
Resources for Caregivers 2015

Inventory of Manitoba Services and Supports

Minister of Healthy Living and Seniors
Manitoba Health, Healthy Living and Seniors
Seniors and Healthy Aging Secretariat





Manitoba Health, Healthy Living and Seniors

For further information, contact:

**Seniors and Healthy Aging Secretariat (SHAS)
1610 – 155 Carlton Street
Winnipeg, Manitoba Canada
R3C 3H8**

Phone: 204-945-2127 | 1-800-665-6565

Fax: 204-948-2514

E-mail: seniors@gov.mb.ca | Web Site: www.gov.mb.ca/shas

Table of Contents

Caregiver Organizations.....	4
Financial Benefits	4
Hospice and Palliative Care	6
Legal Information	7
Respite	8
Support Groups, Counselling, and Mental Health Services.....	11
Well-being and Health Promotion.....	17

Appendix

Information and Referral Services	21
Regional Health Authorities.....	22
Online Resources and Reading Materials	23

CAREGIVER ORGANIZATIONS

Manitoba Caregiver Coalition

The Manitoba Caregiver Coalition is a group of individuals and organizations joining with caregivers, service providers, policy makers and other stakeholders to identify and respond to caregivers' needs.

Contact:

Phone: **204-953-3720**; Email: mb.caregivercoalition@yahoo.ca; Website: www.ccc-ccan.ca

Rupert's Land Caregiver Services – see in Respite and Support Groups also

Rupert's Land Caregiver Services offers a range of support services for family caregivers of persons 55+:

- city-wide 'time-out' or short-term respite care
- transportation assistance in southwest Winnipeg (area codes R3L, R3M, R3N, R3P and part of R3T)
- support groups and telephone support
- information and help in problem-solving; referral to other community services
- conference for caregivers, community education on caregiving and aging, and The Caregivers Page

Contact:

168 Wilton Street, Winnipeg, MB R3M 3C3

Phone: **204-452-9491**; Email: rlcs@mts.net; Website: www.rlcaregivers.org

.....

FINANCIAL BENEFITS

Canada Disability Savings Bond / Canada Disability Savings Grant

If you qualify for the bond, you could receive up to \$1,000 a year from the government, with a limit of \$20,000 over your lifetime. Contributions do not need to be made in order to receive the bond.

Matching grants are provided depending on the amount contributed and the beneficiary's family income. The maximum is \$3,500 each year, with a limit of \$70,000 over your lifetime.

Visit:

Website: www.hrsdc.gc.ca/eng/disability_issues/disability_savings/rdsp_you.shtml

Canada Pension Plan Disability

A taxable benefit for dependent children of contributors 21- 65 years of age who are disabled.

Contact:

Phone: **1-800-277-9914**; Website: www.servicecanada.gc.ca/eng/isp/cpp/disaben.shtml

Canada Revenue Agency Tax Information Phone Service (T.I.P.S.)

Provides information about tax credits.

Contact:

Phone: **1-800-267-6999**; Website: www.cra-arc.gc.ca/tips

Caregiver Amount

If you live with a dependent born in 1947 or earlier, you may be able to claim an amount for each dependant who must be you or your spouse's or common-law partner's child or grandchild; or your or your spouse's or common-law partner's brother, sister, niece, nephew, aunt, uncle, parent, or grandparent residing in Canada.

Contact:

Phone: 1-800-782-0771

Website: www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/Ins300-350/315/menu-eng.html

Compassionate Care Benefits

If you are eligible for Employment Insurance and you wish to care or support a family member who is gravely ill and who has significant risk of death, you may be eligible for Compassionate Care Benefits. This program provides temporary financial compensation and job security for a certain period of time.

Contact Service Canada:

Phone: 1-800-206-7218 / TTY: 1-800-529-3742

Website: www.servicecanada.gc.ca/eng/ei/types/compassionate_care.shtml

Disability Amount Tax Credit

For individuals with an impairment in physical or mental functions that is severe and prolonged. A health care provider must complete a Disability Tax Credit Certificate for approval by the Canada Revenue Agency.

Visit:

Website: www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/Ins300-350/316/

Family Caregiver Amount

A tax credit for those who are eligible with a dependent with an impairment in physical or mental functions.

Contact Canada Revenue Agency:

Phone: 1-800-959-8281; Website: www.cra-arc.gc.ca/familycaregiver/

Family Caregiver Relief Benefit

Canadian Armed Forces veterans who have received a disability award under the New Veterans Charter for a service-related injury, require ongoing care as a result of said injury, and have an adult caregiver who plays an essential unpaid role in providing or coordinating care in their home, would be eligible for an annual tax-free grant of \$7,238 (2015 rate) to allow informal caregivers to take a break while the veteran is supported.

Contact Veterans Affairs Canada:

Phone: 1-866-522-2122 / TTY: 1-800-567-5803

Primary Caregiver Tax Credit

This tax credit recognizes the vital support caregivers provide to those needing care. Amounts are subject to change. The maximum credit, raised in 2015 to \$1,400, is for individuals who receive care at Level 2 or higher, based on home care guidelines and residing in a private residence. Assessments are based on the amount and type of care required for tasks like bathing, dressing, eating meals, mobility and receiving medical care.

Contact Manitoba Tax Assistance Office:

Phone: 204-948-2115 / 1-800-782-0771; Website: www.gov.mb.ca/finance/tao/caregiver

Contact Manitoba Family Services if you are caring for someone in the Community Living disABILITY Services or Children's disABILITY Services programs:

Phone: 204-523-5230 / 1-800-563-8793 / TTY 204-948-3698 or 1-800-855-0511 (MB Relay Service)

Registered Disability Savings Plan (RDSP)

For Canadian residents under the age of 60 and eligible for the disability tax credit. Guardians may open an RDSP for a minor. Once you apply for an RDSP, you may apply for the Disability Savings Grant and Bond.

