




Central Zone Health Services for Long COVID

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	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 60%;"> <p><u>Rehabilitation Advice Line (RAL)</u> <u>Health Link (811) – includes access to Dietitian Services</u> <u>Continuing Care Access (Home Care)</u> <u>Alberta Healthy Living Program (Central Zone)</u> <u>FREE education programs</u></p> <p><u>Alberta Healthy Living Program Video Series: After COVID-19</u> <u>Topics: Overview, Symptoms, Treatment, Nutrition & Fatigue,</u> <u>Loss of Taste & Smell, Fatigue & Routine</u> <u>Managing: Persistent Cough, Pain, Sleep, Stress, Shortness of</u> <u>Breath, Changes in Thinking, Fatigue</u> <u>Exercise: Tips for Getting Started & Exercising at the Right Level</u></p> </div> <div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 35%; margin-left: 10px;"> <p><u>Workshops & Programs (via Central Zone Primary Care Networks)</u> <u>Rehabilitation Outpatient Clinics</u> <u>Early Supported Discharge (Camrose)</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 60%; margin-left: 10px;"> <p><u>Long COVID Interprofessional Outpatient Program (IPOP) Clinic (Edmonton - serving all other areas of Central Zone)</u> <u>Long COVID Interprofessional Outpatient Program (IPOP) Clinic (Calgary - serving Red Deer & South of Red Deer)</u></p> </div>
Respiratory	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 40%;"> <p><u>Alberta Aids to Daily Living - Respiratory Benefits Program</u></p> </div> <div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 55%; margin-left: 10px;"> <p><u>Respiratory Therapy - Outpatients/Community</u> <u>Breathe Easy Program – Pulmonary Rehabilitation</u> <u>Red Deer Home Care Respiratory Services</u></p> </div>
Musculoskeletal	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 35%;"> <p><u>Exercise & Recreation Therapy Programs (via Central Zone Primary Care Networks)</u></p> </div> <div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 60%; margin-left: 10px;"> <p><u>Physiotherapy - Outpatients / Community</u> <u>Seating Outreach Team</u> <u>Rehabilitation Outpatient Clinics (OT/PT)</u> <u>Mobility Clinic</u> <u>Chronic Pain Clinic - Camrose</u></p> </div>
Cardiovascular	<div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 60%;"> <p><u>Cardiac Rehabilitation Program</u> <u>Cardiac Patient Navigation</u></p> </div>
Gastrointestinal	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 35%;"> <p><u>Health Link – Nutrition information</u></p> </div> <div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 45%; margin-left: 10px;"> <p><u>Speech Language Pathology - Outpatients / Community (dysphagia)</u> <u>Nutrition Services</u> <u>Nutrition Counselling - Adult & Pediatric</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 20%; margin-left: 10px;"> <p><u>Gastroenterology Specialist Referral</u></p> </div>
Neurological	<div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 60%;"> <p><u>Rehabilitation Outpatient Clinics</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 30%; margin-left: 10px;"> <p><u>Neurology Specialist Referral</u></p> </div>
Psychological	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 40%;"> <p><u>Mental Health Helpline</u> <u>Learn how to manage stress in challenging times (virtual workshops)</u></p> </div> <div style="border: 1px solid yellow; border-radius: 15px; padding: 5px; display: inline-block; width: 30%; margin-left: 10px;"> <p><u>Community Services Walk In Single Session Counselling Service</u> <u>Adult Community Services, Addiction & Mental Health</u></p> </div> <div style="border: 1px solid red; border-radius: 15px; padding: 5px; display: inline-block; width: 25%; margin-left: 10px;"> <p><u>Walk-in Urgent Care Centres or Emergency Departments</u></p> </div>
Psychosocial	<div style="border: 1px solid green; border-radius: 15px; padding: 5px; display: inline-block; width: 100%;"> <p><u>Workers Compensation Board (WCB)</u> <u>Home Care (Equipment Loans & Social Work)</u> <u>Indigenous Wellness Core - Central</u> <u>Indigenous Cultural Helper Services</u> <u>Alberta Income Support</u> <u>Food Banks Alberta</u> <u>Free Food in Alberta Directory</u> <u>Alberta 211</u> <u>Learning About Food insecurity: Not Having Enough Money for Food</u></p> </div>