

An information and referral hub

www.swsrsc.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**

Health Services

Geriatric Program Assessment Team	204-982-0140
Health Links	204-788-8200
Healthly Aging Resource Team	204 940-2443
Home Care Intake Line	204-788-8330
Klinik Crisis Line (24/7)	204-786-8686
Long Term Care Access Centre	204-940-8670
Manitoba Health Insured Benefits	204-786-7101
Pharmacare	204-786-7141
Seniors Abuse Support Line	1-800-896-7183

Assistance for Daily Living

Caregiving with Confidence **204-452-9491**

www.caregivingwithconfidence.org

Provides services supporting family caregivers of older adults including short-term respite, transportation, caregiver support groups, and counselling for caregivers.

Comforts of Home Care Inc. **204-949-3234**

www.comfortsofhomecare.ca

Qualified & trained caregivers or health care aides can help with a variety of daily living activities such as companionship, meal planning and preparation, escorted transportation, light housekeeping, and personal care.

Home Instead Senior Care **204-953-3720**

www.homeinstead.ca/3021/

Provides non-medical care to seniors such as Alzheimer/dementia care, companionship, meal preparation, laundry, light housekeeping, medication reminders, transportation and respite care.

Assistance for Daily Living (cont.)

Mobile Therapy Services

204-228-8330

www.mobiletherapyservices.ca

- Physiotherapy service that comes to your home.
- Cost: \$85 for initial assessment.
- Offers direct billing.

RealCare Inc.

204-957-7325

www.realcare.ca

- Provides individually designed care packages including full range of health care needs.
- Realcare is available at home, in hospital or in nursing or care homes
- Free pre-assessment is required upon services.

Reliable Home Care Agency

204-415-3471

www.reliablehomecare.ca

- Provides an array of services to meet individual needs including: personal care, housework, meal preparation, companionship, and much more.
- Call for pricing and more information.

Ruth BZ Thomson Therapy

204-471-1043

www.ruthbzthomsontherapy.ca

- Ruth B. Z. Thomson, Clinical Social Worker, MSW, RSW.
- Older Adult Care Specialist.
- Therapist on wheels.
- Provides counselling and resources through life transitions in the office, by telephone, your home, or health care setting.

Precious Moments "One to One"

204-697-0219

- Companion services provided by Pam.
- Cost: \$19 per hour.

Assistance for Daily Living (cont.)

Cora Baris TLC Services Ltd.

204-228-6397

- Provides personal care, companionship, groceries, cooking and much more.
- Available 7 days a week.
- Bonded and insured.

Golden Bee Seniors Services

204 299-9396

www.goldenbeeseniorservices.ca

- Companionship service.
- Transportation.
- Non-medical care.

Assistive Devices

Victoria Lifeline

204-956-6777

www.victorialifeline.ca

- A non-profit service of the Victoria General Hospital Foundation.
- Helps clients live safe and independent lives by ensuring help is a button push away.

Assistive Healthcare Inc.

204-487-2257

117-1100 Concordia Avenue

www.assistivehealthcarewinnipeg.ca

Offers a wide range of products including bath safety and mobility products such as scooters, wheelchairs, canes, walkers, and much more.

Reliable Mobility

204-896-4027

1046 Portage Avenue

www.reliablemobility.com

Specializes in wheelchairs, lifts and scooters.

Assistive Devices (cont.)

Living Made Easy

204-231-1746

665 Archibald Street

www.livingmadeeasymb.ca

New and used home health care products such as walkers, scooters, bath chairs, toilet seats, grab bars, transfer benches and more.

Re-new Mobility

204-453-6473

665 Stafford Aveune

www.renewmobility.ca

Products include: scooters, bath aids, walkers, lift chairs and more.

Adaptive Clothing

204-691-7771

www.adaptiveclothingstore.com

Clothing for seniors with limited mobility or people with physical limitations.

Winnipeg Hearing Centres

1-877-465-9001

www.winnipeghearing.com

A full range of hearing services performed by certified audiologists and hearing instrument practitioners.

Dental Care

Dental Access Manitoba

204-336-8873

- Full service dental services that will come to your home.
- Oral exams and cancer screening, complete hygienic services, denture repairs, and much more.
- Offers insurance coverage, but you do not need insurance to access these services.