Visit:

Website: www.hrsdc.gc.ca/eng/disability_issues/disability_savings/rdsp_you.shtml

HOSPICE AND PALLIATIVE CARE

Canadian Virtual Hospice

Provides support and trusted information about palliative and end-of-life care to patients, family members, health care providers, researchers and educators. The Virtual Hospice website offers:

- the opportunity to have questions answered by a clinical team specializing in palliative care
- articles and videos about the latest research, financial benefits, managing symptoms, and other topics that help you navigate the health system and communicate with health care providers
- tools for professionals to better care for and communicate with patients and families

Contact:

Room PE469, One Morley Avenue, Winnipeg, MB R3L 2P4

Email: info@virtualhospice.ca; Website: www.virtualhospice.ca

Palliative Manitoba

Palliative Manitoba provides confidential community-based support, education and companion services at no charge to individuals with life-limiting illnesses, their caregivers and those who are bereaved, including:

- volunteer Visiting Program - supportive presence and occasional assistance with practical matters
- bereavement support services - telephone bereavement support, grief seminars, groups
- information on life-limiting illness, palliative care, bereavement, and Compassionate Care Course

Contact:

2109 Portage Avenue, Winnipeg, MB R3J 0L3

Phone: 204-889-8525 / 1-800-539-0295

Email: info@palliativemanitoba.ca; Website: www.palliativemanitoba.ca

Palliative Care Program

End of life care or palliative care is health care for individuals (of any age) and their families who are living with a life-limiting illness, usually at an advanced stage, to manage physical symptoms as well as provide social, emotional, and spiritual support for individuals and their families throughout the course of the illness, including bereavement support.

Contact your Regional Health Authority listed in the Appendix.

LEGAL INFORMATION

Law Phone-in and Lawyer Referral Program

Information over the phone on many types of legal problems and referral to a lawyer, if necessary. A lawyer on the referral panel will not charge for the first half-hour of consultation. "Shut-in" lawyers will visit ill, disabled or older adults in hospital or at home. Leave your name and number on the answering machine and one of the two lawyers will return your call at a time convenient for you between 9 a.m. and 4 p.m. Monday to Friday:

Contact:

Phone: **204-943-2305 / 1-800-262-8800**

Website: www.communitylegal.mb.ca/programs/law-phone-in-and-lawyer-referral-program

Legal Aid Manitoba

Legal Aid Manitoba provides legal help to people with low incomes (bilingual services available). They can assist with family cases; criminal cases; poverty law cases involving welfare; workers compensation or disability benefits; public interest law cases for groups and individuals with test cases in the areas of consumer, poverty, environmental, Aboriginal and Charter of Rights challenges. They are not able to assist with real estate transactions; wills and estates; adoptions; corporate and commercial matters; or civil litigation matters.

Contact the Legal Aid Application Centre or Rural Offices where Applications are also Accepted:

294 Portage Avenue, Winnipeg, MB from 1:30 pm-6:00 pm on Tuesdays, Wednesday or Thursdays.

(Administration Office - 4th Floor 287 Broadway Avenue, Winnipeg, MB R3C 0R9)

Phone: **204-985-8500 / 1-800-261-2960 / TTY 204-943-1131**; Website: www.legalaid.mb.ca

Westman Community Law Centre

236 - 11th Street

Brandon, MB R7A 4J6

Phone: **204-729-3484 / 1-800-876-7326**

Amisk Community Law Centre

202 Main Street South

Dauphin, MB R7N 1K6

Phone: **204- 622-4660 / 1-877-622-4660**

Parklands Community Law Centre

31 - 3rd Avenue N.E.

Dauphin, MB R7N 0Y5

Phone: **204-622-7000 / 1-800-810-6977**

Thompson Community Law Centre

3 Station Road

Thompson, MB R8N 0N3

Phone: **204-677-1211 / 1-800-665-0656**

Northlands Community Law Centre

Box 2429, 236 Edwards Avenue

The Pas, MB R9A 1M2

Phone: **204-627-4820 / 1-800-268-9790**

Kelsey Office

Box 1770, 130 - 3rd Street W.

The Pas, MB R9A 1L5

Phone: **204-627-4833 / 1-800-839-7946**

Legal Clinics for Older Adults

In co-operation with Legal Aid Manitoba, professional lawyers provide services on wills, powers-of-attorney and other concerns requiring legal consultation. Services cost \$50 each and are available in Winnipeg for persons ages 55+, regardless of income.

Contact A & O: Support Services for Older Adults Inc.:

200-280 Smith Street, Winnipeg, MB R3C 1K2

Phone: **204-956-6440**; Website: www.aosupportservices.ca

Manitoba Human Rights Commission

An independent agency of the Manitoba government that administers The *Manitoba Human Rights Code* which outlines the principles of equality of opportunity, and freedom from unreasonable discrimination in the areas of employment, housing and services, extending to all ages. The commission conciliates, mediates and investigates complaints which allege discrimination, or failure to accommodate special needs, based on: ancestry, ethnic or national origin, religion or creed, age, sex (including pregnancy); gender-determined characteristics, sexual orientation, marital/family status, source of income, political belief and physical or mental disability. Complaints which are not resolved may be referred to an independent human rights adjudicator, who is appointed by the Attorney General of Manitoba, for a hearing. Public education programs and workshops on human rights topics are available. The Commission publishes the Manitoba Human Rights Connections Bulletin monthly.

Contact the Manitoba Human Rights Commission:

7th Floor-175 Hargrave Street
Winnipeg, MB R3C 3R8
Phone: **204-945-3007**

340 - 9th Street
Brandon, MB R7A 6C2
Phone: **204-726-6261**

2nd Floor-Otineka Mall, Box 2550
The Pas, MB R9A 1M4
Phone: **204-627-8270**

Toll-free: **1-888-884-8681** / TTY: **1-888-897-2811**

Email: hrc@gov.mb.ca; Website: www.gov.mb.ca/hrc

RESPIRE

Awasis Agency of Northern Manitoba

Provides child respite services for Aboriginal families in the north.

