

Rupert's Land  
Caregiver Services is  
funded by the Winnipeg  
Regional Health  
Authority (WRHA) as  
part of their Services to  
Seniors initiative.



Winnipeg Regional  
Health Authority    Office régional de la  
santé de Winnipeg

Additional support is  
provided by the  
Diocese of Rupert's  
Land and individual  
contributions by our  
supporters.

Call 452-9491

## How to Reach Us

RUPERT'S LAND  
CAREGIVER SERVICES

452-9491

Our office is located at

168 Wilton Street  
Winnipeg, Manitoba  
R3M 3C3

E-mail [rlcs@mts.net](mailto:rlcs@mts.net)



## RUPERT'S LAND CAREGIVER SERVICES



Supporting  
**FAMILY  
CAREGIVERS**  
of Older Adults



# MISSION STATEMENT

Rupert's Land Caregiver Services exists to provide services supporting family caregivers of elderly persons in their own home in the City of Winnipeg.

Being a family caregiver can be difficult and frustrating, leaving the caregiver feeling isolated and all alone as they provide care for their loved one. Each caregiver's situation is unique, but you are not alone. There are resources and services that are designed to help you, the caregiver to provide the best care you can for your loved one and allow time for you to take some time for yourself.

## What services are provided?

### TIME-OUT FOR CAREGIVERS:

A volunteer trained as a respite companion comes to the home for a few hours so the family caregiver can have a break.

### TELEPHONE SUPPORT:

Providing information, support and encouragement for caregivers.

### CAREGIVER SUPPORT GROUPS:

Discussion of common experiences and concerns with other caregivers and education about caregiving.

### RING-A-RIDE\*

Assisted transportation for caregivers and recipients anywhere within city limits by prior arrangement.

\*Ring-A-Ride users must live within postal codes R3L, R3M, R3N, R3P and R3T north to Oakenwald

## Who is eligible for services?

Persons who are caring for family members aged 55 or Older living at home within the City of Winnipeg

## Who provides the services?

### PROFESSIONAL STAFF

Who coordinate the programs and provide volunteer management

### VOLUNTEER STAFF

Who are trained to provide respite services, handle telephone support, provide assisted transportation, lead support groups and provide administrative support

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