



Senior Services

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



VICTORIA LIFELINE
Safe and independent living.

Empowering Independence for Over 30 years!

    [VictoriaLifeline.ca](https://www.victorialifeline.ca)

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 and programming for older adults including a Senior Housing information list.

(204) 956-6440

Website: www.aosupportservices.ca

Email: info@aosupportservices.ca

WRHA Senior Resource Finders

WRHA Senior Resource Finders:

[LINK](#)

Seniors Resource Finders help link and refer older adults 55+ to community supports & services including:

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





GOVERNMENT PROGRAMS

Primary Caregiver Tax Credit

Manitoba Tax Assistance Office: [LINK](#)
(204) 948-2115 / 1-800-782-0771

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:

1-800-206-7218 

[LINK](#)

Manitoba Rent Assist Program

(204) 948-7368

Home Care (WRHA) Intake Line

(204) 788-8330 [LINK](#)

Family Managed Home Care Program

[LINK](#)

Manitoba 211

Listing of programs & services for adults 55+
Call 211 from anywhere in Manitoba
(available in 150 languages.)

[LINK](#)

55 Plus Program - Manitoba Income Supplement

(204) 948-7368 [LINK](#)

MEDICAL ALERT SERVICE



VICTORIA LIFELINE
Safe and independent living.

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

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

[LINK](#)

TRANSPORTATION

Community Paramedic Services

Ambulatory/Stretcher

(204) 406-6499

[LINK](#)

Get U There Senior Services

Ride services, grocery shopping,
companion care

(204) 955-9292

(204) 999-7322

[LINK](#)

Go Orderly

(204) 783-7881

[LINK](#)

Seniors Transport

(204) 430-9851

[LINK](#)

Sunshine Transit Services

(204) 667-5332

[LINK](#)

Transportation Options

Network for Seniors

(204) 799-1788

[LINK](#)

FOOD/MEAL DELIVERY SERVICES

Food for Thought

(204) 772-3663

[LINK](#)

Harmans Meal Service

(204) 233-5005

[LINK](#)

Heart to Home Meals

(204) 816-8659

[LINK](#)

Meals on Wheels

(204) 956-7711

[LINK](#)

