



# 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 35 years!***

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

# IN HOME ASSESSMENT TEAMS

## Winnipeg Regional Health Authority PROGRAMS:

**Geriatric Program Assessment  
Team (GPAT)**

**(204) 982-0140** [LINK](#)

**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](http://www.aosupportservices.ca)

Email: [info@aosupportservices.ca](mailto:info@aosupportservices.ca)

## **Elder Abuse Prevention Services**

Confidential consultation, assessment and counselling services provided to seniors who are victims of abuse.

Seniors Abuse Support Line: **1-888-896-7183**

## **WRHA Senior Resource Finders**

WRHA Senior Resource Finders: [LINK](#)

Senior 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

Information on health & social 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) 318-5554 [LINK](#)

## Homecare Solutions for Everyone

(204) 443-4473 [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

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**Health Calls Clinic**  
(204) 988-1900

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

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## MEDICAL

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

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

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**QDoc Virtual  
Healthcare**  
**1-833-736-2362**  
Email: [Info@qdoc.ca](mailto:Info@qdoc.ca)

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

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**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](#)

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### **Seniors Moving Company**

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

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## OTHER SUPPORT SERVICES

### **Alzheimer Society**

Information, education & support for all forms of dementia

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

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### **Care at Home Pharmacy**

(204) 691-6980 [LINK](#)

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### **Community Financial Counselling Services (CFCS)**

Free income tax service for low incomes people

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

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### **Dial-a-Dietitian**

(204) 788-8248 [LINK](#)

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### **Diamond Athletic Medical Supplies**

(204) 488-7820 [LINK](#)

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### **Enabling Access: Ability & Inclusion Specialists**

Occupational Therapy & Home Modifications

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

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### **Execucare Estate Preparation & Executor Assistance Inc.**

(204) 227-5973

Email: [execucarewpg@gmail.com](mailto:execucarewpg@gmail.com)

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### **Manitoba Association of Senior Centres**

Stay active & find a senior centre near you!

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

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### **Palliative Manitoba**

Information, education & support for forms of serious illness

(204) 478-6372 [LINK](#)

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### **Reliable Mobility**

Home health care supplies & equipment

(204) 774-6322 [LINK](#)

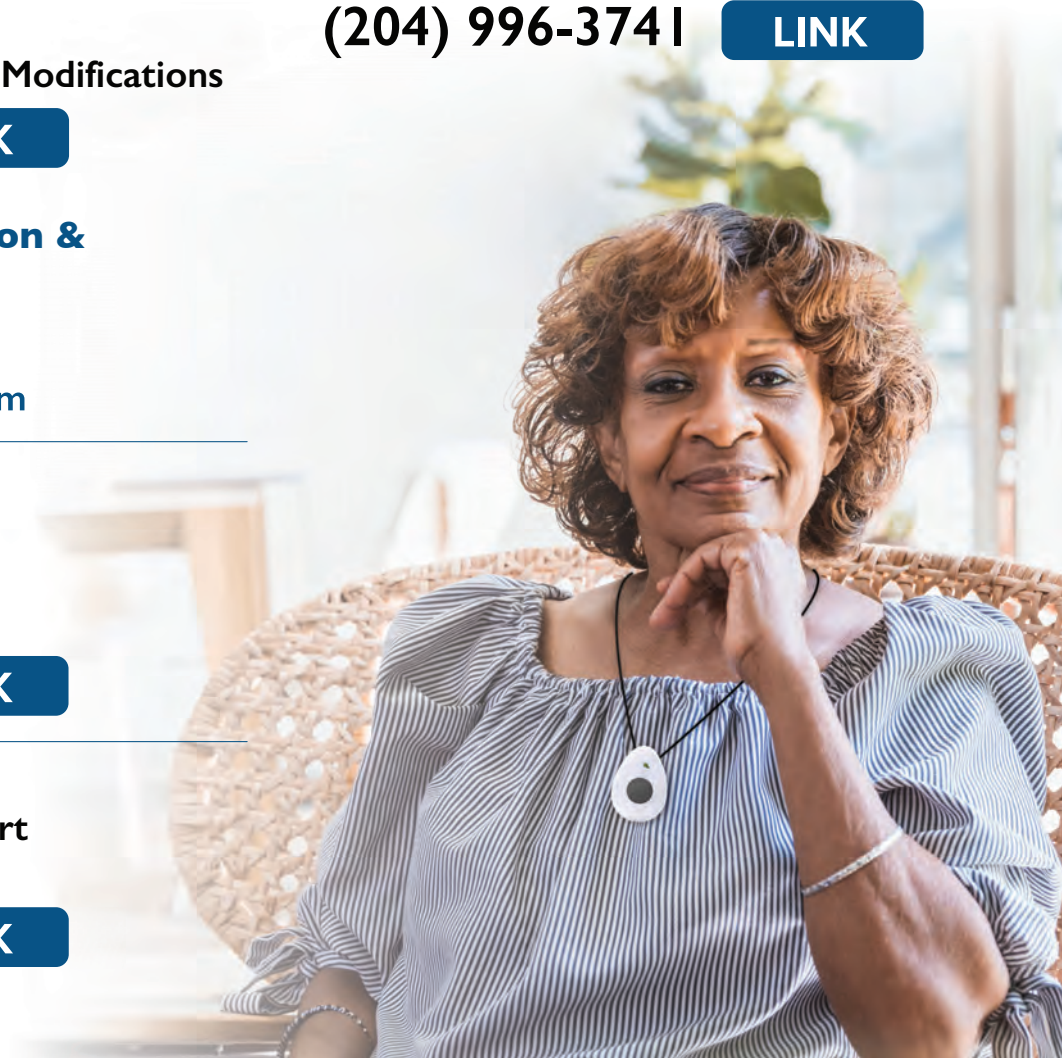
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### **Thrive Practice**

Medication Management Consultant

(204) 996-3741 [LINK](#)

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# 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.*



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Winnipeg, Manitoba R3M 2M7  
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(204) 956-6777 or toll free 1-888-722-5222

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