

## Companionship Services

### **A&O Resources**

204 956-6440

<http://www.ageopportunity.mb.ca/main/index.htm>

### **Senior Centre Without Walls**

Senior Centre Without Walls offers a unique opportunity for Manitobans, 55 years of age and older, to join educational and recreational programs from the comfort of their own homes via teleconference format. Programming topics include; educational presentations, health and wellness, language classes, book clubs, travelogues and support groups. The free programs are accessed through a toll-free number and are offered during the day and evenings.

### **Connect program (formerly Friendly visiting program)**

- o The Connect Program is an organized companionship and socialization program that seeks to match community volunteers with isolated, lonely older adults 55+.
- o Participants of the program will be provided information that may encourage social activity and participation within the community and may be matched with a volunteer visitor.
- o Volunteers and participants engage in a one hour visit, once a week, which occurs on a date and time that is agreeable and convenient to both parties. Visits take place in a participant's home

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### **Caregiving with Confidence (formerly Rupert's Land Caregiver Services)**

168 Wilton Street

204-452-9491

<http://caregivingwithconfidence.org/>

This respite program provides the caregiver with some relief by allowing them to take a break from their caregiving duties. A volunteer will come to the home for a visit and provide companionship to the client while the caregiver can stay at home and rest or get out into the community.

It is important for caregiver to get some time to recharge their batteries to ensure they are taking care of their own health to help them manage the stress of caregiving. While we understand that caregiving duties may not allow some of our clients the ability to attend programs in the community the telephone support program allows us to connect with caregivers at a distance. A phone call to provide encouragement, information and support can help a caregiver feel as though they are not alone in their journey.

### **Kennedy Cognitive Services**

162-2025 Corydon Ave Suite 205

204-930-7275

<http://kennedycognitive.com/>

Many individuals with dementia are struggling. They need individualized, fun, one-on-one stimulating engagement and emotional support to nurture their brain health, build their sense of connection and self-esteem and improve their quality of life. Kennedy Cognitive Services, Inc. is focused on serving these needs. E.N.R.I.C.H. Program is provided at the client's residence in hourly sessions by a warm fun-loving Cognitive Support Specialist. The number of sessions can vary from one every two weeks to up to three per week.

Activities are individualized to the client's needs, interests and abilities and designed to be fully enjoyable and slightly challenging. Art, associations, hand-eye coordination, logic, language, mathematics, memory, music, orientation, patterns, sensory/tactile, and visual acuity activities are used. Our clients reside both in community and institutionalized settings.

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### **Men's Shed**

In a shed, men get together for activities like woodworking projects, cooking, bike repairs, music, and yelling at the television during the playoffs.

Contact Men's Shed:

<http://menssheds.ca/contact-us/> or <https://www.facebook.com/menshedsmanitoba>

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## **Home Care and Companionship Services**

### **Accent Care Home & Health Services 2006 inc.**

420 Notre Dame

204-783-9888

[www.accentcare.ca](http://www.accentcare.ca)

Provides a variety of health services, such as nursing and personal care, home support services, and companionship services

### **Bayshore Winnipeg Home Health**

1700 Ness Avenue

204-943-7124 or toll free @ 1-866-227-3435

<https://www.bayshore.ca/>

#### **Services Include:**

Bayshore Home Health provides a variety of health services which include; nursing, personal care, home support, and companionship to Winnipeg residents and its surrounding areas.

Caregivers allow clients to continue to live in their own homes and maintain their independence. All caregivers are carefully screened and selected, certified in their field, fully insured and bonded, and nurse-supervised.

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## **Comfort Keepers**

1-160 Marion St

204 488-4600

<https://www.comfortkeepers.ca/winnipeg/>

Comfort Keepers® offers quality, loving, in-home care services for families just like yours. Our custom care plans provide just the right mix of services that preserve your loved ones' independence, maintain their in-home safety, and enhance the quality of their lives. Our caregivers are screened and trained to provide quality care and engage clients as active participants in their own care. All Comfort Keepers' employees are insured, bonded, and covered by workers' compensation.

