

# Long Term Care Strategy – To support “Aging In Place”

Supports to Seniors  
in Group Living (SSGL)

## AN INTRODUCTION:

- Manitoba Health's Long Term Care Strategy is focused on creation community living options/alternatives to:
  - Modernize Care for Manitoban's
  - More affordable choices
  - Affordable Housing with supports
  - Delay PCH placement
  - Help individuals "Age in Place"

## AGING IN PLACE, DEVELOPMENT AND ROLES

- Aging in Place is a matter of preserving the ability for Manitobans from every culture to remain safely, as participants in their own community, to enjoy the familiar, social, cultural, spiritual interactions that enrich their lives even though their health may be compromised.

**AGING IN PLACE** is a lifestyle that supports the following inherent values:

- Safety and Security-living with reduced risks in the home.
- Flexibility – adjusting services to meet changing needs.
- Choice – freedom to choose among options.

## Con't

- Equity – equal access to all seniors
- Dignity – Ability to maintain a sense of self worth and self esteem.

Overall, work in partnership with existing community resources to best serve the client and help them to maintain their independence in the community

# AGING IN PLACE-Long Term Strategy

- Mission Statement
  - For Manitobans of all ages
  - Supports aging and care in place
  - Services are accessible, affordable, flexible and integrated
  - Supports wellness in the environment of “home”
  - Prevents premature admission to PCH

## The Goals of the LTC Strategy are to:

- Allow individuals to age in place as a viable member of their community and family
- Prevent premature or inappropriate placement of light levels of care into PCH
- Decrease admissions and length of stay for seniors and young disabled in acute care

## Supports to Seniors in Group Living: SSGL

- Model provides a range of services in group living/elderly person housing. These services will assist the residents in accomplishing their Instrumental Activities of Daily Living (IADLS) and provide them with affordable alternatives to remain in their community and “age in place.”



**SSGL Designated sites provide services which are flexible based on resident demographics and needs and sponsor's capacity: Risk factors may include but not limited to:**

- Lack of access to supports and problem solving.
- Lack of family supports
- Lack of all night support, offering comfort and security.
- Lack of socialization leading to isolation, depression and malnutrition.

- Lack of nutrition leading to malnutrition and depression.
- Inability to monitor personal health status.
- Individuals who remain at risk for health deterioration or institutionalization despite the use of all available natural supports & resources of community and health services.

SSGL model principles will incorporate the following objectives of the Long Term strategy:

- Aging in Place through creation of viable community alternatives to people's own homes.
- Maintaining the integration of long term health care and social services
- Improved access to needed quality care services.

## Con't

- Greater consumer participation and control of services
- Resource distribution which reflects varying community needs and capacities
- The SSGL model will be flexible and will provide supports based on the assessed need and may vary site by site

## ROLE OF SPONSOR

- Recruitment
- Training
- Supervision and scheduling
- Conducting approved activities
- Submission of statistical as well as other information required by the Regional Health Authority

## ROLE OF REGIONAL HEALTH AUTHORITY

- Planning with communities
- Promotion of Aging in Place
- Monitoring & Accountability
- Contractual Agreement

## ROLE OF HOME CARE PROGRAM

- Delivery of the SSGL model in a designated site will not preclude the delivery of Home Care Service to eligible individuals
- In many situations Home Care services and the Support Services to Seniors Program are already being provided on an itinerant basis.

## ROLE OF THE INDIVIDUAL

- Support Services are offered within designated seniors housing complexes at NO CHARGE to tenants, with a goal of keeping people as independent as safely possible.



# What are the goals of the Support Services to Seniors program?

- Reducing barriers to improve and/or maintain health status,
- Fostering social and physical environments that support health and independence,
- Promoting optimal well-being through lifelong learning,
- Increasing health promotion, chronic disease management, social connectiveness,
- prevent and/or postpone disabilities, distress, discomfort and preventable injury,
- Increasing the capacity of older adults to have meaningful control over their health and well-being

## A Prairie Mountain Health Community Support Worker can:

- Meet with you one-on-one to discuss what supports you may need to assist you to remain living independently in your own home for as long as possible.
- We promote an increased quality of life and independence to tenants.
- Confidentiality will be preserved.

