



VICTORIA LIFELINE

Safe and independent living.

Senior Services

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



*Empowering Independence
for Over 30 years!*

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

Senior Services

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

INDEX

This is an active document. Simply click on the page, phone number or website link that interest you to go directly there.

In Home Assessment Teams	1
Support Services	1
Government Programs	2
Medical Alert Service	2
Transportation	3
Food/Meal Delivery Services	3
Private Home Care/Companion	4
Mobile Physiotherapy	4
Mobile Physician Services	5
Medical	5
Mental Health Services	5
Eye Care	6
Selling/Downsizing/Moving	6
Other Support Services	6



VICTORIA LIFELINE
Safe and independent living.

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.

[LINK](#)

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

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

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](#)

Comforts of Home Care

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

Comfort Keepers

(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](#)

Nurse Next Door Home Care

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

Reliable Home Care

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

Right at Home Care

(204) 488-4600 [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 incomes 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

Safe and independent living.

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

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