

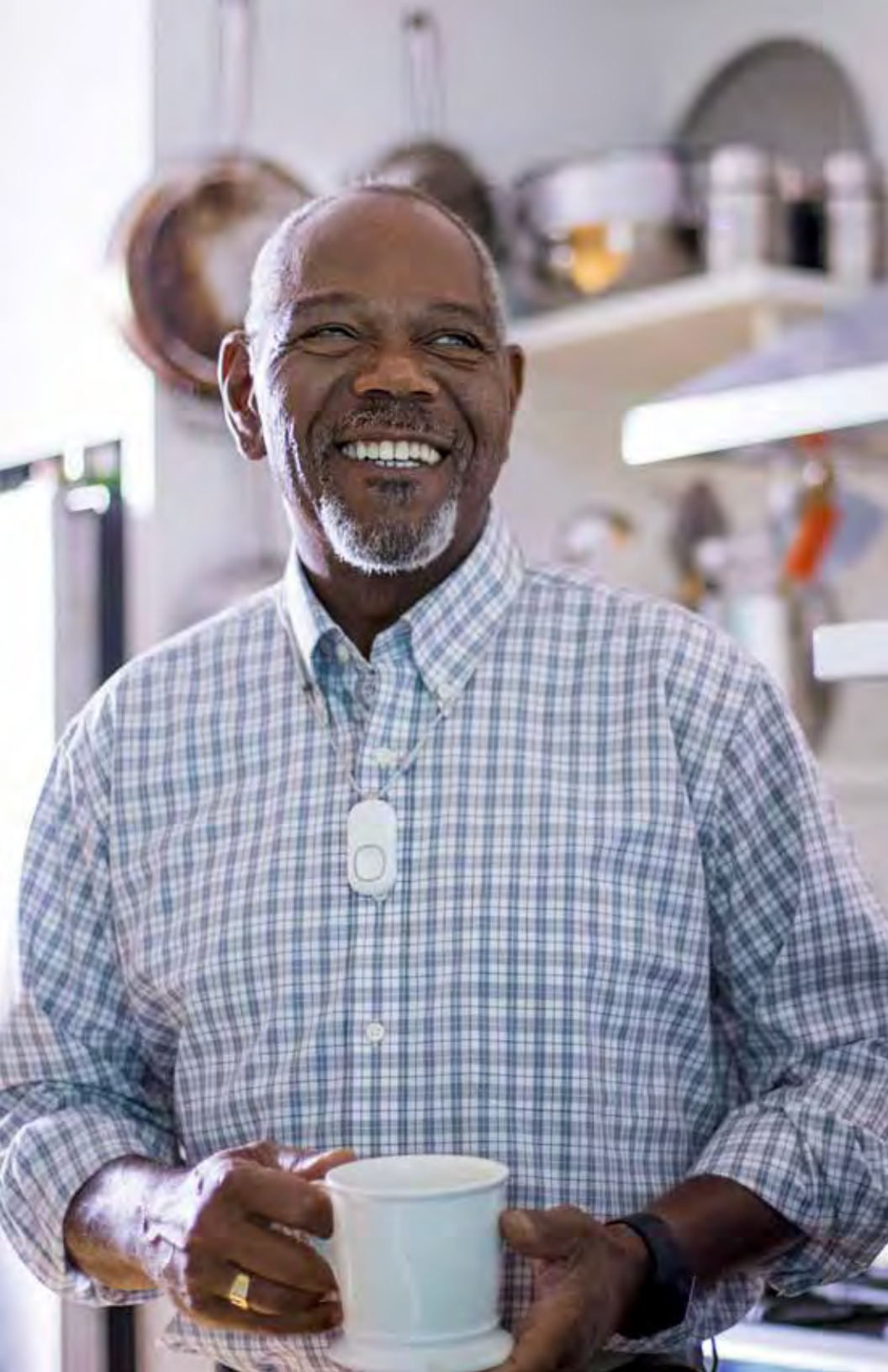


Senior Services

A guide to programs and services for seniors including health, caregiving, housing, driving and staying safe.