## The Community Support Worker can assist Tenants to Plan:

- Group Activities: crafts, games, exercise groups, bingo
- Health Promotion Sessions: falls prevention, diabetes and heart health, Healthy Brandon, ERIK kits, Wellness programs.
- Community events: holiday themed celebrations, dances

## A Community Support Worker can help with:

- Arranging transportation for medical appointments, outings, etc.
- Arranging for escort to appointments, shopping or recreational events.
- Assistance with shopping
- Assistance with running daily errands

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## Con't

- Assisting with interpreting correspondence
- Assistance with banking procedures
- Assistance with filling out forms
- Assistance in planning social events and recreational activities

## Con't

- Assistance with planning regularly scheduled exercise classes
- Assistance with arranging transportation and escort where needed
- Friendly Visiting or one-to one visits with tenants

## BRANDON LOCATION

- Supervisor, Services to Seniors is located at Home Care Office, B-150 7<sup>th</sup> Street.
- Community Support Workers for the Senior Supports in Group Living program work on-site at Princess Park, Princess Towers, Winnipeg House , Kiwanis Courts, Lawson Lodge, Grand Valley Place, Sokol Manor, OddFellows Corner
- Once a month wellness presentations at Lions Manor, and Hobbs Manor

## Community Support Workers are available in:

- Brandon: 204-578-2361
- Dauphin: 204-648-3543
- Neepawa: 204-841-0494
- Roblin: 204-247-0474
- Swan River: 204-281-2554

Please leave a message: Days and hours vary at each location.



- Comments/Questions/Concerns

## Contact Information Brandon


- Contact Gail Feser @ 204-578-2360, or email at [gfeser@pmh-mb.ca](mailto:gfeser@pmh-mb.ca)
- Brandon Location: Home Care Office, B-150 7<sup>th</sup> Street, R7A 7M2

# The Home Care Program

Brandon Location  
B - 150 - 7 Street  
(Town Centre)  
Brandon MB  
578-2339

Building Partnerships Conference  
October 15, 2018



- To ensure provision of effective, reliable and responsive Home Health Care Services for Manitobans to support independent living in the community.
  - To ensure co-ordination of admission to facility care when living in the community is no longer a safe option.
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To be eligible a person must:

- Live in Manitoba & have a Manitoba Health Care number
- AND need health services or support with day to day activities to remain living safely in their own residence
- OR have a caregiver in need of help in provision of care



## Prairie Mountain Health's Vision Health and Wellness for All

- Together, we deliver quality health services that meet the needs of the population



- Individuals/families are responsible for their own health.
- Home Care's role is to augment services available from family, community, and other resources
- Individuals progress toward and remain in an optimum state of wellness in the familiar environment of their own home.



- All Manitobans should have equal access to Home Care
- Home Care Program needs to be flexible and adaptable in addressing changing trends in client needs.
- Home Care is an integral partner in regional community development.





- Anyone can make a referral to Home Care for an assessment; the client, family, friend, physician, or any interdisciplinary team member
- The individual **MUST** consent to an assessment



- Receives new intake/referrals to Home Care and determines need for Home Care assessment or redirects the referral as appropriate.
- Obtains and documents referral information and assigns referral to Case Coordinator.
- Admits eligible cases to caseload and establishes file.




- Contacts the client or family member to plan a visit to the client's home or in the hospital. The Case Coordinator is a nurse who will complete an assessment to identify:

- How client is managing
- What help be may needed
- What kinds of supports can be provided by others
- What supports may be appropriate to receive through Home Care
- If a Personal Care Home is needed

The Case Coordinator cooperatively assists to plan to meet needs respective of strengths and challenges.




