



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@swsrc.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.

For Your Information #1: *Home & Yard Support*



SOUTH WINNIPEG SENIORS RESOURCE COUNCIL

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

www.swsrc.ca

Home and Yard Support

City of Winnipeg

311

Garbage and Recycling: The City of Winnipeg provides a special walk-up service for seniors living in their own homes that are physically unable to put out and retrieve their own garbage and recycling bins. Call to obtain application form.

Snow Removal: The City of Winnipeg provides a snow removal service to ensure that a path is cleared from the sidewalk in front of your home to the road. Call 311 for eligibility requirements.

Home Renovations

DH Home Designs

204-996-3426

- Winnipeg based General Contractor that specializes in home renovations.
- Services include custom and ready-made packages.
- Rates are arranged by specific job between service provider and client directly.

The Handyman Connection

204-895-1744

- Specializes in "Aging in Place" jobs (ex: shower seat, grab bar, accessibility ramp installations).
- Many other services available such as carpentry, painting, dry wall, electrical and much more.
- Call for an estimate.

Home Maintenance and Yard Work (cont.)

Workforce Venture Program

204-781-3832

- A division of Macdonald Youth Services that provides work training for young people (supervision is provided).
- Services offered are lawn care, snow removal and dump runs.
- Available in Osborne/Fort Rouge, West End and St. Vital.
- Fees are dependent on type of service.

Self Starting Creative Opportunities for People in Employment

204-987-6300

- Also known as SSCOPE, provides services such as lawn maintenance, light moving, pick-up and deliveries, cleaning, snow removal and more.
- Cost: \$6g -\$8g hourly rate, dependent on service.
- 10% discount offered for pre-paid seasonal services.

Snow Angels—Snow Removal Program

204-956-7590

- Offered through Take Pride Winnipeg.
- Seniors are matched with community volunteers who provide free snow removal from sidewalks and driveway.
- Registration is available throughout the winter.

Opportunities for Employment: Community Home Services

204-927-1722

- Light and heavy housekeeping, and yard maintenance services available for low-income individuals.
- Application form required: www.ofe.ca/referrals.asp

Manitoba Housing

Home Adaptations for Seniors Independence 204-945-5566

- Provides financial assistance to home owners and landlords for minor home adjustments that help low-income seniors with daily living difficulties in the home.
- Call for eligibility requirements.

Homeowner Emergency Loan Program (HELP) 204-945-5566

- Provides financial assistance to low-income homeowners to pay for urgent repairs for the tenants' safety
- Call for eligibility requirements

Residential Rehabilitation Assistance Program 204-945-5566

- Known as RRAP, it offers services to persons with disabilities.
- Provides financial assistance to homeowners and landlords for modifying their houses or rental units to meet the needs of tenants with disabilities.
- Call for eligibility requirements.

Home Maintenance and Yard Work

Home Maintenance Program for Seniors 55+ 204-806-1303

Good Neighbours Active Living Centre can refer you to individuals within your community who are able to do various jobs, such as housekeeping, yard work, building repairs, cleaning eaves troughs, plumbing and much more.

Home Cleaning Services

Heart & Home: Errand Services 204-417-9396

- Services available range from laundry, light housekeeping, mowing the lawn/weeding, taking clients to appointments, buying groceries, meal prep, running errands and much more
- Available in Charleswood, Westwood, St.James, West End, River heights, Wolseley, Downtown, Osborne, and Tuxedo.

Housework Chores and More 204-237-7866

- An errand service that can help with groceries and meal preparation, personalized home cleaning, laundry services, and pet/plant care when you are away.
- Must book for a minimum of two hours
- Cost: \$20 - \$30 hourly, dependent on type of service

Little Luxuries House Cleaning Ltd. 204-795-9835

- General home cleaning (kitchen, bathroom, bedroom, living room, etc.) and personalized services upon request are available.
- Rates are dependent on the type of service.

Home Cleaning Services (cont.)

Molly Maid (South West Location) 204-940-6150

- A team of two to provide general housekeeping maintenance such as vacuuming, dusting, oven cleaning, and much more.
- All staff are trained, bonded and insured and have undergone Criminal Record Checks and Vulnerable Persons Act.
- Cost: \$90 an hour.

Take Time Home: Cleaning & Lifestyle Services 204-770-7103

- Locally owned and operated.
- Fully licensed, bonded and insured.
- Home cleaning, carpet and upholstery cleaning, real estate cleaning, property maintenance, window cleaning, handyman services.
- Call for an estimate.

Moving / Downsizing

Clarity Over Clutter 204-981-0037

- Professional organizing, downsizing, senior moves, and estate clean outs.
- Specialized training in chronic disorganization and hoarding.

Dagenais Moving (DAG Moving) 204-254-2922

- Professional Movers.
- Residential/Commercial deliveries
- Pianos and specialty items.
- Packing/unpacking.
- Free estimates - Insured and Bonded.

Moving / Downsizing (cont.)

Go-Getter Moving and Odd Jobs 204-228-3260

- Services offered include moving, assembly of furniture, garbage removal and other odd jobs.
- Call for a quote.

Sort It Out 204-803-8666

- Provides assistance with organizing, downsizing and senior moving.
- Sessions are a minimum of 2 hours.
- Cost: \$55 per hour.

The Seniors Moving Company 204-415-4444

- Offers downsizing assistance, full packing and unpacking services and complete moving coordination.
- Experienced in all areas of downsizing and relocation services.
- References available upon request.

Technology

Lit Computer Solutions Inc. 204-230-7068

- Provides in-home technology services and repairs.
- Call for rates and appointments.