



Provincial Resources to Support Persons Living with Dementia and Care Partners

- Manitoba -

October 2021

Topics on this document include:

1. Driving and Transportation.....Page 2
2. Home and Community Support.....Page 3
3. Exercise programs.....Page 7
4. Cognitive Training programs.....Page 7
5. Power of Attorney.....Page 8
6. Support Groups.....Page 8
7. Alzheimer Society of Manitoba.....Page 9



1. Driving and Transportation

Driving information

- Manitoba has no regulations of medical reports or retesting of older drivers. More information of monitoring physical and cognitive abilities for driving and when to arrange for a driving test can be found here. For questions call: Toll-free: 1-866-617-6676.

<https://www.mpi.mb.ca/Pages/older-drivers.aspx>

- Disability parking permits are available in all communities. Apply here: <https://www.manitobapossible.ca/parking-permits> . Need assistance, call: 1-844-975-3257

Transportation options

- Accessible Transit in **Winnipeg**: <https://winnipegtransit.com/en/winnipeg-transit-plus/> . Need assistance, call 1-204-986 4722.
- A list of Handi Bus and van services in **Manitoba**: <https://tonsemb.org/wp-content/uploads/2020/06/Transportation-Options-List-2019.pdf>
- For rural handi bus access, there is a Facebook networking group <https://www.facebook.com/groups/336838340287055/>
- Search for transportation, including taxi service options in your local community on <https://mb.211.ca> or call 2-1-1
- **Winnipeg** public transit: <https://winnipegtransit.com/en> , call 3-1-1 for assistance
- Senior Transport is a volunteer organization assisting Winnipeg seniors getting around the city. Call 1-204-430-98-51 or visit the website <https://seniorstransport.ca>
- **Kenora** public transit: <https://www.kenora.ca/en/living-here/transit.aspx> , call 1-807-467-2000 for assistance
- **Thompson** public transit: <https://www.thompson.ca/p/city-transit> , call 1-204-677-7910 for assistance
- **Brandon** public transit: <http://brandontransit.ca> , call 1-204-729-2300



2. Home and Community Support

Home and Community Care

- Home and community care is provided by the **Regional Health Authorities of Manitoba Health**, and includes the following services: home support, personal care, nursing services, adult day program, meals and wheels
- **Interlake-Eastern Regional Health Authority:** List of local homecare office to contact for an assessment: https://www.ierha.ca/data/2/rec_docs/34726_Home_Care_Office_Listing_-_Aug_2019.pdf or call 1- 204-268-6746 to be redirected to a local home care office. Call 1-204-268-7421 to get help with arranging a long-term care placement.
- **Prairie Mountain Health:** List of local home care offices to contact for an assessment: <https://www.prairiemountainhealth.ca/contact-home-care> , or call 1- 204-268-6746 to be redirected to a local home care office, or to arrange for a long-term care placement.
- **Winnipeg Regional Health Authority:** <https://wrha.mb.ca/home-care/> , Call the regional home care intake line 1 -204-788-8330 for an assessment. For help with arranging for long-term care, call the Long-Term Care access centre 1-204-940-8670 to speak with a case manager.
- **Northern Regional Health Authority:** List of local offices to contact for a home care or long-term care assessment: <https://northernhealthregion.com/programs-and-services/continuing-care/home-care/eligibility-for-home-care/> . Call 1-204-867-1300.
- **Southern Health- Sante Sud:** List of local home care offices to contact for an assessment: <https://www.southernhealth.ca/en/finding-care/find-a-service/home-care/> . Call 1-204-346-6135 for assistance.
- Call 2-1-1 or visit <https://mb.211.ca> to help you connect to government, health and social services and resources

Meal delivery services

- Meals on wheels in Winnipeg <https://www.mealswinnipeg.com/get-meals/>. Call 1-204-596-7711 for information
- Meals on wheels Brandon:



Dufferin Seniors Centre 204-986-2608

Manitoba Chinese Seniors Centre 204-772-6257

St. James Assiniboia Seniors Centre 204-987-8850

Brandon Health Region – Prairie Oasis Senior Centre 204-727-6641

- Meals on wheels **Interlake region**:

Ashern – 7 day congregate, Mon-Fri Meals on Wheels -204-768-2187

Gimli Meals on Wheels - 204-642-7297

Lundar Meals on Wheels - 204-762-5378

Peguis Congregate and Meals on Wheels - 204-645-2246

Selkirk Meals on Wheels - 204-785-2737

Stonewall Meals on Wheels - 204-467-5257

Teulon Meals on Wheels - 204-886-3053

Winnipeg Beach Meals on Wheels - 204-642-7297

- Meals on Wheels **Nor-Man region**:

Flin Flon – Contact local homecare coordinator 204-687-4870

The Pas – The Pas Health Complex 204-623-6626

- Meals on Wheels **South Eastman Region**:

Steinbach – Pat Porter Active Living Centre 204-320-4605

Grunthal – Pat Porter Active Living Centre 204-320-4605

Niverville – Niverville Senior Services 204-388-9945

- Meals on wheels in the **Central region**:

Carman – Congregate Meal Program 204-745-3357

Macgregor – Macgregor’s Senior Drop-in Centre 204-685-2682



Morden – Friendship & Senior Services Activity Centre 204-822-3555

Oakville – Silver Threads Senior Centre 204-267-2013

Plumas – Plumas Senior Meals 204-386-2761

Plum Coulee – Maple Manor Meals Service 204-829-3989

Portage La Prairie – Meals on Wheels 204-239-6312

Portage La Prairie – Herman Prior Senior Services Centre 204-857-6951

- Meals on wheels in the **Assiniboine Region**

Baldur Health Centre 204-535-2456

Boissevain Health Centre 204-534-2451

Carberry Health Centre 204-834-2144

Cypress River 204-743-2150

Cartwright – Davidson Memorial Health Centre 204-529-2483

Deloraine Health Centre 204-747-2748

Erickson Health Centre 204-636-7777

Glenboro Health Centre 204-827-2438

Hamiota Health Centre 204-764-2412

Hartney Health Centre 204-858-2054

Killarney – Tri Lake Health Centre 204-523-4661

Melita Health Centre 204-522-8197

Minnedosa Health Centre 204-867-2701

Neepawa Health Centre 204-476-2394

Reston Health Centre 204-877-3925

Rivers Health Centre 204-328-5321



Rosburn Health Centre 204-859-2413

Russell Health Centre 204-773-2125

Shoal Lake – Strathclair Health Centre 204-759-2336

Souris Health Centre 204-483-2121

Souris Congregate Meals 204-483-3990

Treherne – Tiger Hills Health Centre 204-723-2133

Virden – Sherwood Personal Care Home 204-748-1546

Virden – Westman Nursing Home 204-748-4335

Wawanesa Health Centre 204-824-2335

- **Meals on wheels Parkland Region:**

Dauphin Regional Health Centre – Meals on Wheels, Dauphin Division
204-638-2153

Dauphin Multi-Purpose Senior Centre Inc. – Congregate meals only 204-
638-6485

Roblin Seniors Meal Program – Congregate & Meals on Wheels 204-
638-6485

Ste Rose Du Lac – Congregate & Meals on Wheels 204-447-3229

Swan River Senior Citizen Centre – Congregate & Meals on Wheels
204-734-2212

Winnipegosis – New Horizons Senior Centre – Congregate & Meals on
Wheels 204-656-4899

- **Meals on wheels in the Burntwood Churchill Region:** Meals are available from the Churchill Health Centre. Clients can purchase meals from the cafeteria to be delivered. Contact the homecare coordinator at 204-675-8355.

3. Exercise Programs

- **YMCA in Winnipeg** <http://www.ywinnipeg.ca>

Downtown Branch 204.947.3044

Elmwood – Kildonan Branch 204.668.8140

South Branch 204.233.3476

West Portage Branch 204.889.8052

- **YMCA Brandon** <https://www.ymcabrandon.ca> , call 1-204-727-5456

- **YMCA at Home** – free virtual exercise programs at home
<https://www.ymcahome.ca>

- **Minds in Motion** by the Alzheimer Society
https://secure2.convio.net/alzmb/site/SPageNavigator/calendar_events/Education/Minds%20in%20Motion/MiM_Home.html . Call 1-204-943-6622 ext. 203 for assistance.