All Home Care clients must have a **contact person** and a **Back-up Plan** identified in the event of service disruption or emergency. This may be times when Home Care services cannot be provided due to unforeseen situations (weather, staff illness, etc). Emergency situations may be if Home Care staff are unable to locate client or possible medication questions or errors.





- Assistance with activities of daily living that may include help with dressing, bathing, grooming, toileting, mobilization and transferring



- Household Maintenance - Tasks required to maintain a safe, clean environment in the client's immediate living area. Examples of tasks: vacuuming, sweeping/mopping floors, cleaning both sink and toilet, cleaning refrigerator/oven, changing/making up bed, laundry, and disposing of household garbage/recyclables.
  - Laundry Services - Tasks required to maintain a client's clothing and bed linens in a clean state.
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- A range of services which includes bulk meal preparation, cooking/preparation of light meals & heat and serve. Community options are also explored with clients / families. Options may include: MOW, congregate meal programs, grocery prepared meals





- In-home respite care may be provided in the home by Home Care staff, to support individuals who may be at risk of personal care home placement and / or require services to relieve their caregivers.
- Facility Respite care may also assist in the transition to alternate care environments.



- A program which provides social and recreational opportunities to MHCP clients to maximize their independence in the community and provide relief to caregivers. In Brandon Fairview operate the ADP Mon-Wed-Fri. Cost: \$9.20 / day (which includes transportation cost and meal)



- Services include assessment and individual therapy program development in order to promote clients' independence in exercise routines, personal care, housekeeping and other tasks, which improve the clients' well-being.



- Include items that support individuals to live independently safely in the community. Eligibility is based on individualized assessment. The Therapy Department assists in determining client needs, and determines if funds available from outside agencies to purchase, i.e. EIA, SMD.




- The Provincial Home Oxygen Concentrator Program (HOCP) supports clients who require oxygen concentrator services and who meet eligibility criteria to remain at home.
- Medical criteria must be met
- Assigned to a Community Case Coordinator whom will provide assessment on an annual and as needed basis



- Nursing Services are provided by Registered Nurses (RNs) and Licensed Practical Nurses (LPNs), to eligible Home Care clients who are assessed as needing teaching, supervision, health promotion or treatment interventions, within the legislation, professional code of ethics, professional standards and competencies and mandate of the Home Care program.

Nursing Services shall be provided to meet assessed client needs when clients:

- are unable to perform these tasks;
  - are unable to arrange for services to be provided through independent community resources; or
  - have no family or others who can assume responsibility for providing or arranging for the provision of care.
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- Self-Managed/Family Managed Care is a Home Care program option under which funding equivalent to the cost of Home Care non-professional (Health Care Aid or Home Support Worker) services is provided to assist eligible Home Care clients. The client and /or Manager, take full responsibility for arranging, coordinating and managing those non-professional services required to meet their assessed home care needs.



- The Home Care Program supports individuals who require palliation by assisting and maintaining support in the home environment to receive care while providing relief for the caregiver.






- Housing with care alternatives that provides personal support services and homemaking in permanent community based congregate residential setting.
  - The target population is primarily frail and/or cognitively impaired elderly persons who can no longer manage in their own home with available resources (family and home care resources), but are not yet ready for personal care home (PCH) placement
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- The Home Care Program is responsible for processing assessments and applications for admission to Personal Care Homes and some alternate care options such as Supportive Housing (Sokol)



When clients;

- can no longer remain safely at home even with support from Home Care services, family and other services from the community, or
  - care exceeds the limits of what Home Care is able to provide.
  - Assessment of eligibility and application for Personal Care Homes are done by a Home Care Coordinator.
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Section I: Bathing & Dressing

Section II: Assistance with meals (feeding)

Section III: Ambulation/Mobility/Transfers

Section IV: Elimination

Section V: Professional Intervention

(Treatment/Medication)