Prairie Box

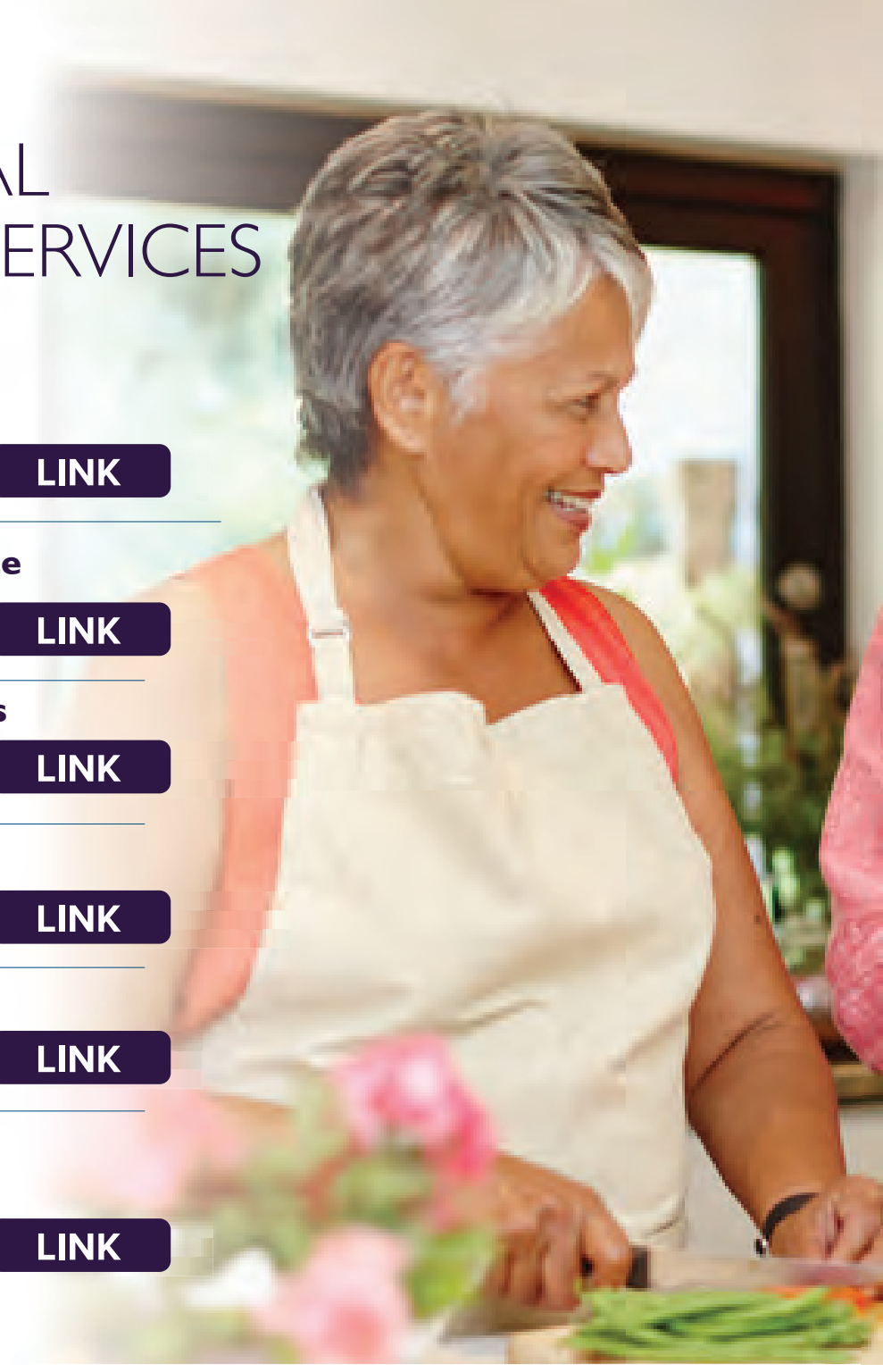
(204) 488-9927

[LINK](#)

Supper Central

(204) 290-0909

[LINK](#)



PRIVATE HOME CARE/COMPANION

Care Possible

(204) 975-3080 [LINK](#)

Nurse Next Door Home Care

(204) 800-0251 [LINK](#)

Comforts of Home Care

(204) 949-3234 [LINK](#)

Reliable Home Care

(204) 415-3471 [LINK](#)

Comfort Keepers

(204) 488-4600 [LINK](#)

Right at Home Care

(204) 488-4600 [LINK](#)

Friendly Caregiver

(204) 798-0490 [LINK](#)

Home Instead Senior Care

(204) 953-3720 [LINK](#)

Just Like Family Home Care

(204) 887-6770 [LINK](#)

PHYSIOTHERAPY

Bee Wellness for older adults with Rehabilitation needs

(204) 832-2077 [LINK](#)

Amanda Reimer Mobile Physiotherapy & Massage Therapy

(204) 979-1887 [LINK](#)





MOBILE PHYSICIAN SERVICES

**Family Doctor
Connection Program**
(204) 786-7111

Health Calls Clinic
(204) 988-1900

Doctor House calls
(204) 586-5555 [LINK](#)

MEDICAL

Dynacare Mobile Lab Services
(204) 944-0757 Ext. 3 [LINK](#)

PanAm Clinic
(204) 925-1550 [LINK](#)

**Winnipeg Minor Injury
and Illness Clinic**
(431) 222-2273 [LINK](#)

**WRHA Health Links
information line**
(204) 788-8200
or toll-free
1-888-315-9257

MENTAL HEALTH SERVICES

Canadian Mental Health Association (CMHA)

Crisis Line:

1-833-456-4566 (24/7)

LINK

CMHA Mental Health Resources for Winnipeg:



DOWNLOAD

EYE CARE

Eye GO Mobile Optical

(204) 793-9346

LINK

Misericordia Eye Care Centre

99 Cornish Avenue, Winnipeg

24/7 URGENT EYE CARE

(204) 788-8600

Senior Eyeglass Program

(204) 786-7365

LINK

SELLING/ DOWNSIZING/ MOVING

Carefree Concierge

(204) 330-6629 [LINK](#)

Missing Pieces

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

(204) 488-1136 [LINK](#)

My Smaller Nest

Senior Relocation Specialist

(204) 612-6575 [LINK](#)

Seniors Moving Company

(204) 415-4444 [LINK](#)

OTHER SUPPORT SERVICES

Alzheimer Society

Information, education & support for all
forms of dementia

(204) 943-6622 [LINK](#)

Community Financial Counselling Services (CFCS)

Free income tax service for low income people

(204) 989-1913 [LINK](#)

Enabling Access: Ability & Inclusion Specialists

Occupational Therapy & Home Modifications

(204) 475-0433 [LINK](#)

Manitoba Association of Senior Centres

Stay active & find a senior centre near you!

(204) 792-5838 [LINK](#)



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

Safe and independent living.

Victoria Lifeline
Unit #1, 756 Pembina Highway
Winnipeg, Manitoba R3M 2M7
www.victorialifeline.ca
(204) 956-6777 or toll free 1-888-722-5222

*Empowering Independence
for Over 30 years!*

    VictoriaLifeline.ca