Contact:

100-701 Thompson Drive, Thompson, MB R8N 2A2
Phone: **204-677-1500** / **1-800-667-4734**; Afterhours: **204-778-6341**
Website: www.awasisagency.ca

Children's disABILITY Services

If your child receives services from Children's disABILITY Services you may be eligible for respite.

Visit:

Website: www.gov.mb.ca/fs/pwd/css.html

Community Respite Service Inc.

Respite services available for caregivers of persons with physical or intellectual disabilities. A respite apartment is available for short term stays in Winnipeg.

Contact:

825 Sherbrook Street, **Winnipeg, MB** R3A 1M5
Phone: **204-953-2400**
Fax: 204-775-6214
Email: comresp@mymts.net
Website: www.communityrespiteservice.ca

710-3rd Street, **Brandon, MB** R7A 3C8
Phone: **204-727-4910**
Fax: 204-728-3305
Email: crsbdn@mymts.net
Website: www.communityrespiteservice.ca

High Steppers Club

Respite is available for caregivers of seniors in the form of a social club. Meets Wednesdays and Thursdays from 10 a.m. to 2:30 p.m. Applications are available online. New participants, please call prior.

Contact:

930 Winakwa Road, c/o Prince of Peace Lutheran Church, Winnipeg, MB R2J 1E7

Phone: **204-619-8477**

Email: highsteppers@winakwacc.ca; Website: www.winakwacc.ca/index.php/high-steppers/

Home Care Services

Each Regional Health Authority provides home care and respite services to assist individuals to remain independently at home for as long as safely possible. Services may include personal care; respite/ caregiver relief (may also be available for parents caring for a child with a disability); nursing; occupational and physical therapy assessments; household maintenance; referrals to other agencies or adult day programs; service coordination and assessments for long-term care or alternative housing or specialty services. Services can be requested by the individual, the family or by the doctor. A case coordinator will meet with the individual and any other caregivers at home to discuss care needs, develop a care plan and share the Home Care Guidebook.

Contact your local Regional Health Authority:

Website: www.gov.mb.ca/health/homecare/guide.pdf

Self and Family Managed Home Care Program

Manitobans may be eligible to manage the non-professional aspects of their or a family member's home care plan via Self and Family Managed Care. Eligibility for payment is assessed by the Regional Health Authority in which the care recipient resides before the family member can receive funds to hire staff to provide non professional services based on the home care assessment.

Contact your local Regional Health Authority home care office for more information, or visit:

Website: www.gov.mb.ca/health/homecare/nonprof.html

Independent Living Resource Centre (ILRC)

Supports consumers and families interested in pursuing the Self and Family Managed Program; offers written materials, manuals, "Self/Family Manager" training, and a support group for self or family managers; assists people with disabilities to identify their needs and work towards solutions; offers information and referral services, brokerage, PACE- Personal Attendant Community Education - Training Program for able-bodied persons to become Independent Living Attendants, and advocacy.

Contact:

311A - 393 Portage Avenue, Winnipeg, MB R3B 3H6

Phone: **204-947-0194** (TTY/TDD) / **1-800-663-3043**

Email: thecentre@ilrc.mb.ca; Website: www.ilrc.mb.ca

Pregnancy and Family Support Services Inc. Family Community Centre

Provides drop-in respite care for children of parents enrolled in the program.

Contact:

555 Spence Street, Winnipeg, MB R3B 2R9

Phone: **204-775-9934**; Website: www.pfsswinnipeg.com

Rupert's Land Caregiver Services

Provides volunteer-based, companionship respite in clients' homes in order to allow caregivers of seniors extra respite time in addition to what can be accessed through Home Care.

Contact:

168 Wilton Street, Winnipeg, MB R3M 3C3

Phone: **204-452-9491**; Email: rlcs@mts.net; Website: www.rlcaregivers.org/

Sara Riel Inc. – Seneca Services

Provides short-term respite for people with mental health issues.

Contact:

66 Moore Avenue, Winnipeg, MB R2M 2C4

Intake Phone: **204-237-9263 Ext. 149** / Warm Line Phone (7:00 pm–11:00 pm only): **204-942-9276**

Email: jklein-taylor@sararielinc.com; Website: www.sararielinc.com/seneca_respite.php

Medical Hostels

Health Sciences Centre (Lennox Bell Lodge)

A hostel service for out-of town residents coming to HSC and CancerCare Manitoba for treatment.

Contact:

60 Pearl Street, Winnipeg, MB R3E 1X2

Website: www.hsc.mb.ca/servicesPlacesToStay.html

A Port In The Storm

A safe, supportive, and affordable home-like environment for patients and families from rural and northern areas who require medical treatment in Winnipeg.

Contact:

Suite 10 – 601 Rue Aulneau, Winnipeg, Manitoba R2H 2V5

Website: www.aportinthestorm.ca/about-us/about-a-port-in-the-storm.cfm#sthash.20KQLGCS.dpuf

Veterans Affairs Canada

Offers a wide range of services and benefits to veterans and their families. Caregiver related programs include the Veterans Independence Program (services may include yard work, housekeeping, personal care, health and support services, transportation costs) and disability benefits. Primary caregivers for veterans may qualify for VIP housekeeping and/or yard care. Some of the programs and services include health care benefits; mental health services; group health insurance; financial benefits; funeral assistance; disability pension; Veterans Independence Program; and War Veterans Allowance.

