



**Supporting
Healthy Living
for Older Adults**



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé

Many older adults

want to remain independent and live in their own communities for as long as possible.

As needs and abilities change, some people may need extra help to do this. Others may decide to move to a more supportive living environment.

Within Winnipeg, a range of community housing options and supports are available.



Community Housing Options

Independent Living

Some people choose to live in their own homes or rented accommodations. Services are available to support them if needed. Other people may choose to live in a setting where services (such as meals, laundry or housekeeping) can be purchased. This type of arrangement is often referred to as "Assisted Living" or "Independent Living" with a service package. No referral through the Winnipeg Regional Health Authority (WRHA) is required. Individuals are encouraged to speak directly with the landlord to discuss cost and the type of amenities provided.

Supportive Housing

When a person can no longer live independently in the community with available supports, it may be time to consider Supportive Housing. Supportive Housing is designed for people (primarily seniors) who need 24-hour support and supervision. Supportive housing provides personal supervision services within a secure environment. People no longer need to move to a Personal Care Home until a more intensive level of care is needed. Eligibility assessment and referral is required through WRHA.

Personal Care Home (PCH)

Personal Care Homes are available for people who can no longer manage in their home and require 24-hour nursing care. Eligibility assessment and access is coordinated through Home Care and the WRHA Long Term Care Access Centre (panel process).

Companion Care

Companion Care is an option for people who can't manage at home with supports but prefer to live in a home-like environment. Companion care providers take people into their own homes where they provide personal support services. WRHA selects and monitors Companion Care homes. Access to the Companion Care program is coordinated through Home Care and the WRHA Long Term Care Access Centre (panel process).

Your health care team can help you decide which option is best suited to your unique needs. To access community housing options that require referral through WRHA:

- If you are living in the community, discuss with your Home Care case coordinator.
- If you do not have a Home Care case coordinator, call the WRHA Central Intake Line at **(204) 940-2655**.
- If you are in hospital and cannot return home, your health care team will work with you.



Help for Older Adults in their Homes

A range of supports is available to help people with long term or short term care needs live in the community. Examples of supports include:

Home Care – Assists eligible individuals who require health services or help with activities such as laundry, bathing and dressing.

Support Services for Seniors – Offer community-based programs for older adults that promote health and well being. Examples include meal programs, tenant resources, community resource councils, and caregiver services.

Supports for Seniors in Group Living (SSGL)
– In some seniors buildings, enhanced supports are available to help people stay independent. Examples include helping people make appointments, fill out forms, and access social activities.

Specialized Supports – For some people with complex health and personal care needs, specialized supports may be available to help them live in the community. This might include people such as those living with a disability or acquired brain injury. People are encouraged to discuss their individual situation with the health care team.

Health Centre for Seniors – A team of health care staff work to provide and coordinate a full range of medical, social and supportive services in one location to support at-risk elderly who live in the community.

www.deerlodge.mb.ca





Resources for Seniors

Seniors Information Line

(For information about supports available to seniors)

- (204) 945-6565 (Winnipeg)
- 1-800-665-6565 (Toll-free outside Winnipeg)

Health Links/Info Santé:

(For health-related questions)

- (204) 788-8200 (Winnipeg)
- 1-888-315-9258 (Toll-free outside Winnipeg)

WRHA Health Services Directory

- MTS White Pages or www.wrha.mb.ca

Winnipeg Seniors Housing Directory, Age and Opportunity

- (204) 956-6440
or www.ageopportunity.mb.ca

WRHA Website:

www.wrha.mb.ca/ltc/index.php

For information about:

- Accessing Long Term Care
- Long Term Care Strategy
- Supportive Housing
- Personal Care Homes
- Companion Care
- Other Long Term Care Services listed

www.wrha.mb.ca/community/index.php

For information about:

- Home Care
- Support Services to Seniors
- Other community health services listed



Helpful Hints:

- Decide what type of living arrangements and services best meet your needs.
- If an assessment or referral is needed, use the information in this handout to contact the appropriate place.
- When exploring living arrangements, always ask the landlord what is included and at what cost to you.



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