

# 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. This is a list of a range of community housing options and supports available in the Winnipeg Health Region.

Each section in this brochure is linked to the website for the service it describes, or you can search the program on the internet.



## Community Housing Options

**Independent Living:** Some people choose to live in their own homes or rented accommodations. Services are available to support them when 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 for these types of arrangements. Individuals are encouraged to speak directly with the landlord or property manager to discuss costs and the types of amenities/services provided.

**The Age and Opportunity Winnipeg Seniors Housing Directory** provides a directory for various housing options. You can view their website by searching for **aosupport services**, or call (204) 956-6440 for more information.

**Supportive Housing:** Supportive Housing is designed for people (primarily older adults) 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, referral and access is coordinated through Home Care and the WRHA Long Term Care Access Centre. For more information you search **WRHA Supportive Housing** on the internet, or call the WRHA Home Care Central Intake line at 204-788-8330 or WRHA Long Term Care Access Centre at 204-940-8670.

**Personal Care Home:** Personal Care Homes provide personal care services to individuals who can no longer manage independently at home with family support and/or community services such as home care, and where other assisted and supportive housing options are not suitable. Eligibility assessment, referral and access is coordinated through Home Care and the WRHA Long Term Care Access Centre. For more information you can call the WRHA Home Care Central Intake line at 204-788-8330 or WRHA Long Term Care Access Centre at 204-940-8670, or search **WRHA Long Term Care**.

### **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:

**Support Services for Seniors** – Offers community-based programs for older adults that promote health and well-being. Examples include meal programs, tenant resources, senior resource finders, seniors centres and specialized senior-serving organizations.

You can also all the **Senior Resource Finders** in your area. Look up Seniors Resource Finders on line or click here to go to their website.

**Home Care** – Assists eligible people who need health services or help with activities such as laundry, bathing and dressing. For more information search **WRHA Home Care** or call the WRHA Home Care Intake line at 204-788-8330.



**The Self and Family Managed Care Program** – An option offered by the WRHA Home Care Program. For information about this program, visit their website or call the WRHA Home Care Intake Line at 204-788-8330.

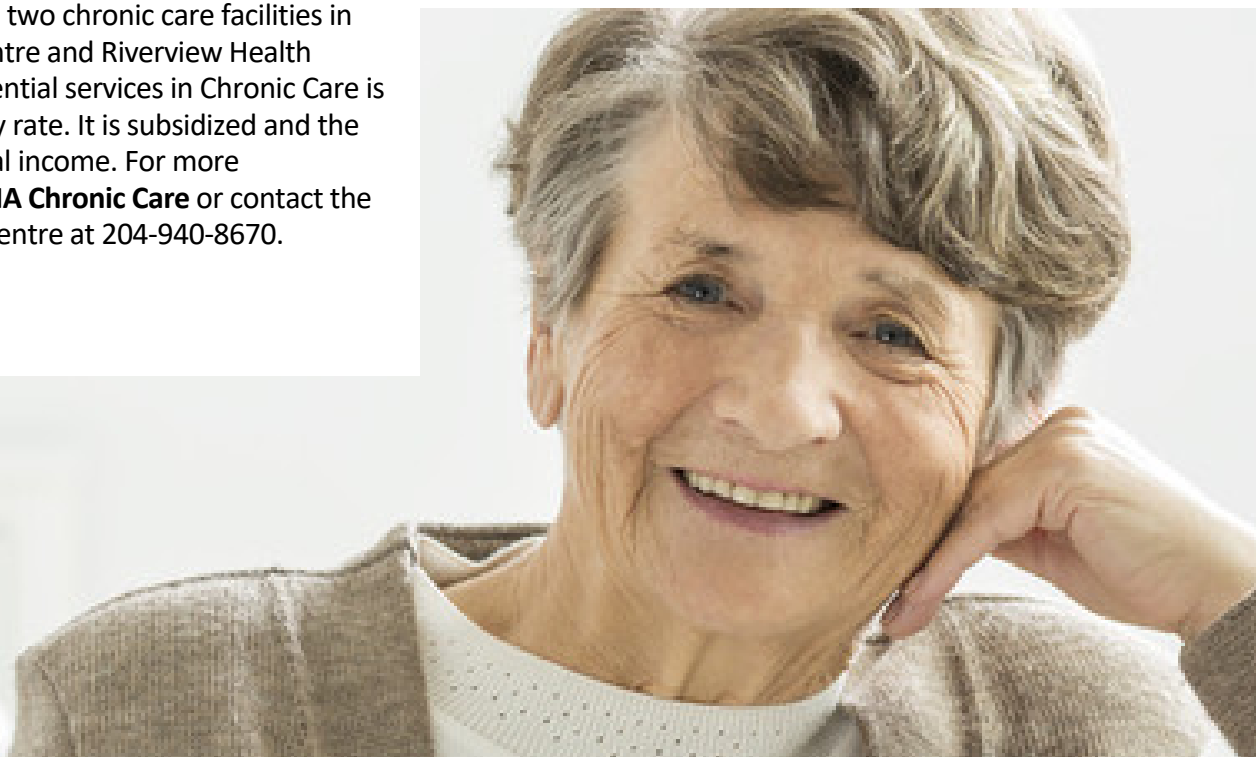
**Respite Program** – Arranges for dependent individuals requiring 24-hour care to be admitted to a personal care home to provide a planned period of relief to family caregivers. Respite is available for varied lengths of time, with the normal stay being two weeks. Home Care Coordinators can assist families and individuals in accessing the Respite Program. Each respite client pays a standard subsidized daily fee. For more information, search **WRHA Respite Program** or call the WRHA Long Term Care Access Centre at 204-940-8670.

