

Older Adult Resource List
for
Support Services
2010



Regina, Saskatchewan

Resource List for Seniors Support Services

24 Hour Services

Emergency/Police/Fire/Ambulance	911
General Hospital	766-4444
HealthLine (Saskatchewan)	1-877-800-0002
Mental Health Services	766-7800
Mobile Crisis Services (24 hrs)	757-0127
Pasqua Hospital	766-2222
Regina City Police	777-6500
Regina Sexual Assault Line (24hrs)	352-0434
Regina Suicide/Crisis Line (24hrs)	525-5333
Regina Transition House (24 hrs)	569-2292
Wichihik Iskwewak House (WISH Safe House) (24 hrs)	543-0493
YWCA Isabel Johnson Shelter (24 hrs)	525-2141
24 Hour Abuse Line	1-800-214-7083

In Case of a Fall Call

911

Please refer to Better Business Bureau of Saskatchewan pages in your local telephone book for a list of trustworthy businesses or visit the BBB website at www.bbbsask.com for a complete list of Saskatchewan accredited BBB members.

Contact information: Better Business Bureau of Saskatchewan
#201-2080 Broad Street, Regina
Telephone: 352-7601
Fax: 565-6236

Community Health Centers

Al Ritchie Health Action Centre 766-7660

325 Victoria Avenue

- Services for people who live in the area
- Nurse Practitioner every Tuesday afternoon
- Computer with internet access/fax machine
- Income tax assistance (low income/seniors)
- Referrals
- Pot luck lunch once a month – education/health
- Nutritional information available
- www.rqhealth.ca

Four Directions Community Health Centre 766-7540

3510 5th Avenue

- Sunrise Health Program: health talks, home visits, counseling, referrals and client advocacy for community residents
- diabetes clinics
- Nurse Practitioners
- evening community planning
- grandmothers support group
- elders lounge
- Healthiest babies possible program
- www.rqhealth.ca

Community Services

Canadian Pension Plan, Old Age Security & Spousal Allowance 1-800-277-9914

City of Regina 777-7000

Department of Community Resources 798-0660

Drug Plan & Extended Health Benefits Program
Ministry of Health 1-800-667-7580

Home Care Services – Regina Qu'Appelle Health Region 766-7200
4211 Albert Street

Regina Housing Authority 525-2377
1850 Smith Street

Saskatchewan Ministry of Health - Community Care Branch 787-1715
730 – 1801 Hamilton Street

Garbage Removal

Ranch Ehrlo Society 751-2727
Contact: John Fraiser

Grass Cutting

Albert Scott Community Centre 791-9888
- Services available to residents of the North
Central community

Canadian Mental Health Association 525-9543
1810 Albert Street

Ranch Ehrlo Society 781-1800
Contact: Malcolm Neill
- www.ranchehrlo.ca

**The Regina Senior Citizens' Centre Inc. Home-Help
Services** 525-2154
525-3591
- 2134 Winnipeg Street
Contact: Cathy T.
- www.reginaseniorcitizenscentre.ca

Health and Lifestyle

Active Living Program 766-7777
1080 Winnipeg Street

Addiction Services 766-7910

Assisted Living Housing (SWADD) 766-7200
-SWADDprovides a list of Assisted Living
accommodation upon request

City of Regina Leisure Centres 777-7529
-the centres offer a variety of arts and crafts
programs such as: pottery, fibre arts, woodworking,
needlework and more

Diabetes Education 766-4540
Metabolic & Diabetes Education Centre

HealthLine (Saskatchewan) 1-877-800-0002

- 24 hour general health information and advice - mental health crisis	TTY:	1-888-425-4444
Hearing Aid Plan, Regina Qu'Appelle Health Region		766-7555
Foot Care (SWADD) -SWADD provides a list of private Foot Care providers upon request		766-7200
Influenza Vaccine (Flu shot)		766-7700
International Travel Clinic		766-7600
<u>Health and Lifestyle...continued</u>		
Long-term Care Placement Information		766-7200
Palliative Care		766-2674 or 766-2665
Personal Care Homes (SWADD) -SWADD provides a list of Personal (private) Care Homes upon request		766-7200
Podiatry/Foot Clinic -require a referral from physician		766-3750
Private Caregivers (SWADD) -SWADD provides a list of private agencies and individuals upon request		766-7200
Regina Partners for Healthy Living		766-6337
Seniors' Healthy Living Program - Information promoting healthy lifestyles for Seniors		766-7766
<u>Home Repair Programs</u>		
Home Adaptations for Seniors Independence (HASI) - offers financial assistance to low-income seniors who want to adapt their home for easier and safer performance of activities of daily living		522-2377
Residential Rehabilitation Assistance Program (RRAP) - offers financial assistance to low-income households for necessary repairs to make an existing home healthier		522-2377

and safer.

Saskatchewan Emergency Repair Program (SERP) 522-2377
- assists low-income homeowners to complete emergency repairs required for the continued safe occupancy of their homes

Saskatchewan Home Adaptations for Independence Program (SHAIP) 522-2377
- provides financial assistance to low-income homeowners who want to adapt their home for easier and safer performance of activities of daily living. (examples: building ramps, installing tub and shower grab bars)

Housekeeping

Canadian Mental Health Association 525-9543
1810 Albert Street

Home Care Services – Regina Qu’Appelle Health Region 766-7571
4211 Albert Street

Private Homemaking (SWADD) 766-7200
-SWADD provides a list of private agencies and individuals upon request

The Regina Senior Citizens’ Centre Inc. Home-Help Services 525-2154 or 525-3591
2134 Winnipeg Street
- Contact: Cathy T.

Medical Equipment/Alarms

Access 2000 – Elevator & Lift Inc. 721-2000

Automobility Medical 791-9840
1444 Lorne Street
- Wheelchairs, walkers, lift chairs, driving aids, Home care products, etc.

Home Care Services – Regina Qu’Appelle Health Region 766-7200
4211 Albert Street
- Assessment and Treatment Centre

Independent Living 352-2579
3870 Eastgate Drive
- Wheelchair lifts, stairway lifts, elevators, beds, etc.

Liberty Lifestyles 2419 Park Street - Scooters, walkers, wheelchairs, bath lifts, beds, walk in bath tubs, etc.	352-0212
Lifeline (Regina Qu'Appelle Lifeline/Philips Lifeline) -24 hour personal response and support service	751-0585 or 1-866-939-0091
MEDIchair Regina 3251 Saskatchewan Drive - Lift chairs, scooters, walkers, van conversion, beds, etc.	584-8456
Palliative Care	766-2674 or 755-2665
Saskatchewan Aids to Independent Living (SAIL)	787-7121
Special Needs Equipment Installation	731-2097
 <u>Moving Assistance</u>	
The Regina Senior Citizens' Centre Inc. Home-Help Services - 2134 Winnipeg Street Contact: Cathy T. - emergency moves	525-2154 or 525-3591
 <u>Nutritional Services</u>	
Food Bank 445 Winnipeg Street	791-6533
HELP – Regina Home Economics for Living Project 735 Victoria Avenue - Offers education, skills and training in the areas of nutrition, food shopping, food preparation, basic budgeting, time and money management - Resource material - