Triage</p> <p>Respiratory Therapy – Outpatients/Community - Calgary Zone Rural Chronic Cough Clinic Calgary COPD & Asthma Program Calgary Voice Program</p> <p>Community Accessible Rehabilitation (CAR) - Pulmonary Rehabilitation Pulmonary Post COVID Clinics (via PCAT)</p>
Musculoskeletal	<p>Alberta Healthy Living Program - Calgary Zone - Supervised Exercise Program Community Physiotherapy Chronic Pain Consult Service</p> <p>Chronic Pain Services Kinesis Medical Centre MSK Physiatry</p> <p>Community Accessible Rehabilitation (CAR) - Musculoskeletal Rehabilitation</p>
Cardiovascular	<p>General Cardiology Clinic Cardiology Outpatient Clinic (High River)</p>
Gastrointestinal	<p>Health Link – Nutrition information</p> <p>Nutrition Services Nutrition Counselling - Adult</p> <p>Outpatient Dysphagia Clinic Gastroenterology Centralized Referral Service</p>
Neurological	<p>Neuro-immunology Clinic Neurology Central Access & Triage Calgary Headache Assessment & Management Program</p> <p>Audiology Services Cognitive Neurosciences Clinic Neuromuscular Clinic</p> <p>Community Accessible Rehabilitation (CAR) - Neurological Rehabilitation</p>
Psychological	<p>Mental Health Helpline Learn how to manage stress in challenging times (virtual workshops)</p> <p>Access Mental Health Calgary 403-943-1500</p> <p>Walk-in Urgent Care Centres or Emergency Departments</p>
Psychosocial	<p>Alberta Income Support Social Work Services Calgary Community Aids for Independent Living Elbow River Healing Lodge</p> <p>Alberta 211 Workers Compensation Board (WCB) Indigenous Wellness Core Calgary Free Food in Alberta Directory Food Banks Alberta</p> <p>Learning About Food insecurity: Not Having Enough Money for Food</p>