

SUPPORT SERVICES TO SENIORS

A & O: Support Services for Older Adults

Offers specialized services in

- ◇ Safety & Security: Elder Abuse Prevention, Safe Suite, Older Victim Services, SafetyAid, This Full House
- ◇ Social Engagement: Senior Centre Without Walls, Connect Program, Entry Program for Older Adult Immigrants
- ◇ Counselling: Information & Referral, Intake, Housing, Legal Clinics, Caregiving with Confidence

200-280 Smith Street
Winnipeg, Manitoba R3C 1K2
Telephone: (204) 956-6440

Alzheimer Society of Manitoba

Offers information, support and education to people with Dementia and the family, friends and community member who support them. The Society engages in public awareness, brain health education, advocacy and funds research.

10-120 Donald Street
Winnipeg, Manitoba R3C 4G2
Telephone: (204) 943-6622

Canadian National Institute of the Blind (CNIB)

Through the provision of specialized services and training, Canadian Institute of the Blind works with individuals to achieve full independence and equality for people who are blind or visually impaired.

1080 Portage Avenue
Winnipeg, Manitoba R3G 3M3
Telephone: (204) 774-5421

Creative Retirement Manitoba Learning Centre

Contributes to the well-being of older persons and their communities by developing and offering innovative and interactive learning opportunities.

448 Burnell St
Winnipeg, Manitoba R3G 2B4
Telephone: (204) 949-2569

Manitoba Association of Senior Centres

The Association is a provincial focal point to facilitate communication, networking and planning among senior centres and raise their profiles. The Association also assists in the development of senior centres and collaborates with other senior serving organizations.

3-203 Duffield Street
Winnipeg, Manitoba R3J 0L3
Telephone: (204) 792-5838

Meals on Wheels of Winnipeg

Nutritious meals are delivered by volunteers to those in the community unable to prepare or otherwise obtain them.

174 Hargrave Street
Winnipeg, Manitoba R3C 3N2
Telephone: (204) 956-7711

Rainbow Resource Centre

“Over the Rainbow” offers social support and safe spaces for Two-Spirit, lesbian, gay, bisexual, and transgender older adults.

Services includes: Centre programming, drop in, telephone support, system navigation and education in the community.

170 Scott Street
Winnipeg, Manitoba R3L 0L3
Telephone: (204) 474-0212

The University of Manitoba operates two dental programs:

Home Dental Care Program

The Home Dental Care Program uses special portable dental equipment to provide care for those who have difficulty getting to a dental office (long-term care facility).

2109 Portage Avenue
Winnipeg, Manitoba R3J 0L3
Telephone (204) 831-3456

Deer Lodge Centre Dental Program

Located in Deer Lodge Centre, this clinic specializes in dental care for seniors and welcomes older adults from any area of Winnipeg.

2109 Portage Avenue
Winnipeg, Manitoba R3J 0L3
Telephone (204) 831-2157



Living Well
at **55+**

To volunteer, please call the Community Agency in your area!



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg