

Provincial Resources to Support Persons Living with Dementia and Care Partners

- Manitoba -

August 2022

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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.
- Disability parking permits are available in all communities. [Click here](#) to apply or call 1-844-975-3257 for additional assistance.

Transportation options

- Accessible Transit in **Winnipeg**. Call 1-204-986 4722 or [click here](#) for more information.
- A list of Handi Bus and van services in **Manitoba**, [click here](#) for more information.
- For rural Handi Bus access, there is a Facebook networking group, [click here](#) for direct access.
- Search for transportation, including taxi service options in your local community [here](#) or call 2-1-1.
- **Winnipeg** public transit. Visit their website by [clicking here](#) or 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 [click here](#) to visit their website.
- **Kenora** public transit. [Click here](#) to visit their website or call 1-807-467-2000 for assistance.
- **Thompson** public transit. [Click here](#) to visit their website or call 1-204-677-7910 for assistance.
- **Brandon** public transit. [Click here](#) to visit their website or call 1-204-729-2300 for assistance.

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. [Click here](#) for more information.
- **Interlake-Eastern Regional Health Authority.** [Click here](#) for a list of local homecare office to contact for an assessment or call 1- 204-268-6746 to be redirected to a local home care office. To get help with arranging a long-term care placement, call 1-204-268-742.
- **Prairie Mountain Health.** [Click here](#) for a list of local home care offices to contact for an assessment 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.** 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. For more information, [click here](#).
- **Northern Regional Health Authority.** [Click here](#) for a list of local offices to contact for a home care or long-term care assessment. For additional assistance, call 1-204-867-1300.
- **Southern Health-Sante Sud.** [Click here](#) for a list of local home care offices to contact for an assessment. For additional assistance, call 1-204-346-6135.
- Call 2-1-1 or visit their website by [clicking here](#) to help you connect to government, health and social services and resources.

Meal delivery services

- Meals on wheels in **Winnipeg.** [Click here](#) to visit their website or 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
 - Rossburn 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 home care coordinator at 204-675-8355.

3. Exercise Programs

- **YMCA in Winnipeg.** [Click here](#) for more information.
 - Downtown Branch 204-947-3044
 - Elmwood – Kildonan 204-668-8140
 - Branch South Branch 204-233-3476
 - West Portage Branch 204-889-8052



- **YMCA Brandon.** Call 1-204-727-5456 or [click here](#) for more information.
- **YMCA at Home.** For free virtual exercise programs at home, [click here](#).
- **Minds in Motion** by the Alzheimer Society. Call 1-204-943-6622 (ext. 203) for assistance or [click here](#) for more information.
- **Steppin' Up With Confidence** exercise program. [Click here](#) to visit their website or call 1-866-202-6663 (toll free) for assistance.
- **Staying on your feet** - taking action to prevent falls. [Click here](#) to visit their website or call 1-204-940-8300 for assistance.
- **Active Aging in Manitoba** – activity guide. [Click here](#) for more information.

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, or visit their website by [clicking here](#).
- **Memory Work Out** – a workbook for cognitive training for people with early-stage dementia and Alzheimer. [Click here](#) for more information.
- **Hello Brain** – cognitive training delivered online or via an app. [Click here](#) to download the app.
- **First Link by the Alzheimer Society** can help you connect to programs in your community. [Click here](#) to refer to the provincial Alzheimer Society contact information or call 1-800-263-3367 for assistance.



5. Power Of Attorney

- Planning for Power of Attorney resources from the Alzheimer Society. Call 1-800-378-6696 or visit their website by [clicking here](#) for more information.
- Power of Attorney toolkit from the government of Manitoba. [Click here](#) or call 1-204-945-2700 for more information.

6. Support Groups

- **The Alzheimer Society of Manitoba** offers virtual and in-person support groups for people with dementia and their caregivers. [Click here](#) or call 1-800-378-6699 to get connected to a support group near you.
- **Dementia talk** is an online support portal for people with dementia and their caregivers. [Click here](#) for more information.
- Canadian Alzheimer's and dementia support group. [Click here](#) for direct access.

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
Email: 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
Email: alznc@alzheimer.mb.ca

Parkland Region Office

118 Main St. N.,
Dauphin, MB
R7N 1C2
Phone: 204-638-4483
Email: 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
Regional Coordinator: Kathy Fehr
Email: 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
Regional Coordinator: Meg Pfeifer-Brandt
Email: 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