Contact:

P.O. Box 6050, 610 - 234 Donald Street
Winnipeg, MB R3C 4G5

1039 Princess Avenue
Brandon, MB R7A 4J5

Phone: **1-866-522-2122** (English) / **1-866-522-2022** (French) Website: www.veterans.gc.ca

Winnipeg Military Family Resource Centre Respite Childcare Program

Provides childcare respite for military families experiencing a special need. More details are available.

Contact:

P.O. Box 17000, 102 Comet Street, Winnipeg, MB R3J 3Y5

Phone: 204-833-2500, Ext. 4500; Email: winnipegmfrfc@familyforce.ca

Website: www.familyforce.ca/sites/Winnipeg/EN/Pages/default.aspx

.....

SUPPORT GROUPS, COUNSELLING, AND MENTAL HEALTH SERVICES

A & O: Support Services for Older Adults Inc.

Offers counselling services that identify, inform and assist older adults and their families. Assistance is available to help older adults cope with the many transitions associated with aging, including caregiving, grief, retirement, housing, financial, depression, isolation, loneliness, and family relationships.

Offers bereavement support groups for 55+ older adults at various times and locations.

Contact for more information and to confirm dates, times and locations:

200 - 280 Smith Street, Winnipeg, MB R3C 1K2

Phone: 204-956-6440 / 1-888-333-3121

Email: info@aosupportservices.ca; Website: www.aosupportservices.ca

Amyotrophic Lateral Sclerosis (ALS) Society of Manitoba

Provides a support group for persons living with ALS and their family, friends and/or caregivers that meets on the fourth Wednesday of every month (except December) at 2 p.m.

Contact for more information and to confirm dates, times and locations:

Phone: 204-831-1510; Email: HOPE@alsmb.ca; Website: www.alsmb.ca

Alzheimer Society of Manitoba

Provides information about Alzheimer's disease or other dementia, caregiving strategies, care planning options, referrals to community services, and caregiver self-care, plus resources, support groups, family education opportunities and MedicAlert Safely Home.

Provides support groups in person and via teleconference for those with dementia, and for family and caregivers of those with dementia.

Contact for more information and to confirm dates, times and locations:

Alzheimer Society of Manitoba

10-120 Donald Street, Winnipeg, MB R3C 4G2

Phone: 204-943-6622 / 1-800-378-6699

Email: alzmb@alzheimer.mb.ca; Website: www.alzheimer.mb.ca

31 1st Street
Beausejour, MB R0E 0C0
Phone: 204-268-4752
Email: alzne@alzheimer.mb.ca

108 B Saskatchewan Ave E.
Portage la Prairie, MB R1N 0L1
Phone: 204-239-4898
Email: alznc@alzheimer.mb.ca

214 Main Street North
Dauphin, MB R7N 1C4
Phone: 204-638-4483
Email: alzprk@alzheimer.mb.ca

Box 119 – 204 Main Street
Winkler, MB R6W 4A4
Phone: 204- 325-5634
Email: alzsc@alzheimer.mb.ca

9A-90 Brandt St.
Steinbach, MB R5G 0T3
Phone: 204-326-5771
Email: alzse@alzheimer.mb.ca

Unit 4B – 457 9th Street
Brandon, MB R7A 1K2
Phone: 204-729-8320
Email: wmprog@alzheimer.mb.ca

Winnipeg

Downtown - meets the 4th Wednesday of each month 10-11:30 a.m. at the Alzheimer Society office

Kildonan - meets the 2nd Thursday of each month 2-3:30 p.m. at Donwood Personal Care Home

North - meets the 2nd Tuesday of the month 7-8:30 p.m., St. Joseph's Residence, 1149 Leila Avenue

St. Vital - meets the last Wednesday of the month 7-8:30 p.m., Riverwood Square, 1778 Pembina

Tuxedo - meets the 3rd Tuesday of the month 7-9 p.m. at Tuxedo Villa, 2060 Corydon Avenue

Westwood - meets the 4th Thursday of the month 1-3 p.m. at Saint Basil's Ukrainian Catholic Church

Transcona - meets the 1st Wednesday of the month 10-11:30 a.m., Transcona Memorial United Church,
209 Yale Avenue West

Linden Woods - meets the 3rd Monday of the month 7-8:30 p.m., Grant Memorial Baptist Church

Interlake Eastern

Beausejour - meets the last Wednesday of each month, 10 a.m. at Lions Lodge

Gimli - meets the 3rd Tuesday of each month, 1 p.m. at Gimli Community Health Centre

Lac Du Bonnet - meets the 1st Wednesday of each month, 10 a.m., LBD Library

Selkirk - meets the 1st Wednesday of the month, 7 p.m. at the Gordon Howard Centre

Stonewall - meets the 4th Tuesday of the month, 1 p.m. at Stonewall & District Health Centre

Victoria Beach - meets the 2nd Wednesday of each month, 1 p.m. at East Beach Seniors Scene

Whitemouth - meets the 2nd Tuesday and 4th Thursday of the month, 10 a.m. at Whitemouth
District Health Centre

Prairie Mountain Health

Brandon - meets the 2nd Wednesday of each month, 2 p.m. at CGP 4th floor Assiniboine Centre
- meets the 2nd Thursday of the month, 7 p.m., Alzheimer Society, Unit 4B-457 9th Street

Dauphin - meets the 2nd Tuesday of each month from 7-8:30 p.m. at Dauphin Multi-Purpose Senior Centre,
55 1st Avenue SE

Killarney - meets the 1st or 2nd Monday of the month, 2 p.m. at Tri-Lake Health Centre (phone)

Neepawa - meets the 1st Tuesday of the month, 2 p.m., Country Meadows Personal Care Home

Ste Rose du Luc (bilingual group) - meets the 1st Tuesday of the month from 7-8:30 p.m. at
Dr. Gendreau Personal Care Home, 515 Mission Street

Treherne - meets the 1st Thursday of each month, 2:30 p.m. at Day Room, Tiger Hills Villa

