

## 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><u>Rehabilitation Advice Line (RAL)</u>    <u>Health Link (811) – includes access to Dietitian Services</u></p> <p><u>Continuing Care Access (Home Care)</u></p> <p><u>Alberta Healthy Living Program Video Series: After COVID-19 Topics: Overview, Symptoms, Treatment, Nutrition &amp; Fatigue, Loss of Taste &amp; Smell, Fatigue &amp; Routine Managing: Persistent Cough, Pain, Sleep, Stress, Shortness of Breath, Changes in Thinking, Fatigue Exercise: Tips for Getting Started &amp; Exercising at the Right Level</u></p> <p><u>Adult Allied Health Rehabilitation Program</u> <u>Occupational Therapy Services (North Zone)</u> <u>Alberta Healthy Living Program (North Zone)</u></p> <p><u>Long COVID Interprofessional Outpatient Program (IPOP)</u> <u>Clinic - Edmonton (North Sector)</u></p>
Social Supports	<p><u>Alberta Income Support</u>    <u>Indigenous Health Liaison Services</u> <u>Alberta 211</u>    <u>Indigenous Wellness Core (North Zone)</u> <u>Food Banks</u>    <u>Worker's Compensation Board (WBC)</u> <u>Free Food in Alberta Directory</u>    <u>Vulnerable Populations*: 780-217-3206</u> <u>Alberta Aids to Daily Living</u>    <u>Social Work</u> <u>Learning About Food insecurity: Not Having Enough Money for Food</u></p> <p>*Vulnerable populations are any patient who self identifies, appears at risk, for homelessness. "Homelessness" includes: unsheltered, emergency sheltered, provisionally accommodated, and at risk of homelessness. Vulnerable Populations are individuals who experience barriers in accessing health care services and have a high relative risk for morbidity and mortality. This population can be seen as hard to reach and often experience additional challenges with poverty, addiction and mental health.</p>
Respiratory	<p><u>Alberta Aids to Daily Living - Respiratory Benefits Program</u></p> <p><u>Respiratory Therapy – Outpatients/Community</u> <u>Breathe Easy Program – Pulmonary Rehabilitation</u></p> <p><u>Getting Healthy</u></p>
Musculoskeletal	<p><u>Occupational Therapy Services</u>    <u>Alberta Healthy Living Program – Supervised Exercise Program</u> <u>Orthopedic Clinic (Grande Prairie)</u></p> <p><u>Physical Therapy Services</u>    <u>Alberta Healthy Living Program – Chronic Pain Management Workshops</u> <u>Physiotherapy</u></p>
Cardiovascular	<p><u>Cardiac Rehabilitation &amp; Education</u></p> <p><u>Cardiology Specialist Referral</u></p>
Gastrointestinal	<p><u>Health Link – Nutrition information</u></p> <p><u>Nutrition Services</u> <u>Nutrition Counselling - Adult &amp; Pediatric</u> <u>Speech and Language Services (dysphagia)</u></p> <p><u>Gastroenterology Specialist Referral</u></p>
Neurological	<p><u>Audiology Services</u> <u>Speech and Language Services</u></p>
Psychological	<p><u>Mental Health Helpline</u> <u>Mental Health Information, Promotion &amp; Prevention</u> <u>Learn how to manage stress in challenging times (virtual workshops)</u></p> <p><u>Walk In Counselling Services</u></p> <p><u>Walk-in Urgent Care Centres or Emergency Departments</u></p>