Section VI: Behavioral Management/Support

Supervision

Level of dependency is identified in each category  
from Independent to Chronic Care

X: Independent

A: Minimum

B: Partial

C: Maximum

D: Chronic Care



- Valleyview Care Centre
- Dinsdale Personal Care Home
  - Fairview Home
  - Hillcrest Place
- Rideau Park Personal Care Home

### How much does it cost?

- Personal Care Homes rates are based on income, and range from \$37.90/day to \$ 88.50/day.
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## Community:

- Client directs care
- Need to work independently
- Clients often choose to live with some risk
- Sometimes need to improvise with supplies
- Medical Asepsis (clean)
- Focus on wellness/independence
- Focus on family unit.
- One-on-One

## Institutional:

- Physician directs care
- More access to supervisor
- Reduced degree of client risk
- Supplies readily available
- Surgical Asepsis (sterile)
- Focus on illness/dependence
- Focus on individual



# Questions ?



- R.CS.LTC.695, Resident and Family Handbook Distribution and Review Process
- Personal Care Services Residential Charges in Manitoba Information Manual
- R.FM.GEN.055, Authorized/Residential Charges: Hospital, Personal Care and Chronic Care
- R.CS.LTC.485a, Planning to Move to a Personal Care Home (PMH289) pamphlet
- R.CS.UTL.070, Bed Utilization
- R.CS.UTL.905, Waitlist Management – Long Term Care
- Doc#: X450 Adult Day Program revision date 2014/Mar
- “Your Guide to Home Care Services in Manitoba”





Prairie Mountain Health Website  
<http://www.prairiemountainhealth.ca/>



## Emergency (Ambulance, Fire & Police) Call 911

### CRISIS/SUICIDE

<b>Westman Crisis Services (24/7): Mobile Crisis Unit</b> .....	<b>204-725-4411 or 1-888-379-7699</b>
Crisis Stabilization Unit .....	204-727-2555
<b>Manitoba Suicide Prevention &amp; Support Line (24/7): Crisis Line</b> .....	<b>1-888-322-3019 or Suicide Line: 1-877-435-7170</b>
Domestic Abuse Crisis Line (24/7) (if in danger call 911) .....	1-877-977-0007
Crisis Pregnancy Centre .....	204-727-6161
Klinic Sexual Assault Crisis Line (24/7) .....	1-888-292-7565
Trans Lifeline (24/7) .....	1-877-330-6366
Prairie Mountain Health Child & Adolescent Treatment Services (24/7) Crisis Line .....	1-866-403-5459
Westman Women's Shelter (24/7) (shelter for abused women) .....	204-727-3644
Manitoba Poison Centre (24/7) .....	1-855-776-4766
First Nations & Inuit Hope for Wellness Help Line (24/7) (crisis intervention counselling) .....	1-855-242-3310

### HELP LINES

Kid's Help Phone (24/7) .....	1-800-668-6868	Farm, Rural & Northern Stress Line ..	1-866-367-3276
Youth Addictions Centralized Intake .....	1-877-710-3999	Seniors Abuse Support Line .....	1-888-896-7183
Brandon and Area Suicide Bereavement Support Group ...	204-571-4183	Seniors Information Line .....	1-800-665-6565
Health Links (24/7 health information) .....	1-888-315-9257	Sexual Health Info Line .....	1-800-782-2437
Manitoba Addictions Help Line .....	1-855-662-6605	Smokers Help Line .....	1-877-513-5333
Manitoba's Family Doctor Finder Program .....	1-866-690-8260	Dial-A-Dietitian .....	1-877-830-2892
211 (gateway to community, social, non-clinical health and government services) .....		www.mb.211.ca	

### 7<sup>TH</sup> STREET HEALTH ACCESS CENTRE - PRAIRIE MOUNTAIN HEALTH

Provides a wide range of health care and basic needs services. Connects people to other healthcare services, government benefits and community services. Providers include Service Navigator, Nurse Practitioner, Physician Assistant, Community Nurse, Cultural Facilitators, Community Social Worker, Dietitian, Housing Resource Worker, Addiction Services, Adult Community Mental Health Worker and Pharmacist  
Open 11:00 am - 7:00 pm 7 days a week.....204-578-4800

