



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)

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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

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



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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](#)

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 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

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

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