

Seniors



Manitoba Seniors' Guide

If you are an older adult, The Manitoba Seniors' Guide has valuable information for you. You can find it online or you can phone or email to ask for a paper copy.

- Online:
https://www.gov.mb.ca/seniors/publications/docs/seniors_guide.pdf
- Paper copy (Seniors Information Line):
204-945-6565 or 1-800-665-6565
Email: mgi@gov.mb.ca

Community Supports /Resources for Seniors

Senior centres are places in the community where older people (55+ or retired) meet together. There are programs and activities that help you to be independent and connect with other people in your community.

- More information:
Manitoba Association of Senior Centres:
www.manitobaseniorcentres.com/
Resident services:
https://residents.gov.mb.ca/reference.html?filter_category=8&d=list

A & O: Support Services for Older Adults

A & O: Support Services for Older Adults helps with the issues you might have as an older adult. A & O will work with you and other seniors and community groups to make your quality of life better. They support, educate and offer many services to seniors.

- More information:
<https://www.aosupportservices.ca/>

Housing

Housing and Aging in Place Options

Many seniors want to live in their own homes. The Manitoba government provides financial help so seniors can renovate their homes and stay home longer.

- More information:
<https://www.gov.mb.ca/seniors/housing.html>
https://residents.gov.mb.ca/reference.html?filter_category=15&d=list

Adult Lifestyle Communities

If you are retired from work and want to live on your own, an independent residence in a community with other people is a great choice. You can choose to live in a townhouse, condominium or a small house. Social and recreational activities are available on-site. Residents pay the entire cost.

Retirement Homes

Manitoba's retirement homes provide excellent retired living experiences. You can receive quality healthcare, a variety of senior services and a friendly atmosphere. There is also private housing for seniors in Manitoba, which offer convenient services and care to seniors.



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Seniors



Assisted living residences in Manitoba are sometimes also called Supportive Housing and Companion Care. Manitoba has a good reputation for high quality home care programs.

If you live at home or in a seniors' retirement community, you may be able to pay lower prices or get free home care services.

- List of retirement homes by area:
<https://www.comfortlife.ca/retirement-communities/manitoba-retirement-homes>
- Guidelines or licensing for residential care facilities:
<https://www.gov.mb.ca/health/publichealth/environmentalhealth/protection/rcf.html>
<https://www.gov.mb.ca/fs/clds/residential-care.html>

Care Options

There are many care options for seniors.

- **Homecare** - Health professionals such as nurses and physiotherapists will visit your home. You can also get help with personal care (hygiene) and housekeeping (cooking and laundry). <https://www.gov.mb.ca/health/homecare/index.html>
- **Assisted Living Services** – If you are a vulnerable senior, you can get help so you can stay at home. Assisted living services are a combination of scheduled care and as-needed care. <https://www.comfortlife.ca/retirement-communities/assisted-living>
- **Community Programs** – You can participate in supervised adult day programs, meal and transportation services. <https://www.comfortlife.ca/advanced-search>
- **Long-term Care Homes** – If you are a senior and you need 24-hour nursing care or supervision, you can go to a long-term care home. These homes are licensed by the Ministry of Health and Long-Term Care. Residents pay for their accommodation only. The provincial government pays for your nursing care and personal services. <https://www.comfortlife.ca/retirement-communities/long-term-care>
- Learn more about care options for seniors:
https://www.gov.mb.ca/betterhealth/health_services/housing_options.html
- Learn about personal care homes:
<https://www.ltcam.mb.ca/pch-faq.htm#1>

- Find a long-term care home in your area:
<https://wrha.mb.ca/long-term-care/>
<https://www.gov.mb.ca/health/aginginplace/>
<https://www.gov.mb.ca/health/homecare/index.html>
https://www.ltcam.mb.ca/options_homecare.htm

Important Note: The first step to getting seniors' care is to contact your Regional Health Authority (RHA).

- Find your RHA:
www.centralwesthealthline.ca/healthlibrary_docs/HealthcareAcrossCanada.pdf
<https://www.gov.mb.ca/health/homecare/index.html>

Benefits

Old Age Security (OAS) Pension

OAS is a monthly payment for people who are 65 years of age or older. To get

OAS, you needed to live in Canada for 10 years or more after you turned 18 years of age.

- More information:
<https://www.canada.ca/en/services/benefits/publicpensions/cpp/old-age-security.html>

Guaranteed Income Supplement (GIS)

If you are a low-income senior who receives OAS benefits, you may also qualify for the GIS.

- Learn more about OAS and GIS at Service Canada:
www.servicecanada.gc.ca/
Call 1-800-277-9914

Important Note: You must apply for OAS and GIS through Service Canada. You will not receive these benefits automatically.

Canada Pension Plan (CPP)

CPP is available to retired citizens and permanent residents. Workers in Canada must make contributions to the plan through the income tax system. You can apply for CPP when you retire.

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The amount of money you receive each month depends on how much you contributed during the years you worked.

■ More information:

www.servicecanada.gc.ca/

<https://www.canada.ca/en/services/benefits/publicpensions/cpp.html>

Manitoba Pharmacare Program

Pharmacare is a drug benefit program for eligible Manitobans, regardless of disease or age, whose income is seriously affected by high prescription drug costs.

■ More information:

<https://www.gov.mb.ca/health/pharmacare/index.html>

Did You Know?

To be eligible for almost all government programs, you need to file a personal income tax return each year.

Important Resources for Seniors

- If you have a medical emergency, call 911 and ask for an ambulance.
- If you want to find community and recreation programs for seniors in your area, call 311 or 1-866-266-4636 or 1-800-665-6565.
- Manitoba's Human Rights Code says that you cannot be treated unfairly because of your age. Learn more at the Manitoba Human Rights Commission:

<http://www.manitobahumanrights.ca/v1/>

Important Note: Criminals sometimes trick seniors by pretending to be someone else and asking for money. Learn how to protect yourself and others at the Canadian Anti-Fraud Centre: www.antifraudcentre.ca/