### MENTAL HEALTH - PRAIRIE MOUNTAIN HEALTH

Child & Adolescent Mental Health Services .....	204-578-2700 or 1-866-403-5459		
Community Mental Health .....	204-578-2400	Seniors Mental Health .....	204-578-2400

### LITERACY & EDUCATION

Samaritan House Ministries Training Centre .....	204-727-1268
Brandon Literacy Council Inc .....	204-729-9964
Assiniboine Community College Adult Collegiate ..	204-725-8735

### LEGAL SUPPORT

Law Phone in & Lawyer Referral .....	1-800-262-8800
Legal Aid Manitoba (Brandon) .....	1-800-876-7326
Family Justice Resource .....	204-729-3484

### SUPPORT FOR ADDICTIONS

AFM Gambling Help Line (24/7) .....	1-800-463-1554
Addictions Foundation of Manitoba (Brandon) .....	204-729-3838
Alcoholics Anonymous (outside Winnipeg) .....	1-877-942-0126
Prairie Mountain Health Tobacco Dependence Clinic ...	204-578-4207

### FIRST NATIONS HEALTH BENEFITS

For help with coverage for non-insured health benefits for First Nations (eg. dental, vision, prescriptions, medical supplies), call a health benefits navigator.  
Southern Chiefs Organization Inc.....1-866-876-9701

### ADVOCACY RESOURCES

Office of the Children's Advocate .....	1-800-263-7146
Society for Manitobans with Disabilities Inc .....	204-726-6157
Women's Resource Centre .....	204-726-8632
Men's Resource Center (Winnipeg) .....	1-855-672-6727
Samaritan House Employment Resource Centre .....	204-717-3503
Community Living .....	204-724-2348
Victim Services .....	204-726-6515

### MONEY AND DEBT (NON-PROFIT COUNSELLING SERVICES)

Community Financial Counselling Services .....	1-888-573-2383
Credit Counselling Society .....	1-888-527-8999
Consumer Protection Office .....	1-800-782-0067

## GOVERNMENT BENEFITS AND SUPPORTS

**To get government benefits, you must file a tax return even if you don't make any money.**

Community Volunteer Income Tax Program (7 <sup>th</sup> Street Health Access Centre) .....	204-578-4800
Service Canada (federal benefits) .....	1-800-622-6232
Canada Child Benefit (Child Tax) .....	1-800-387-1193
Provincial Building (Manitoba benefits) Manitoba Prenatal Benefit (eligibility is based on income level).....	1-888-848-0140
Employment & Income Assistance.....Daytime Monday-Friday	204-726-6438 or after hours emergency only.. 1-866-559-6778

## CHILDREN AND FAMILIES

Child & Family Services of Western Manitoba (Intake agency, emergency & after hours).....	204-726-6030 or 1-800-483-8980
Manitoba Online Childcare Registry .....	1-888-213-4754
La Leche League (breastfeeding support)).....	204-571-0784 or 24/7 help line: 1-888-315-9257
Healthy Baby Program.....	204-578-2545
Elspeth Reid Family Resource Centre .....	204-726-6280
Midwifery Services – Prairie Mountain Health .....	204-571-5530

## PUBLIC HEALTH - PRAIRIE MOUNTAIN HEALTH

Brandon (Public Health Nurses (PHNs) offer prenatal education, breastfeeding support, child health clinics, immunization, growth and development information, communicable disease follow up, reproductive health, sexual health and travel health) .....	204-578-2500
Community Post-Partum Program (PHNs provide postpartum support the first 5 days after hospital discharge) ....	204-725-6606