- **Steppin' Up With Confidence** exercise program
<https://activeagingmb.ca/programs/suwcl/> . Toll free: 1-866-202-6663 for assistance.

- **Staying on your feet** - taking action to prevent falls
<https://preventfalls.ca/older-adults/> . Call 1-204-940-8300 for assistance.

- **Active Aging in Manitoba** – activity guide: <https://activeagingmb.ca/wp-content/uploads/2018/10/Active-Aging-Resource-Guide-2018-for-website-1.pdf>

4. Cognitive Training Programs

- **Minds in Motion®** by the Alzheimer Society helps people living with any form of early-stage dementia with gentle exercise, social activities and cognitive stimulation. Call 1-204-943-6622 ext. 203 for assistance. https://secure2.convio.net/alzmb/site/SPageNavigator/calendar_events/Education/Minds%20in%20Motion/MiM_Home.html



- **Memory Work Out** – a workbook for cognitive training for people with early-stage dementia and Alzheimer: https://the-ria.ca/wp-content/uploads/2018/11/BUFU-Guide-Memory-Workout_AODA.pdf
- **Hello Brain** – cognitive training delivered online or via an app (there is also a paper version for those without computer or tablet/smartphone access): <http://www.hellobrain.eu/en/gettheapp>
- **First Link by the Alzheimer Society** can help you connect to programs in your community. Refer to the provincial Alzheimer Society contact information or call 1-800-263-3367 for assistance: <https://alzheimer.ca/en/help-support/programs-services/first-link>

5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. Call 1-800-378-6696 for more information. <https://alzheimer.mb.ca/living-with-dementia/planning-for-the-future/>
- Power of Attorney toolkit from the government of Manitoba. Call 1-204-945-2700 for more information
https://www.gov.mb.ca/publictrustee/pdf/power_of_attorney_guidebook.pdf

6. Support Groups

- **The Alzheimer Society of Manitoba** offers virtual and in-person support groups for people with dementia and their caregivers <https://alzheimer.mb.ca/we-can-help/support-groups-for-people-with-dementia/> , call 1-800-378-6699 to get connected to a support group near you.
- **Dementia talk** – an online support portal for people with dementia and their caregivers <https://discussions.dementiatalk.org>
- Canadian Alzheimer's and dementia support group (Facebook) <https://www.facebook.com/groups/806165616207113>



7. Alzheimer Society - Provincial and Regional Chapters

Alzheimer Society of Manitoba

Unit 10 - 120 Donald St.
Winnipeg, MB R3C 4G2
Tel: (204) 943-6622
Toll-free: 1-800-378-6699 (Manitoba only)
Fax: (204) 942-5408
Email: alzmb@alzheimer.mb.ca
Web: www.alzheimer.mb.ca

Regional offices:

Interlake / Eastern Region Office

Gordon Howard Centre – 384 Eveline St
Selkirk, MB
R1A 1N3
Phone: 204-268-4752
Regional Coordinator
Samantha Holland alzne@alzheimer.mb.ca

North Central Region Office

Herman Prior Centre – 40 Royal Road North
Portage la Prairie, MB
R1N 1V1 Phone: 204-239-4898

Regional Coordinator

Jennifer Harder alznc@alzheimer.mb.ca

Parkland Region Office

118 Main St. N.,
Dauphin, MB
R7N 1C2
Phone: 204-638-4483

alzprk@alzheimer.mb.ca



South Central Region Office

Buhler Active Living Centre – #105 – 650 South Railway Ave.
Winkler, MB
R6W 0L6
Phone: 204-325-5634
Kathy Fehr alzsc@alzheimer.mb.ca

South Eastman Region Office

Pat Porter Active Living Centre – 10 Chrysler Gate Road
Steinbach, MB
R5G 2E6
Phone: 204-326-5771
Meg Pfeifer-Brandt alzse@alzheimer.mb.ca

Westman Region Office

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