**Chronic Care** – Services for individuals who need specialized care due to a chronic health condition or who need more care than a Personal Care Home can accommodate. There are two chronic care facilities in the city – Deer Lodge Centre and Riverview Health Centre. The fee for residential services in Chronic Care is called a per diem, or daily rate. It is subsidized and the cost is based on individual income. For more information, search **WRHA Chronic Care** or contact the Long Term Care Access Centre at 204-940-8670.

## Further Community Resources for Older Adults

**211 Manitoba** – A free, confidential, 24/7 service that connects individuals to government, health, and social services that are available across the province. The service helps Manitobans who are looking to find the right community or social resource but don't know where to start. For more information, search **211 Manitoba** or call 211.

**Health Links** – Provides general health information and help callers find health resources in local communities across Manitoba. For more information, search **Health Links** or call 204-788-8200 (Winnipeg) • 1-888-315-9258 (Toll-free outside Winnipeg)



**Dial-a-Dietitian** – Answers questions and provides easy-to-use advice on food and nutrition to assist Manitobans and their families to eat well, live well and stay healthy. For more information, search **Dial a Dietitian** or call 204-788-8248 • 1-877-830-2892 (Toll-free).

**TeleCARE TélésOINS** – A free, confidential, telephone- or telehealth-based program that helps Manitobans self-manage their Heart Failure, Type 2 diabetes or risk of diabetes. For more information, search **TeleCARE TélésOINS** or call 204-788-8688 • 1-866-204-3737 (Toll-free).

**Health Education Programs** – A range of programs that can help you with specific health conditions. These programs can assist you to quit smoking, start exercising, or eat a healthy diet. Partners and support persons are encouraged to attend as well. For more information, visit the **WRHA Health Education Programs page**

**Get Better Together!** – Provides venues to take control of your chronic physical or mental health condition(s) and build your confidence to manage them better. Support persons are also welcome to register. For more information on upcoming sessions in English or French, search **Get Better Together** or call 204-632-3927.

**Powerful Tools For Caregivers** – Provides caregivers techniques to manage your own health while you continue to care for a friend or relative. The program is 90 minutes once a week for six weeks. In-person and virtual programming available. For more information, **Powerful Tools for Caregivers Wellness Institute** or call 204-632-3927.

**Cardiac Rehabilitation** – Provides a 16-week program for those who have been diagnosed with any type of heart condition. This includes persons looking to return to better health after a heart attack or diagnosis of coronary artery disease, peripheral artery disease or other heart condition. For more information, search **WRHA Cardiac Rehabilitation**, or call 204-928-7878 ext 308 (Reh-Fit Centre) • 204-632-3907 (Wellness Institute at Seven Oaks General Hospital).

**Pulmonary Rehabilitation** – Provides an 8-week program (16 sessions) for those diagnosed with lung conditions. This includes chronic obstructive pulmonary disease (COPD), emphysema, chronic bronchitis and pulmonary fibrosis. For more information, search **WRHA Pulmonary Rehab** or call 204-831-2181.





## 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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