## OLDER ADULTS

Prairie Oasis Senior Centre (programs and services for age 50 and over).....	204-727-6641
Seniors for Seniors Coop Inc. (programs for age 55 and older) .....	204-571-2050
Alzheimer Society of Manitoba - Brandon office .....	204-729-8320

## CULTURAL SERVICES

Brandon Friendship Centre – Mission is “to provide programs and services to all people with an initial emphasis on Aboriginal people” (eg. prenatal, daycare, youth to seniors, health, literacy, education, housing) .....	204-727-1407
Manitoba Metis Federation Inc. (provides programs & services to meet the needs of Metis people).....	204-725-7520
Westman Immigrant Services (helps permanent residents and refugees with settlement, English classes, employment, interpretation services, family/youth programs).....	204-727-6031

## HOUSING

Rent Assist (Government of Manitoba program) .....	1-877-587-6224
YWCA Westman Women's Shelter .....	Office: 204-571-3680 Crisis: 204-727-3644 or Toll Free: 1-877-977-0007
Canadian Mental Health Association Support and Housing .....	204-726-8865
Manitoba Housing .....	204-726-6455
Housing Resource Worker, 7th Street Health Access Centre .....	204-578-4800
Brandon Neighborhood Renewal Corporation (BNRC) Housing Coordinator .....	204-729-2412
Housing First .....	204-725-7520
Youth For Christ.....	204-727-1251
Residential Tenancies Branch .....	204-726-6230

## FOOD

Helping Hands Soup Kitchen .....	204-727-4635	Salvation Army .....	204-727-4334
St. Augustine's Church.....	204-727-4728	Samaritan House (Food Bank) .....	204-726-0758

## THRIFT STORES

Elspeth Reid Family Resource Centre .....	204-726-6280	MCC Thrift Store.....	204-727-1162
Nearly New Shop .....	204-728-7137	Value Village Stores Ltd.....	204-727-8050

# Seniors Organizations & Supports

## **Seniors Independent Services**

Box 97  
*Baldur*, MB R0K 0B0  
Phone: 204-825-8372  
Email:  
[baldur.belmontseniors@outlook.com](mailto:baldur.belmontseniors@outlook.com)

## **Seniors Independent Services**

Box 97  
*Belmont*, MB R0K 0B0  
Phone: 204-537-2642  
Email:  
[baldur.belmontseniors@outlook.com](mailto:baldur.belmontseniors@outlook.com)

## **Seniors Services of Banner County**

Box 131  
*Binscarth*, MB R0J 0G0  
Phone: 204-532-2134  
Email: [binscarthdropincentre@gmail.com](mailto:binscarthdropincentre@gmail.com)

## **Valley Services for Seniors**

Box 383  
*Birtle*, MB R0M 0C0  
Phone: 204-842-3296  
Email: [valleyservicesforseniors@gmail.com](mailto:valleyservicesforseniors@gmail.com)

## **Senior Services of Turtle Mountain Area**

Box 962  
*Boissevain*, MB R0K 0E0  
Phone: 204-534-6816  
Email: [sstma@mymts.net](mailto:sstma@mymts.net)

## **Prairie Oasis Senior Centre**

241-8<sup>th</sup> Street  
*Brandon*, MB R7A 3X2  
Phone: 204-727-6641  
Email: [manager@prairieoasis.ca](mailto:manager@prairieoasis.ca)  
Web: [www.prairieoasis.ca](http://www.prairieoasis.ca)

## **Brandon Seniors for Seniors Co-op**

311 Park Ave. East  
*Brandon*, MB R7A 7A4  
Phone: 204-571-2050  
Email: [execdir.sfors@wcgwave.ca](mailto:execdir.sfors@wcgwave.ca)  
Web: [www.brandonsfors.ca](http://www.brandonsfors.ca)

## **Carberry Services for Seniors**

Box 597  
*Carberry*, MB R0K 0H0  
Phone: 204-834-6613  
Email: [servsen@wcgwave.ca](mailto:servsen@wcgwave.ca)