Southern Health - Santé Sud

Altona - meets the last Tuesday of each month, 11:30 a.m. at Altona Personal Care Home

Carman - meets the last Thursday of each month, 12:30 p.m. at Active Living Centre

Gladstone - meets the 2nd Thursday of the month at 2 p.m. at Seven Regions Health Centre

MacGregor - meets the 2nd Wednesday of each month at 2:30 p.m. at McGregor Health Centre

Niverville - meets the last Thursday of each month 7-8:30 p.m. at Heritage Life Personal Care Home

Notre Dame de Lourdes - meets the last Wednesday of the month, 7 p.m. at Centre Dom Benoit

Portage la Prairie - meets the 2nd Tuesday of each month at 5 p.m. and the 3rd Thursday of each month at 9:30 a.m. at Douglas Campbell Lodge

Steinbach Alzheimer Society Office, Raintree Financial Solutions Boardroom

- meets the last Wednesday of each month 7-8:30 p.m.

- Spousal Caregivers meets the last Wednesday of each month 2-3:30 p.m.

Winkler/Morden - meets the 1st Wednesday of the month, 2 p.m., Boundary Trails Health Centre

Arthritis Society of Manitoba

Has a variety of support groups for those caregiving for individuals with arthritis.

Contact for more information and to confirm dates, times and locations:

Phone: 204-942-4892 / 1-800-321-1433; Website: www.arthritis.ca/mb

CancerCare Manitoba

Support groups for patients and family.

Contact for more information and to confirm dates, times and locations:

Phone: 204-787-2197 / 1-866-561-1026; Website: www.cancercare.mb.ca/home

Canadian Cancer Society

Operates a Canada-wide telephone peer support program that matches clients who are living with cancer or caring for someone with cancer with a trained volunteer who has been through a similar cancer experience. The match will be based on important factors such as type of cancer, gender, treatment, side effects, age, marital status or family situation.

Contact:

Phone: 1-888-939-3333

Email: info@cis.cancer.ca; Website: www.cancer.ca/en/?region=mb

Canadian Mental Health Association Manitoba and Winnipeg

Contact for more information and to confirm dates, times and locations:

930 Portage Avenue, Winnipeg, MB R3G 0P8

Phone: 204-982-6100; Website: www.winnipeg.cmha.ca

Mental Health Education for Families

Mental Health Education for Families informs families about important issues concerning mental illness and recovery. The six-week course fosters awareness about sensitive issues in order to respond effectively. The course is offered in spring and fall in Winnipeg.

Mental Health Self-Help Organizations

Provincially-funded mental health self-help organizations provide support and information for families in various programs across the province.

The Geriatric Mental Health Team and Mental Health Services for the Elderly

Winnipeg provides assessment and short term intervention to persons 65 years and over who are experiencing mental health problems. Referrals can be made by anyone to the teams who connect older adults with resources to assist them in remaining in the community.

Contact:

Geriatric Mental Health Team
Winnipeg, MB
Office Intake Line: **204-982-0140**

Mental Health Services for the Elderly
Contact your Regional Health Authority
listed in the Appendix.

Huntington Disease Resource Centre

Provides a monthly support group for persons living with Huntington disease and their family, friends and/or caregivers, plus individual counselling and support for family caregivers.

Contact for more information and to confirm dates, times and locations:

Phone: **204-772-4617 / 1-800-998-7398**

Email: sfunk@huntingtonsociety.ca; Website: www.huntingtonsociety.ca/tag/manitoba

Jewish Child & Family Services

Supportive services to children, families and older adults, such as counselling services and support groups. Services are available in English, Yiddish, Russian, Hebrew, and Spanish.

Contact:

C200 - 123 Doncaster Street, Winnipeg, MB R3N 2B2

Phone: **204-477-7430**; Email: jcfs@aspercampus.mb.ca; Website: www.jcfswinnipeg.org

Klinik Community Health Centre

A full range of health-related services from medical care to counselling (drop-in available) to education.

Contact:

870 Portage Avenue, Winnipeg, Manitoba R3G 0P1

Phone: **204-784-4090**; Crisis Line: **204-786-8686** or **1-888-322-3019**

Email: klinik@klinik.mb.ca; Website: www.klinik.mb.ca

Manitoba Brain Injury Association

Support groups and peer-support activities for those with brain injury and their caregivers. Activities are also offered in the **Brandon, Steinbach, Dauphin and Parkland** Areas.

- **Discussion Group** - meets Tuesdays 2-4 p.m. September to June at 825 Sherbrook Street
- **Survivors Group** - meets the first three Wednesdays of the month 7-9 p.m. September to June at 825 Sherbrook Street
- **Caregiver's Group** - meets the 3rd Wednesday of the month 7:30-9 p.m. year round, 825 Sherbrook

Contact for more information and to confirm dates, times and locations:

Phone: **204-975-3280 / 1-866-327-1998**

Email: info@mbia.ca; Website: www.mbia.ca/

204-825 Sherbrook Street, Winnipeg, MB R3A 1M5

Brandon and area

Phone: **1-866-327-1998**

Dauphin and Parkland Region and area

Phone: **(204) 638-4702 / 1-866-327-1998**

Manitoba Farm and Rural Support Services

Support, counselling, information and referrals over the phone to farm families and other rural Manitobans.

Contact:

Phone: **1-866-367-3276**; Email: help@ruralsupport.ca; Website: www.ruralsupport.ca

Manitoba Schizophrenia Society

Contact for more information and to confirm dates, times and locations:

100 - 4 Fort Street, Winnipeg, MB R3C 1C4

Phone: **204-786-1616 / Toll Free: 1-800-263-5545**; Website: www.mss.mb.ca

Family Support Group

Offers an open group for families and friends of those experiencing schizophrenia, schizo-affective disorder, and psychosis. Meets the last Tuesday of the month from 7-9 p.m., 4 Fort Street, Winnipeg.