### **Services Include:**

Companionship, Personal care, medication Reminders, Meal Preparation, Transportation, Housekeeping, Medical care

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## **Comforts of Home Care**

262 Marion Street

204-949-3234

<https://www.comfortsofhomecare.ca/>

### **Services Include:**

Comforts of Home Care provides compassionate, one-on-one care in the comfort of the client's own home. Qualified and trained caregivers assist loved ones with a variety of daily activities that include; caring companionship, meal planning & preparation, incidental transportation, running errands, light housekeeping, medication reminders, assistance with bathing and grooming, assistance with paying bills, etc. Services are available 7 days a week, and can range from 3 hours per day to 24 hour live-in care.

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## **Compassionate care**

204 943-8887

<http://www.compassionatecare.ca/>

Compassionate Care Home & Hospital Health Services Inc. is a private nursing and home support agency which started in Winnipeg, Manitoba and has been in operation since November 2005. We at Compassionate Care are here to make a difference. Our team provides excellent customized care in the field of Home Support Workers, Health Care Aides, Child Care Workers, RN's, LPN's as well as Companions / Respite services. Care can be provided in your home or wherever is needed. We believe in Life with Dignity.

### **Services Include:**

Companionship, Respite, Housekeeping, Personal care

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## **Drake Medox Health Services**

204-452-8600

<https://drakemedoxwinnipeg.com/>

**Services Include:**

Light house keeping, laundry, linen changes, meal preparation, companionship, and escort service (depending on the situation), nursing and health care aide services also available. Minimum 3 hour charge.

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**Friendly Caregiver Seniors Care**

204 798-0490

<http://friendly-caregiver.com/>

**Services Include:**

Some of the home care services provided by Friendly Caregiver Seniors Care in the Winnipeg area include: One-to-one home care and assistance with personal care and personal hygiene, Bathing, Dressing, Meal preparation, Light housekeeping, Laundry, Reading (Newspapers, books, etc., Companionship, playing cards, board games and puzzles, boosting morale, Walking / feeding pets, or taking pets to veterinarian appointments, Going on outings, walks and / or sightseeing drives, Companionship and driving to appointments, for shopping, errands and medical appointments

- 2 hours to 24 hour Respite care, 7 days a week
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**Get U There**

204-955-9292 or 204-999-7322

<https://getuthere.ca/>

Offer transportation services, as well as non-medical services such assistance and accompaniment for appointments, companion care, errand and home support services

**Health at Home Inc.**

886 Bradford street

204-774-399

<http://www.healthathomeinc.ca/>

Health At Home offers a wide range of home care, personal support, and nursing services to help seniors enjoy an independent and dignified lifestyle while in the comfort of their own homes. Certified caregivers provide daily living assistance, housekeeping, laundry services, meal preparation, assistance with personal hygiene, shopping, escorting, Alzheimer's Care, Nursing Services, Outdoor Maintenance, Handyman Services and Respite.

**Home Care Assistance**

204 819-4090

<https://www.homecareassistancewinnipeg.ca/landing-pages-2/homecare2.php>

There are many Home Care providers, but when families want only the highest quality of care for a loved one, they choose Home Care Assistance. Highly recommended by medical

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professionals, our proprietary science-based approach promotes healthy activity, stress reduction and social interaction for older adults.

**Services Include:**

Meal preparation, non medical personal care, light housekeeping, medication reminders, transportation and much more.

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**Home Instead Senior Care**

610 Sherbrooke Street

204-809-8484

<https://www.homeinstead.ca/3021/>

Home Instead Senior Care provides services to seniors that are flexible and meet each individual's needs from 3-24 hours a day. Resources and support are delivered right to the client's home. Clients receive a personal introduction to their caregiver to help them get to know their personality and needs. Alzheimer/dementia care, personal care, meal prep, laundry, light housekeeping, med reminders and escort to errands and doctors appointments.

**LifeTime Home Care**

300-330 St. Mary Ave

204-615-0300

<http://www.lifetimehomecare.ca/>

Our Caregivers are carefully selected for their qualifications, knowledge and desire to provide compassionate care. LifeTime has a 12-step screening, selection and training process for its caregivers. They have access to a comprehensive curriculum of care training by the Institute of Professional Care Education. Our caregivers regularly receive on-the-job training to ensure our clients receive the highest quality care possible.