VICTORIA LIFELINE
Safe and independent living.



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IN HOME ASSESSMENT TEAMS

Winnipeg Regional Health Authority

PROGRAMS:

Geriatric Program Assessment Team (GPAT)

(204) 982-0140

Healthy Aging Resource Teams (HART)

RIVER EAST/TRANSCONA

(204) 940-2114

ST. JAMES/ASSINIBOIA SOUTH

(204) 940-3261

DOWNTOWN/POINT DOUGLAS

(204) 940-8140



SUPPORT SERVICES

A&O: Support Services for Older Adults

Non-profit organization providing specialized services & programming for older adults.

(204) 956-6440

www.aosupportservices.ca

Silvia Visintin - A&O Housing Consultant

Svisintin@aosupportservices.ca

WRHA Senior Resource Finders

Refer and connect adults aged 55+ to community supports, information and services.

www.wrha.mb.ca/support-services-to-seniors/seniors-resource-finders/



GOVERNMENT PROGRAMS

Primary Caregiver Tax Credit

Manitoba Tax Assistance Office

(204) 948-2115 / 1-800-782-0771

www.gov.mb.ca/finance/tao

Federal Benefits

For information on Guaranteed Income Supplement (GIS), the Compassionate Care Benefit, the Disability Tax Credit or the Veterans Affairs Caregiver Relief Benefit, please contact:

Service Canada

1-800-206-7218

www.canada.ca/en/services/benefits.html



Manitoba Rent Assist Program

(204) 945-2197

Manitoba Institute for Patient Safety

(204) 927-6477

Toll Free: 1-866-927-6477

Home Care (WRHA)

<https://wrha.mb.ca/home-care/>

(204) 788-8330

Family Managed Home Care Program

<https://wrha.mb.ca/home-care/self-and-family-managedcare/>

Manitoba 211

Listing of programs & services for adults 55+

Call 211 from anywhere in Manitoba

<https://mb.211.ca>

55 Plus Program - Manitoba Income Supplement

(204) 948-7368

www.gov.mb.ca/fs/eia/55plus.html

MEDICAL ALERT SERVICE

Victoria Lifeline

www.victorialifeline.ca

No obligation in-home or virtual consultations with a trained educator & hospital bedside visits available.