## **Senior Services for Cartwright, Mather & RM of Roblin**

Box 275  
*Cartwright*, MB R0K 0L0  
Phone: 204-529-2590  
Email: [sscmr@cartwrightroblin.ca](mailto:sscmr@cartwrightroblin.ca)

## **Dauphin Multi-purpose Senior Centre Inc.**

25 1<sup>st</sup> Avenue S.E.  
*Dauphin*, MB R7N 2A2  
Phone: 204-638-6485  
Email: [dsc\\_admin@mymts.net](mailto:dsc_admin@mymts.net)

## **Seniors Access to Independent Living (SAIL)**

Box 70  
*Elkhorn*, MB R0M 0N0  
Phone: 204-845-2011  
Email: [elksail@mymts.net](mailto:elksail@mymts.net)

## **Services to Seniors Serving Erickson, Onanole, Sandy Lake & Area**

Box 97  
*Erickson*, MB R0J 0P0  
Phone: 204-636-7895  
Email: [areas@mymts.net](mailto:areas@mymts.net)

## **Support Services to Seniors Foxwarren**

Box 212  
*Foxwarren*, MB R0J 0R0  
Phone: 204-847-2080  
Email: [foxsen@mymts.net](mailto:foxsen@mymts.net)

## **Gilbert Plains and District Community Resource Council**

Box 567  
*Gilbert Plains*, MB R0L 0X0  
Phone: 204-548-4131

## **Seniors Independent Services**

Box 639  
*Glenboro*, MB R0L 0X0  
Phone: 204-827-2703  
Email: [sis@glenboro.com](mailto:sis@glenboro.com)

## **Helping Hands for Glenella District**

Box 15  
*Glenella*, MB R0J 0V0  
Phone: 204-352-4281

## **Grandview & District Community Resource Council**

Box 235  
*Grandview*, MB R0L 0Y0  
Phone: 204-546-2085  
Email: [gvdrc@mymts.net](mailto:gvdrc@mymts.net)

## **Hamiota Seniors Council**

Box 177  
*Hamiota*, MB R0M 0T0  
Phone: 204-764-2658  
Email: [7642658@mymts.net](mailto:7642658@mymts.net)

## **Seniors Organized Services of Souris Valley**

Box 428  
*Hartney*, MB R0M 0X0  
Phone: 204-858-2597  
Email: [HartneySOS@mail.com](mailto:HartneySOS@mail.com)

## **MILES for Seniors**

Box 40  
*Holland*, MB R0G 0X0  
Phone: 204-526-2249  
Email: [miles@rmofvictoria.com](mailto:miles@rmofvictoria.com)

## **Woodworth Seniors Services**

Box 64  
*Kenton*, MB R0M 0Z0  
Phone: 204-838-2169  
Email: [wss@inetlinkwireless.ca](mailto:wss@inetlinkwireless.ca)

## **Killarney & Area Services for Seniors**

Box 838  
*Killarney*, MB R0K 1G0  
Phone: 204-523-7115  
Email: [wanderson@killarney.ca](mailto:wanderson@killarney.ca)

**McCreary/Alonsa Support Services to****Seniors Inc.**

Box 521

McCreary, MB R0J 1B0

Phone: 204-835-2782

Email:

[mccrearypeoplehelpingpeople@gmail.com](mailto:mccrearypeoplehelpingpeople@gmail.com)

**Senior Services of Antler River**

Box 413

Melita, MB R0M 1L0

Phone: 204-522-8466

Email: [ssar.melita@gmail.com](mailto:ssar.melita@gmail.com)

**Miniota Municipal Services to Seniors**

Box 182

Miniota, MB R0M 1M0

Phone: 204-567-3625

Email: [mmss1@mymts.net](mailto:mmss1@mymts.net)

**Minnedosa & District Services to****Seniors**

Box 1844

Minnedosa, MB R0J 1E0

Phone: 204-867-5190

Email: [seniors@mymts.net](mailto:seniors@mymts.net)

