



**VICTORIA LIFELINE**  
Safe and independent living.

# Senior Services

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





# Senior Services

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

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# 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**

[LINK](#)

[Email](#)

### 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



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[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

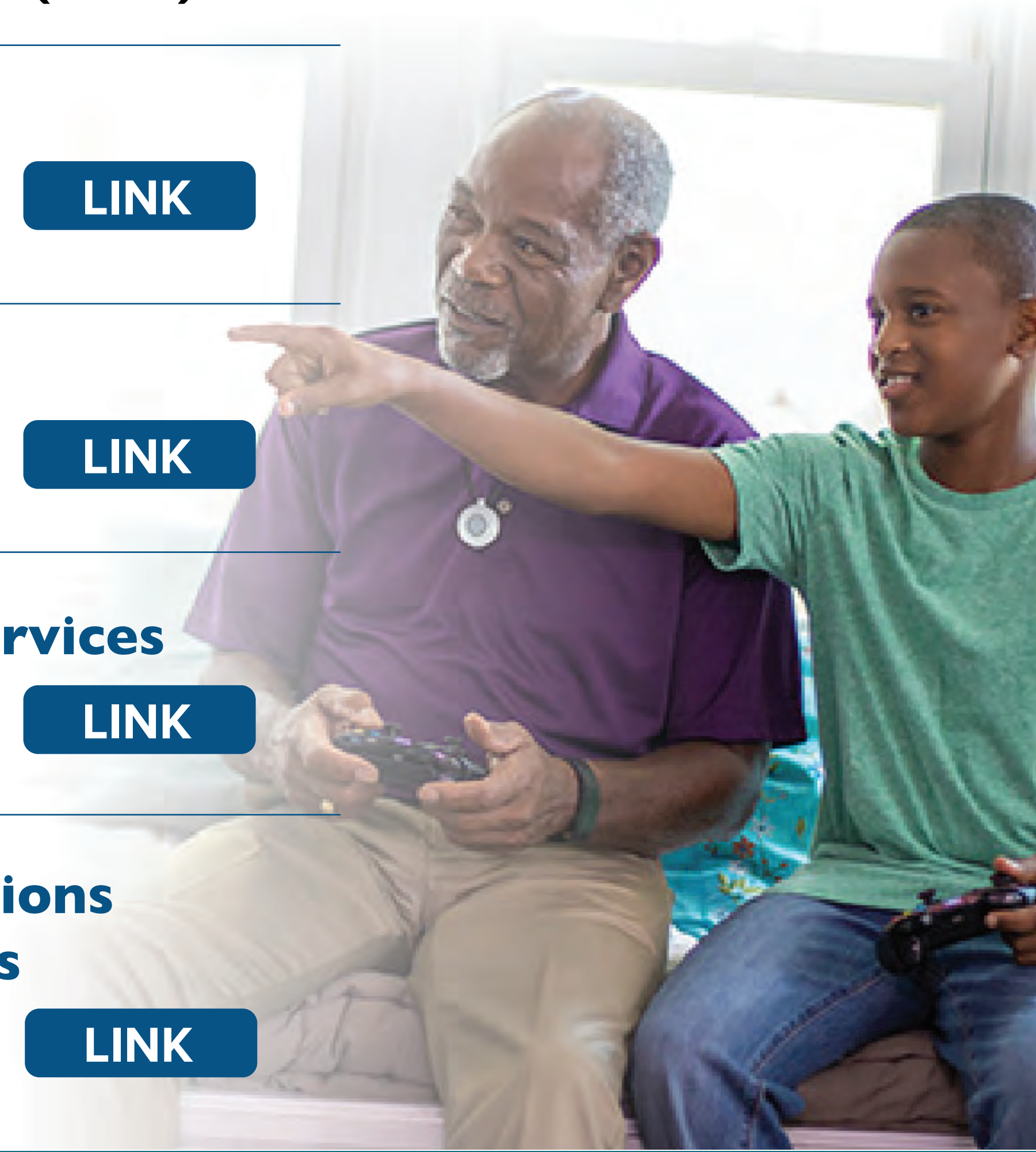
**(204) 430-9851** [LINK](#)

## 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](#)

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## Comforts of Home Care

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

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## Comfort Keepers

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

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## Home Instead Senior Care

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

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## Homecare Solutions for Everyone

**(204) 443-4473** [LINK](#)

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## Just Like Family Home Care

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

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## Nurse Next Door Home Care

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

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## Reliable Home Care

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

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## Right at Home Care

**(204) 318-5554** [LINK](#)

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# PHYSIOTHERAPY

**Bee Wellness for older adults  
with Rehabilitation needs**

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

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**Amanda Reimer  
Mobile Physiotherapy  
& Massage Therapy**

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

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# 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](#)

# 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** [LINK](#)

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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](#)

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**CMHA Mental Health  
Resources for Winnipeg:**



**DOWNLOAD**

## EYE CARE

### Eye GO Mobile Optical

(204) 793-9346 [LINK](#)

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### Misericordia Eye Care Centre

99 Cornish Avenue, Winnipeg  
24/7 URGENT EYE CARE

(204) 788-8600

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### Senior Eyeglass Program

(204) 786-7365 [LINK](#)

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## SELLING/DOWNSIZING/MOVING

### Carefree Concierge

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

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### Missing Pieces

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

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

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### 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** [LINK](#)

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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 Consultants

**(204) 996-3741**



**VICTORIA LIFELINE**

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*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**