**Services Include:**

Personal care, Companionship, Housekeeping, Meal preparation, Transportation, Respite care

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**Partners for Home**

13-1080 Waverly Street

204-295-7174

<https://www.partnersforhome.ca/>

Our highly customized **Winnipeg home care services** are personalized for each Client's individual needs. We work hard to create the best possible Partnership between you, your family and your individual home care Partner. Our own story fuels our passion to provide the highest possible Client Experience. Our ultimate goal is to enable our Clients to maintain their independence, preference and privacy all in the security of their own home. With Partners for Home, it is your needs that come first.

**Services Include:**

Personal care, Respite Care, Social Support, Housekeeping and home management.

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## Paramed Home Health Care

5 Donald Street Suite 202

204-772-4000

<https://www.paramed.com/winnipeg/>

At ParaMed Winnipeg we ensure that our care providers are fully trained, have access to ongoing training, have the necessary coordination and management support, are properly supervised and are coached on best practices. We have programs and specialty teams in place to support employees from recruitment throughout their career at ParaMed to learn, grow, and provide excellent care. Our commitment to our employees and the work they do means that you can expect exceptional care providers who are well trained, supported, and engaged.

**Services Include:**

Foot care, Personal care, Respite care, Companionship

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## Reliable Home Care

1-888-909-3471

<http://reliablehomecare.ca/>

**Services include,:**

Nursing Services (RNs, LPNs and Foot Care Nurses), Care for Alzheimer's and Dementia Patients, Personal care, Medication reminders, Assisting with daily range-of-motion activities: turning, transferring, exercising and walking, Light Housekeeping: routine housework, laundry and other daily tasks, Meal planning and preparation. Assisting with eating or feeding if necessary, Companion and leisure services, Shopping, running errands or transporting clients to carry out these activities, Transportation and ambulation support, Packing, moving and changing residence assistance, Assisting with mail, correspondence, Pet & Plant care, Long or short term respite for family caregivers, Safety & Welfare checks, Information and Referral Support.

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## Right at Home Canada

204 318-5554

<https://www.rightathomecanada.com/Winnipeg>

we pride ourselves in offering a full range of home care and nursing care services for those with physical, medical, or memory impairment. Our medical, non-medical and care management services are designed to help your family today, and continue to help as care needs change.

**Services Include:** Companionship/homemaking, physical assistance, nursing, hygiene and wellness programs

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## VIP HomeCare

204 504-4077

<http://www.viphomecare.ca/>

**VIP Home Care Inc.** provides loving and supportive non-medical care to seniors and others with special needs. We are committed to helping you remain in the comfort and safety of your own home with the goal of assisting you to stay active and engaged in life. We provide respite and support for the family

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giving them the peace of mind they need to enjoy their lives! We stand by our motto of “*Our Family taking care of Your Family!*”

### **Services include:**

Companionship, Transportation, personal care, meals and food, health management, home making

## **We Care/CBI Home Health**

595 St Anne’s Rd

204-987-3044 fax: 204-987-3060

<https://www.cbi.ca/web/we-care-home-health-services>

We Care offers personal care, nursing care, home support services, foot care, and respite care.

<b>Additional Resources: Senior Centers in Winnipeg Winnipeg Senior Resource Councils</b>	<b>Phone #</b>
Aboriginal Senior Resource Centre	204-586-4595
Assiniboine South Area	204-478-6169
Downtown (East)	204-803-8329
Downtown (West)/Broadway	204-772-3533
Fort Garry Area	204-792-1913
Keewatin/Inkster Area	204-774-3085
Middlechurch Home of Winnipeg (East and West St. Paul)	204-336-4126
Point Douglas	204-792-2920
River East	204-667-6812
River Heights	204-478-6169
Seven Oaks	204-612-3888
South Winnipeg	204-478-6169
St. James/Assiniboia	204-987-8850, ext. 108
St. Vital and St. Boniface Area	204-254-1010, ext. 217 204-793-1054 (for French Services)
Transcona	204-222-9879
Conseil des Francophones 55+ (Serving Winnipeg’s French population)	204-793-1054