

# Manitoba Resources for Seniors

## General Resources

**Manitoba 211** <https://mb.211.ca/>

General government, community and social services resources for the province

## Health Resources

### 1. **Seniors Programming at Youville Centre (Winnipeg)**

<https://www.youville.ca/health-centre/seniors-programming>

- Holds clinics; provides health presentations and screenings
- Provides health information sessions on various subjects at Seniors Lunch and Learn sessions

### 2. **Hôpital de Jour de Gériatrie** <https://stbonifacehospital.ca/>

- 12 to 16-week interdisciplinary rehabilitation program to encourage independent functioning
- Potential benefits for seniors 65+

### 3. **Seniors Resource Finder, Information and Referral Hub at ACCESS Downtown**

<https://www.aosupportservices.ca/resources/seniors-resource-finders/>

- Offers information on meal programs, health services, transportation, home maintenance, and more
- ERIKs - Emergency Response Information Kits
- Referrals to other resources in the community

### 4. **Health Education at Good Neighbours Active Living Centre** <https://gnalc.ca/>

- Provides health education specifically for seniors

## **5. Geriatric Mental Health Team at Deer Lodge Centre**

<https://wrha.mb.ca/geriatric-mental-health/>

- In-home mental health assessments for adults 65+
- Case reviews and referrals to community resources

## **6. Health Links-Info Santé**

<https://misericordia.mb.ca/programs/phcc/health-links-info-sante/>

- Province-wide service offering triage, health information, referrals, and advice from nurses
- Symptom assessment and referral to appropriate care

## **7. Respiratory Home Care Program at Downtown Community Health Services Office**

<https://wrha.mb.ca/>

- Services for clients with respiratory needs, including MB Home Concentrator Program

## **8. Community IV Program at Misericordia Health Centre** <https://misericordia.mb.ca/>

- Treatment and support for patients needing IV therapy through a healthcare team

## **9. Home Care at ACCESS NorWest**

<https://wrha.mb.ca/home-care/>

Care planning, service coordination, after-hours response, and more

## **Housing Resources**

### **1. Seniors Resource Finder, Information and Referral Hub at ACCESS Downtown**

<https://www.aosupportservices.ca/resources/seniors-resource-finders/>

Offers information on meal programs, health services, housing, and more

**2. 55+ Seniors Housing at Lion's Place** <https://www.lhc.ca/>

Offers rental housing packages for seniors, including supportive services, and activities

**3. Non-Profit 55+ Housing at Sts. Peter and Paul Manor**

<https://stspeterandpaulmanor.ca/>

Housing for adults 55+ in a 33-suite complex

**4. Resources for Seniors at Seine River Services for Seniors**

<https://seineriverservicesforseniors.ca/site/>

Offers mobility rentals, friendly visiting, transportation, foot care, and more

**5. Housing options for older Manitobans**

[https://www.gov.mb.ca/betterhealth/health\\_services/housing\\_options.html](https://www.gov.mb.ca/betterhealth/health_services/housing_options.html)

Subsidized rental housing, supportive housing, personal care homes, etc.

**6. Local Housing Information at Dauphin Multi-Purpose Senior Centre**

<https://dauphinseniors.com/>

Local housing listings for seniors in the area

**7. Social Housing Assisted Living (SHAL)** [www.gov.mb.ca/housing/progs/shal.html](http://www.gov.mb.ca/housing/progs/shal.html)

Affordable assisted living for those 60+

**Transportation Resources**

**1. Manitoba Listing of ATS Providers**

<https://www.ualberta.ca/en/medically-at-risk-driver-centre/resources/forseniors/manitoba-listing.html>

Database of transportation providers for seniors in Manitoba

2. **Seniors Transport** <https://www.seniorstransport.ca/>

Volunteer service offering door-to-door transport for seniors and those with mobility issues

3. **Go Orderly** <https://goorderly.ca/>

Escorted medical services and patient discharge

4. **The Seniors Moving Company** <https://seniorsmovingco.com/>

Downsizing, packing, moving, and organizing

## **Financial Resources**

1. **Income Tax Services at A & O: Support Services for Older Adults**

<https://cfcstaxes.com/>

Seasonal income tax preparation services for qualifying older adults

2. **Pharmacare Program**

[www.gov.mb.ca/health/pharmacare/index.html](http://www.gov.mb.ca/health/pharmacare/index.html)

Universal drug coverage based on income

3. **Help with Employment and Income Assistance at Union Centre Building**

[www.cuhc.mb.ca](http://www.cuhc.mb.ca)

Assists with obtaining provincial EIA benefits

4. **Income Tax Clinics at Marlene Street Community Resource Centre**

[www.marlenestreet.com](http://www.marlenestreet.com)

Free income tax clinics for low-income individuals from March to April

5. **Financial Assistance at Helping Hands for Manitobans with Breast Cancer**

<https://helpinghands4mbwbc.com/>

Provides financial aid for those undergoing breast cancer treatment

6. **Free Income Tax Filing (CVITP) at Virtual Tax Clinic** <https://cfcstaxes.com/>

Provides free virtual income tax filing for low-income individuals

## **Social Resources**

1. **Social Events / Services** <https://pal55plus.ca/>

Social events and fitness programs like cycling, yoga, gardening, etc.

2. Active Aging Programs <https://activeagingmb.ca/>

Health and active aging programs for those 55+

3. **Connect Program at A & O: Support Services for Older Adults**

<https://aosupportservices.ca/>

Social workers connect socially isolated seniors to resources

4. **Senior Centre Without Walls at A & O: Support Services for Older Adults**

<https://www.aosupportservices.ca/our-three-pillars/social-engagement/senior-centre-without-walls/>

Educational and interactive programs via phone for seniors