

For Your Information #7: *Transportation*



SOUTH WINNIPEG SENIORS RESOURCE COUNCIL

**An information and referral hub
connecting older adults with community resources**

www.swsrc.ca

The Complete FYI Series

FYI #1 Home & Yard Support

FYI #2 Health & Personal Care

FYI #3 Housing

FYI #4 Information & Support

FYI #5 Grocery & Meal Programs

FYI #6 Clubs & Recreation

FYI #7 Transportation

Transportation

Handi-Helpers (Blue Line)

204-925-8889

- City-wide van service for individuals and groups.
- Must be booked in advance.
- Group rates available.

Handi-Transit

204-986-5722

- Pre-booked shared ride, door-to-door service for those unable to use regular public transit.
- Must complete a registration form.
- Rates are based on current adult bus fare (seniors discounts apply).
- Rides are available from 8am to 12am (midnight).

Transportation Options Network for Seniors

204-799-1788

- Also known as TONS.
- Information, education, resources and support for seniors, their family members and others.

Vital Transit

204-633-2022

- Pre-arranged services for people in wheelchairs & walking devices.
- Fully escorted transportation service that travels city wide.
- Cost: \$12.40 plus \$1.26 per kilometer travelled.

Wheelchair Service of Manitoba

204-982-0799

- A pre-arranged full door-to-door assisted service.
- Each vehicle is equipped with a wheelchair ramp.
- Hours are 8am to 9pm but are willing to accommodate.

Get U There

204-999-7322 (Anna)

- Call Anna or Lisa (**204-955-9292**) for transportation to medical or leisure appointments
- Pre-booking required.

Transportation (cont.)

Parking Permit Program

204-975-3257

- People who have difficulty walking 50 metres or more can apply for a Parking Permit that allows parking in a specially designed spot at a close distance to the entrance.
- Must be approved by a physician.
- \$15.00 processing fee.

Veterans Affairs

1-866-522-2122

May reimburse for trips to medical appointments and related services; However, it is case dependent.

Taxi Cab Companies:

Accommodates wheelchairs & walkers upon request. Regular taxi rates.

Blue Line	204-925-8889
Dignity Transport	204-333-0100
Duffy's	204-925-0101
Spring	204-774-8294
Unicity	204-925-3131

Go Orderly

204-783-7881

- Attendant drivers can escort individuals with health challenges to appointments citywide: (medical, shopping, family events, haircuts, weddings, funerals, etc.).
- Free estimates.
- Wheelchairs available if needed.

Sunshine Transit

204-667-5332

- Offers many vehicles designed to accommodate all passengers efficiently regardless of mobility needs.
- Available for group bookings.

Transportation (cont.)

Ikwe Safe Rides: Women Helping Women

- A volunteer-based transportation service for women of all ages and cultures.
- Women members may bring family and friends of any gender along for the ride.
- To book a ride, first request membership to the Facebook page "Ikwe Safe Rides (Women Helping Women)". From there you can post your ride requests.

On The Go For You (OTGFY)

204-299-9417

- Errands service.
- Fully bonded and insured.
- \$25. per hour for seniors.
- Regular hours Monday-Friday 8am to 5pm.
- Are willing to accommodate hours of service.

Caregiving with Confidence - Ring –a-ride

204-452-9491

- Caregiving with Confidence volunteers provide assisted transportation for caregivers and recipients anywhere within city limits by prior arrangement between 8am and 8pm.
- \$10 return trip.
- Must be 65+ and a home assessment must be conducted first.
- Clients must be independently mobile; canes and walkers are acceptable.
- Users must live within postal codes R3L, R3M, R3N, R3P and R3T,

Seniors Transport

204-430-9851

- Volunteer transportation service that can cater to individualized needs.
- Can accommodate for wheelchair and other mobility restraints.

Your Basic Needs and More

204-791-8816

- Provides escorted transportation.
- Pre-booking is required.

Notes

SENIORS RESOURCE FINDERS

(formerly Community Resource Councils)

Information and Referral Hub

Living Well
at **55+**

1. St. James Assiniboia Area - Seniors Resource Coordinator	204-987-8850 ext. 108
2. Assiniboine South Area - Seniors Resource Coordinator	204-478-6169
3. Fort Garry Area - Seniors Resource Coordinator	204-792-1913
4.* St. Vital Area - Seniors Resource Coordinator For service in French see number 13	204-254-1010 ext. 217
5.* St. Boniface Area - Seniors Resource Coordinator For service in French see number 13	204-254-1010 ext. 217
6. Transcona Area - Seniors Resource Coordinator	204-222-9879
7. River East Area - Seniors Resource Coordinator	204-667-6812
8. Seven Oaks Area - Seniors Resource Coordinator	204-612-3888
9. Keewatin/Inkster Area - Seniors Resource Coordinator	204-774-3085
10. Point Douglas Area - Seniors Resource Coordinator	204-792-2920
11. East Downtown Area - Seniors Resource Coordinator	204-803-8329
11. West Downtown/Broadway Area - Seniors Resource Coordinator	204-772-3533
12. River Heights Area - Seniors Resource Coordinator	204-478-6169
13.* Conseil des francophones 55+ - serves the French speaking population of Winnipeg	204-793-1054
14.**Middlechurch Home of Winnipeg - serves West St. Paul and East St. Paul	204-336-4126

Seniors Resource Finders (SRF) help link and refer older adults 55+ to community supports, programs and services. Services vary from community to community based on identified needs; however, some common services are:

- E.R.I.K. (Emergency Response Information Kit)
- Escorted transportation and other transportation options
- Yard and home maintenance referral program
- Networking and community outreach
- Congregate meal programs
- Educational materials and community presentations



Winnipeg Regional
Health Authority
Caring for people.
Différents régional de
santé de Winnipeg
Aider les gens.
Aider les gens.



Who we are:

South Winnipeg Seniors Resource Council (SWSRC) is a non-profit information and referral hub connecting older adults with community resources to assist them in daily living.

Who we serve:

- Adults 55+ living in accommodations ranging from private dwellings to personal care homes
- Families, friends and caregivers of older adults

Where we serve:

In the communities of Charleswood, Crescentwood, Fort Rouge, Lord Roberts, Osborne Village, River Heights, Riverview and Tuxedo.

Contact Us:

117 – One Morley Ave, Winnipeg, MB R2L 2P4
204-478-6169 resources@swwsrc.ca

***** Disclaimer *****

Information in the FYI Brochure is for reference purposes only and is not an exhaustive list of services available.

SWSRC does not take responsibility for the services provided.