**HAND – Neepawa & District**

Box 1852

Neepawa, MB R0J 1H0

Phone: 204-476-2009

Email: [handsup@mymts.net](mailto:handsup@mymts.net)

**Seniors Access to Independent Living****(SAIL)**

Box 156

Oak Lake, MB R0M 1P0

Phone: 204-855-3150

Email: [oaksail@mymts.net](mailto:oaksail@mymts.net)

**Seniors Services of Antler River**

Box 96

Pierson, MB R0M 1S0

Phone: 204-634-2332

Email: [ssar.melita@gmail.com](mailto:ssar.melita@gmail.com)

**Seniors Helping Hands of Alstone**

Box 384

Reston, MB R0M 1X0

Phone: 204-877-3920

Email: [shha@mymts.net](mailto:shha@mymts.net)

**Senior Services of Rivers – Rapid City & District**

Box 809

Rivers, MB R0K 1X0

Phone: 204-764-0440

**Roblin Support Services to Seniors Inc.**

Box 1417

Roblin, MB R0L 1P0

Phone: 204-937-8276

Email:

[roblinservicetoseniors@gmail.com](mailto:roblinservicetoseniors@gmail.com)

**Lawrence Resource Council**

Box 144

Rorketon, MB R0L 1R0

Phone: 204-732-2862

Email: [lrcrorketon@gmail.com](mailto:lrcrorketon@gmail.com)

**Rossburn Community Resource Council**

Box 418

Rossburn, MB R0J 1V0

Phone: 204-859-3386

Email: [rosscomm@mymts.net](mailto:rosscomm@mymts.net)

**Seniors Services of Banner County**

Box 1073

Russell, MB R0J 1W0

Phone: 204-773-2316

Email: [rslsrser@mymts.net](mailto:rslsrser@mymts.net)

**Seniors Services of Prairie-Parkland**

Box 543

Shoal Lake, MB R0J 1Z0

Phone: 204-759-2195

Email: [sspp1@mymts.net](mailto:sspp1@mymts.net)

**Souris Seniors Organized Services of Souris Valley**

Box 1245

Souris, MB R0K 2C0

Phone: 204-483-3106

Email: [souris\\_sos@live.ca](mailto:souris_sos@live.ca)

**St. Lazare – Ellice Services for Seniors**

Box 85

St. Lazare, MB R0M 1Y0

Phone: 204-683-2524

Email: [clubfortellice@mymts.net](mailto:clubfortellice@mymts.net)

**Ste. Rose & District Community**

Resource Council

Box 808

Ste. Rose du Lac, MB R0L 1S0

Phone: 204-447-2478

Email: [srrescu@mymts.net](mailto:srrescu@mymts.net)

**Seniors Services of Prairie - Parkland**

Box 303

Strathclair, MB R0J 2C0

Phone: 204-365-2012

Email: [sspp2@mymts.net](mailto:sspp2@mymts.net)

**Swan River & District Resource Council**

Box 2641

Swan River, MB R0L 1Z0

Phone: 204-734-5707

Email: [swandcrc@mymts.net](mailto:swandcrc@mymts.net)

**Seniors Access to Independent Living (SAIL)**

Box 1984

Virden, MB R0M 2C0

Phone: 204-748-2323

Email: [virdensail@mymts.net](mailto:virdensail@mymts.net)

**Seniors Outreach Services of Bren-Win**

Box 618

Waskada/Deloraine, MB R0M 0M0

Phone: 204-747-3283

Email: [soswask@mymts.net](mailto:soswask@mymts.net)

**Seniors Independent Services (SIS)**

Box 413, 112 4<sup>th</sup> Street

Wawanesa, MB R0M 2G0

Phone: 204-824-2369

Email: [siswawanesa@gmail.com](mailto:siswawanesa@gmail.com)

Updated August 2018