Strengthening Families Together

This four-session national education program increases accessibility to Canadian-based information for family members and friends of individuals living with and recovering from serious mental illnesses.

Eight Stages of Healing

The Eight Stages of Healing workshops are to improve coping skills and the family's system of care. The emphasis is on successful ways of coping with the losses associated with mental illness. Based upon the book, "Hidden Victims, Hidden Healers", the workshop is nine or ten sessions.

Manitoba Suicide Line

Provides 24-hour a day confidential crisis counselling, support, information and referrals for people who are feeling suicidal, concerned friends and family, and survivors of a suicide loss.

Contact:

Phone: **1-877-435-7170**; Website: www.reasonstolive.ca

Men's Resource Centre

The Men's Resource Centre provides counselling and support services to men who have experienced trauma and stressors in their lives and want to resolve related issues.

Contact:

200-321 McDermot Avenue, Winnipeg, Manitoba R3A 0A3

Phone: **204-415-6797 / 1-855-MRC-MRCS**

Email: mrc@mens-resource-centre.ca; Website: www.mens-resource-centre.ca

Multiple Sclerosis (MS) Society

Groups are a great way to connect with other people affected by MS and to share information and support in a safe, confidential environment. All groups are open to new members. Dates and times are subject to change.

- **Caregivers Support Group** - meets the 1st Wednesday of each month 7:00-9:00pm
- **Female Caregivers Group** - meets the 1st Thursday of each month 6:30-8:30pm

Contact for more information and to confirm dates, times and locations:

Phone: **204-943-9595 / 1-800-268-7582**

1465 Buffalo Place, Winnipeg, MB

Email: ***info.manitoba@mssociety.ca***; Website: ***www.beta.mssociety.ca***

Operational Stress Injury Social Support (OSISS)

Resources and support to military members, veterans and their families impacted by an OSI as a result of duties.

Contact:

Family members: **204-831-3444**
Veterans Affairs Canada - OSI Clinic
Deer Lodge Hospital
2109 Portage Avenue, Winnipeg, MB R3J 0L3

Family members: **204-765-3000 ext. 4031**
Canadian Forces Base Shilo
Building L 102, Room 252
PO Box 5000 Stn Main, Shilo, MB R0K 2A0

Website: ***www.osiss.ca***

Osteoporosis Canada, Manitoba Chapter

Support groups for caregivers in Winnipeg, plus free information sessions and printed/electronic resources.

Contact for more information and to confirm dates, times and locations:

Phone: **204-772-3498**; Email: ***manitoba@osteoporosis.ca***; Website: ***www.osteoporosis.ca/manitoba***

Parkinson Society of Manitoba

Support group for caregivers meeting on the 3rd Thursday of the month, 1:30-3:30 p.m. at St. George's Anglican Church at 168 Wilton Street in Winnipeg.

Contact for more information and to confirm dates, times and locations:

Phone: **204-786-2637**

Website: ***www.parkinson.ca/site/c.qllZldNYJwE/b.5472289/k.BFA0/Home.htm***

Rupert's Land Caregiver Services

A support group for caregivers of older adults, held the 2nd Saturday of the month, 10 a.m., 168 Wilton Street, Winnipeg.

Contact for more information and to confirm dates, times and locations:

Phone: **204-452-9491**; Email: ***rlcs@mts.net***; Website: ***www.rlcaregivers.org***

S.P.E.A.K. (Suicide Prevention Education Awareness Knowledge)

A family-based, monthly drop-in education and support group for individuals grieving from the death of a loved one. Meets the last Monday of the month from 7-8:30 p.m. at Klinik Community Health Centre, Winnipeg.

Contact for more information and to confirm dates, times and locations:

Phone: 204-784-4064; Website: www.klinik.mb.ca/in-person-counselling/suicide-postvention-education-awareness-and-knowledge-speak

Stroke Recovery Association of Manitoba

Family and caregiver support groups to improve the quality of life of stroke survivors and their families.

Contact for more information and to confirm dates, times and locations:

Phone: 204-942-2880; Website: www.strokerecovery.ca



WELL-BEING AND HEALTH PROMOTION

Anxiety Disorders Association of Manitoba

Offers self-help for all Manitobans affected by anxiety disorders; provides cognitive behavioural programs and ongoing support groups for the prevention, education, early intervention and management of anxiety disorders; and provides resources for families, employers and health care professionals.

Contact:

4 Fort Street, Winnipeg, MB R3C 1C4
Phone: 204-925-0600; Website: www.adam.mb.ca

Continuity Care Inc.

Supports families to plan for an enriched quality of life for their family member with an intellectual disability.

Contact:

2 - 120 Maryland Street, Winnipeg, MB R3G 1L1
Phone: 204-779-1679; Email: info@continuitycare.ca; Website: www.continuitycare.ca

Friendship Centres

There are several Friendship Centres across Manitoba offering programs and services for Aboriginal caregivers.

Contact the Friendship Centre in your community for more information.

Government of Canada - Aboriginal Affairs and Northern Development Canada

Assisted living, including home care services for on-reserve First Nations people with functional limitations.

Contact:

365 Hargrave Street, Winnipeg, MB R3B 3A3
Phone: 1-800-567-9604, TTY: 1-866-553-0554; Website: www.ainc-inac.gc.ca/hb/sp/alp-eng.asp

Government of Manitoba - Aboriginal and Northern Affairs

Improves the quality of life, and enhances opportunities for Aboriginal and northern Manitobans.

Contact:

Email: anaweb@gov.mb.ca; Website: www.gov.mb.ca/ana

Health Canada - First Nations and Inuit Health Branch, Manitoba Region

Improves health outcomes and provides access to quality health services for First Nations and Inuit people.