University of Manitoba: Faculty of Dentistry 204-789-3505

http://umanitoba.ca/faculties/health_sciences/dentistry/

- Offers reduced fees in a teaching clinic.
- Availability of services changes throughout the year.

Dental Care (cont.)

Deer Lodge Centre Dental Care Program

204-831-2157

Home Dental Care Program

204-831-3456

2109 Portage Avenue

http://umanitoba.ca/faculties/health_sciences/dentistry/ccoh

- Provides dental care for individuals who have difficulty going to traditional dental clinics.
- Utilizes three dental mobile vans equipped with dentists, dental hygienists and dental assistants.
- Visits long term care homes, the residences of homebound individuals and hospitals.
- Services include: dental exams, dental hygiene care, restorations, extractions, denture fabrication and more.
- Wheelchair, stretcher-bed, and walker-friendly dental clinic that is open to seniors in the community at a reduced cost.

Foot and Nail Care

Remy's Nail Design

204-772-3173

65 Sherbrook Street

- Specializes in senior foot and nail care.

C. Best Mobile Foot Care Service

204-797-4499

- Basic in-home foot care services .
- Must be non-smoking homes.
- Cost: \$55.
- Blue Cross and veterans' coverage available.

Foot Care for Seniors

204-837-6629

www.footcareforseniors.ca

- Mobile foot care service by accredited foot care nurses.
- Available at home, in hospital, or nursing and care homes.

Foot and Nail Care (cont.)

Tip Toe Foot Care Services

204-475-5981

www.tiptoefootcare.ca

- Mobile nursing foot care available in all of Winnipeg.
- Insurance coverage available for Blue Cross, Great-West Life, Sun life and Veterans Affairs.

Pamper Your Peds

204-799-4514

- In-home foot care service.
- Blue Cross and Dept. Of Veterans Affairs coverage.
- Gift certificates available.

HTS Home Therapy Services

204-261-8735

www.winnipegphysiotherapy.com

- In-home Physiotherapy.
- Services are ideal for:
 - Maintaining or restoring physical function, balance and mobility
 - Neurological, orthopaedic and cardiorespiratory rehabilitation.

Eye Care

Lion's Eye Bank

204-772-1899

www.lionsfoundation.org

Financial assistance for those who are in need of eye exams & eye glasses.

Senior Eyeglass Program

204-786-7365

The Manitoba Health Senior Eyeglass Program provides financial assistance to Manitoba residents 65+ toward the purchase of eyeglasses.

Eye Care (cont.)

Eye 2 You Optical Services

204-771-6670

www.eye2you.ca

- In home services includes complete Eye Exams.
- Complete glasses and prescription updates.
- Frame repairs and adjustments.

Canadian National Institute for the Blind

204-774-5424

1080 Portage Ave

www.cnib.ca

Provides community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life.

Hair Care

I Care Mobile Hair

204-781-5012

- In-home hair service by Rachal Lymburner.
- Travels citywide to homes, hospitals, or nursing homes.
- Cost: \$30 for hair cuts, \$80-85 for perms.

Physician Services

Envoy Medical Dispatch

204-786-4444

- Physicians make house calls from 9am to 4pm, Monday to Friday.
- Non-emergency, minor injuries only.

Nurse Practitioner on Wheels

1-877-510-1729

dispatch@nponwheels.com

- In-person care for non-emergency issues.
- Book a date/time request by phone or email.

Physician Services (cont.)

Riverview Health Centre

204-452-3411

www.rhc.mb.ca

Provides specialized in-patient, out-patient and outreach services such as: rehabilitation, palliative care, behaviour management, complex continuing care, personal care and adult day programs.

Family Doctor Finder

204-786-7111

Maintains an up-to-date list of family doctors accepting new patients.

Health Calls

204-988-1900

Physicians make house calls from 8am to 6pm, Monday to Friday.

Delta 9 Lifestyle Cannabis Clinic

204-410-3424

202- 478 River Avenue

www.deltag.ca

- Initial medical cannabis consultation is required.
- Meet with one of Delta 9 Lifestyle physicians to determine eligibility.

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 now!!

Différents réseaux de
santé à Winnipeg
À l'écoute de nos soins



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.