(204) 956-6777 / 1-888-722-5222

TRANSPORTATION

Transportation Options Network for Seniors

www.tonsmb.org/

(204) 799-1788

Seniors Transport

www.seniorstransport.ca

(204) 430-9851

Sunshine Transit Services

www.sunshinetransit.ca

(204) 667-5332

Go Orderly

www.goorderly.ca/

goorderly@gmail.com

(204) 783-7881

Get U There Senior Services

(204) 955-9292 / (204) 999-7322

Ride services, grocery shopping, companion care
www.getuthere.ca

Ring a Ride: Program of A&O: Support Services for Older Adults

Ride services, companion care

(204) 452-9491

Community Paramedic Services

Ambulatory/Stretcher

(204) 406-6499

www.communityparamedicsservice.com



FOOD / MEAL DELIVERY SERVICES

Food for Thought

www.foodforthought.ca

(204) 772-3663

Meals on Wheels

www.mealswinnipeg.com

(204) 956-7711

Prairie Box

www.prairiebox.com

(204) 488-9927

Harmans Meal Service

www.harmansmealservice.com

(204) 233-5005

Heart to Home Meals

www.hearttohomemeals.ca

(204) 816-8659

Supper Central

www.suppercentral.ca

(204) 290-0909



PRIVATE HOME CARE / COMPANION

Comforts of Home Care

www.comfortsofhomecare.ca

(204) 949-3234

Comfort Keepers

www.comfortkeepers.ca/winnipeg

(204) 488-4600

Complete Care

www.completecarehealth.com

(204) 949-5090

Friendly Caregiver

www.friendly-caregiver.com

(204) 798-0490

Home Care Assistance

www.homecareassistancewinnipeg.ca

(204) 819-4090

Home Instead Senior Care

www.homeinstead.ca/location/3021

(204) 953-3720

Just Like Family Home Care

www.justlikefamily.ca

(204) 887-6770

Morning Breeze Healthcare

www.morning-breeze.ca

(204) 955-5602

Nurse Next Door Home Care

www.nursenextdoor.com

(204) 800-0251

Realcare

www.realcare.ca

(204) 957-7325

Reliable Home Care

www.reliablehomecare.ca

(204) 415-3471

Right at Home Care

www.rightathomecanada.com/winnipeg

(204) 488-4600

RESPIRE

Caregiving with Confidence

www.caregivingwithconfidence.org

(204) 956-6440

PHYSIOTHERAPY

Bee Wellness

www.beewellnessinc.com

(204) 832-2077

Amanda Reimer Mobile Physiotherapy

www.reimerphysiotherapy.ca

(204) 793-2097

Refresh Mobile Massage Therapy

www.refreshmobiletherapy.com

(204) 793-2097

PHYSICIAN SERVICES

Family Doctor Connection Program

(204) 786-7111

Health Calls Clinic

(204) 988-1900

Envoy Medical Centre

(204) 786-4444

WRHA Health Links information line

**(204) 788-8200 or toll-free
1-888-315-9257**



MOVING SERVICES

Senior Move Resources

www.clarityoverclutter.ca

(204) 981-0037

Transitions

www.movewithtransitions.com

(204) 487-7949

Seniors Moving Company

www.seniorsmovingco.com

(204) 415-4444

DENTAL CARE

Deer Lodge Centre Dental Care Program

(204) 831-2157

Home Dental Care Program

(204) 831-3455

MEDICAL

Dynacare Mobile Lab Services

www.dynacare.ca

(204) 944-0757 Ext. 3

Community Paramedics Service

info@communityparamedicsservice.com

(204) 406-6499

Winnipeg Minor Injury and Illness Clinic

www.wpgminorillness.com

(431) 222-2273

PanAm Clinic

www.panamclinic.org

(204) 925-1550





MOBILE FOOT CARE

Foot Care for Seniors

www.footcareforseniors.ca

(204) 837-6629

Two Soles Footcare

www.twosolesfootcare.com

(204) 997-2520

EYE CARE

Misericordia Eye Care Centre

(204) 788-8600

Senior Eyeglass Program

www.gov.mb.ca/health/mhsip/eyeglasses.html

(204) 786-7365

Eye GO Mobile Optical

info@eyego.ca

(204) 793-9346



OTHER AGING IN PLACE SUPPORTS

Enabling Access: Ability & Inclusion Specialists

Occupational Therapy
www.enablingaccess.ca

(204) 475-0433

Red Cross Friendly Calls program

Connecting trained volunteers with older adults who need social interaction.

Email: friendlycallingmb@redcross.ca

(204) 583-6285 / 1-866-685-4250

Manitoba Association of Senior Centres

Stay active & find a senior centre near you!

www.manitobaseniorcentres.com

(204) 792-5838

Missing Pieces

Helping families find a home for tableware & other de-cluttering resources.

www.missingpieces.com

(204) 488-1136



VICTORIA LIFELINE

Safe and independent living.

Victoria Lifeline...

Manitoba's #1 Medical Alert Service

Victoria Lifeline has been helping people lead safe and independent lives since 1988. Our medical alert service provides a fast and simple way to access help in an emergency or accidental fall.

Call today and speak to one of our caring client service specialists to find a service plan that is right for you and your budget.

Victoria Lifeline

Unit #1, 756 Pembina Highway

Winnipeg, Manitoba R3M 2M7

(204) 956-6777 or toll free 1-888-722-5222