Contact:

391 York Avenue, Suite 300 Winnipeg, MB R3C 4W1

Phone: **1-866-225-0709** / TTY: **1-800-465-7735** (Service Canada)

Website: www.hc-sc.gc.ca/fniah-spnia/index-eng.php

Healthy Aging Resource Teams

Teams provide health promotion, chronic disease management, and injury and illness prevention programs to enhance the quality of life, self-care, independent living and choices for one's own best health in Winnipeg.

Contact:

- Downtown/Point Douglas: **204-940-2269**
- River East/Transcona: **204-940-2114** - also has a monthly caregiver luncheon and discussion
- St. James-Assiniboia/Assiniboine South: **204-940-3261**

Website: www.wrha.mb.ca/community/seniors/services-hart.php

La Fédération des aînés franco-manitobains inc.

As spokesperson group, the Fédération is dedicated to allow French speakers in Manitoba who are aged 50 and over to fully live in French.

Contact:

400, rue Des Meurons - bureau 123 Saint-Boniface , MB R2H 3H3

Phone: **204-235-0670** / **1-855-235-0670**

Email: info@fafm.mb.ca; Website: www.fafm.mb.ca

Manitoba Institute for Patient Safety

Promotes patient safety through supporting leading healthcare practices; empowering patient engagement; developing and sharing resources for patients, families, healthcare organizations and providers, including medication card, safe use of medications information sheet, It's Safe to Ask brochures and posters with three key questions to ask (bilingual); patient advocate form; Self-Advocacy for Everyone (S.A.F.E.) Toolkit; and videos.

Contact:

102-175 Carlton Street, Winnipeg, MB R3C 3H9 Phone: **204-927-6477** / **1-866-927-6477**

Email: admin@mips.ca; Website: www.safetoask.ca and www.mips.ca

Mobile Clinics

Buses staffed by nurse practitioners and registered nurses, provide a full range of on the spot primary care services, such as physical exams, diagnostic tests, immunizations, referrals, and well baby care for people living in some of Manitoba's smaller, underserved communities. For information, the community visit schedule, or to book an appointment, visit:

Prairie Mountain Health

Serving San Clara, Binscarth, Birdtail Sioux, Tootinaowaziibeeng and Keeseekoowenin Ojibway First Nations, McAuley, RM of Archie.

Website: www.prairiemountainhealth.ca

Southern Health-Santé Sud

Serving Dominion City, Woodbridge, Plumas, Langruth.

Website: www.southernhealth.ca

Mood Disorders Association of Manitoba

A self-help organization providing support, education and advocacy for those living with mood disorders and co-occurring disorders or other mental health illnesses.

Contact:

100 - 4 Fort Street, Winnipeg, MB R3C 1C4

Phone: **204-786-0987 / 1-800-263-1460**; Website: www.mooddordersmanitoba.ca

PRIME

Assists persons ages 65 and over who have multiple health problems to maintain independent community living while improving quality of life. Services include regular visits with a doctor or nurse practitioner, after-hours support, exercise and therapy, health and wellness education, counselling and personal care.

Contact:

Deer Lodge Centre, 2109 Portage Avenue, Winnipeg, MB R3J 0L3

Phone: **204-833-1700**; Website: www.wrha.mb.ca/wave/2010/10/prime-time.php

QuickCare Clinics

Meet unexpected health care needs by nurse practitioners and registered nurses who can help prevent, diagnose and treat minor health issues when some other clinics may be closed.

Contact to book an appointment, for more information and to confirm dates, times, locations:

Winnipeg

363 McGregor Street

Phone: **204-940-1963**

Website: www.myrightcare.ca

17 St. Mary's Road

Phone: **204-940-4332**

620 Dakota Street

Phone: **204-940-2211**

Steinbach

Clearspring Mall; Phone: **204-326-7569**

Website: www.southernhealth.ca

Selkirk

Unit 3-1020 Manitoba Ave; Phone: **204-482-4399**

Website: www.ierha.ca

Rehabilitation Centre for Children

Provides services to children with physical and developmental challenges from birth to 18 years of age (21 if still in school). The centre also has a Family Resource Centre and newsletter.

Contact:

633 Wellington Crescent, Winnipeg, MB R3M 0A8

Phone: **204-452-4311**; Website: www.rccinc.ca

Seniors and Healthy Aging Secretariat

Promotes the health, independence and well-being of older Manitobans; leads the Age-Friendly Manitoba Initiative; supports the Minister of Healthy Living and Seniors, the Manitoba Council on Aging and the Caregiver Advisory Committee; and works collaboratively so that the concerns of older Manitobans are reflected through a comprehensive framework of legislation, policy and programs.

Seniors Information Line

Provides information and referrals to older adults, family and professionals

Manitoba Seniors Guide

Includes a listing of organizations that promote the health and well-being of older adults

Contact:

Phone: 204-945-6565 / 1-800-665-6565; Email: seniors@gov.mb.ca; Website: www.gov.mb.ca/shas

Support Services for Seniors

Community-based programs that assist seniors to continue to live in the community. The goals of the Support Services to Seniors program are to reduce barriers to improve and/or maintain health status; foster social and physical environments that support health and independence; promote optimal well-being through lifelong learning; increase health promotion, chronic disease management and social connectedness; prevent and/or postpone disabilities, distress, discomfort and preventable injury; and increase the capacity of older adults to have meaningful control over their health and well-being. In addition to Adult Day Programs, Congregate Meal Programs and Seniors Community Resource Councils, regional Support Services to Seniors include community outreach, day hospitals, education, geriatric assessment, information, navigation of services, referral and senior centres.

Adult Day Programs

Designed to keep people independent and engaged in social/recreational and health promotion activities, Adult Day Programs offer caregivers respite and provide program participants a well balanced lunch and healthy snacks. A nominal fee covers transportation, programming and food.

Congregate Meal Programs

Offer the opportunity to enjoy well-balanced, affordable meals in a social setting. Individuals are encouraged to participate in planning and preparing meals, setting tables and helping with clean up. Hot nutritious meals are offered one to five days per week in a group setting.

Seniors Community Resource Councils

In each region there are Seniors Community Resource Councils to help link caregivers and older adults 55+ to community supports and services. Services vary from community to community based on identified needs; however, common services are E.R.I.K. (Emergency Response Information Kit); escorted transportation and other transportation options; and yard and home maintenance.

Contact your local Regional Health Authority listed in the appendix to determine services available in your area.

APPENDIX

Information and Referral Services

Seniors Information Line

Information on programs and services across Manitoba for older adults, informal caregivers, and senior serving professionals.

Contact:

Phone: 204-945-6565 / 1-800-665-6565

Email: seniors@gov.mb.ca; Website: www.gov.mb.ca/shas

Contact Community Information

Community information referral service, which refers Manitobans to social services and programs available through health, educational, cultural and recreational resources.

Contact:

Phone: 204-287-8827 / 1-866-266-4636

Website: www.contactmb.org/index.html

Family Doctor Finder

Provides Manitobans with an easy way to be connected with a family doctor or nurse practitioner who can provide them with ongoing care.

Contact to register:

Phone: 204-786-7111 / 1-866-690-8260

Website: www.manitoba.ca/health/familydoctorfinder

Healthy Child Manitoba

Working with families to support their children and youth to reach their potential.

Contact:

Phone: 204-945-2266 / 1-888-848-0140

Email: healthychild@gov.mb.ca

Website: www.gov.mb.ca/healthychild/index.html

Regional Health Authorities

Provide a health system that balances health promotion, disease prevention and institutional and community based services (ex: Home Care, Mental Health, Palliative Care, QuickCare Clinics, Support Services for Seniors).

Contact:

Interlake Eastern Regional Health Authority

Phone **204-785-4700 / 1-855-347-8500**

Email: [*info@ierha.ca*](mailto:info@ierha.ca)

Website: [*www.ierha.ca*](http://www.ierha.ca)

Northern Health Region

Flin Flon - Phone: **204-687-1300 / 1-888-340-6742**

The Pas - Phone: **204-627-6800 / 1-888-340-6742**

Thompson - Phone: **204-677-5350 / 877-677-5353**

Website: [*www.northernhealthregion.ca*](http://www.northernhealthregion.ca)

Prairie Mountain Health

Brandon - Phone: **204-578-2325**

Souris - Phone: **204-483-5000 / 1-888-682-2253**

Dauphin - Phone: **204-638-2118 / 1-800-259-7541**

Email: [*pmh@pmh-mb.ca*](mailto:pmh@pmh-mb.ca)

Website: [*www.prairiemountainhealth.ca*](http://www.prairiemountainhealth.ca)

Southern Health-Santé Sud

Southport - Phone: **204-428-2720**

La Broquerie - Phone: **204-424-5880**

Morden - Phone: **204-822-2650**

Notre Dame de Lourdes - Phone: **204-248-7250**

Toll Free: **1-800-742-6509**

Email: [*info@southernhealth.ca*](mailto:info@southernhealth.ca)

Website: [*www.southernhealth.ca*](http://www.southernhealth.ca)

Winnipeg Regional Health Authority (including Churchill)

Phone: **204-926-7000**

Home Care Central Intake: **204-788-8330**

Churchill Health Centre Phone: **204-675-8881**

Email: [*info@wrha.mb.ca*](mailto:info@wrha.mb.ca)

Website: [*www.wrha.mb.ca*](http://www.wrha.mb.ca)

Other Online Resources and Reading Materials

Canadian Caregiver Coalition - www.ccc-ccan.ca

The national voice for the needs and interests of family caregivers.

Canadian Centre for Elder Law - www.bcli.org/ccel

A national, not-for-profit providing public legal education on elder law issues, research and outreach.

Canadian Movement Disorder Group - www.cmdg.org/ - click on "Caregiver/Partner Supports"

Information about Canadian specialists and centres in the field of movement disorders.

Care Aware - www.careaware.ca/about.php

Raises awareness of Manitobans who provide unpaid care and support to family members and friends.

Caregiver-Connect VON - www.von.ca/caregiver-guide/default.aspx

A portal of information for caregivers across Canada.

Family Caregiver News Magazine - www.thefamilycaregiver.com

Provides support and information about caregiving for family members across Canada.

FASD Resource List - www.gov.mb.ca/healthychild/fasd/fasdresources_en.pdf

Healthy Child Manitoba has a Fetal Alcohol Spectrum Disorder Services resource list for caregivers.

Government of Canada - www.Canada.ca/Seniors – click on "Information for Caregivers"

Information for seniors and caregivers on federal, provincial and some municipal government benefits/services.

Government of Manitoba ServiceLink - www.web22.gov.mb.ca/ServiceLink/en/

To help you search benefits for which you may be eligible.

Parenting on your own - www.gov.mb.ca/msw/parenting/parentingonyourown.pdf

Manitoba Status of Women presents a handbook for one-parent families.

"Responding to Stressful Events": Self-Care for Caregivers - www.phac-aspc.gc.ca/publicat/oes-bsu-02/caregvr-eng.php

Created by the Public Health Agency of Canada to educate caregivers that stressful feelings are normal.

Seniors and Healthy Aging Secretariat - www.gov.mb.ca/shas/caring.html

Manitoba Health, Healthy Living and Seniors website with information and links to resources about caregiving, including the Caregiver Guide – Information and Resources for Caregivers of Older Adults.

Veterans Affairs Canada - www.veterans.gc.ca/eng/about-us/policy/document/1025

Information on supports for family/friend caregivers.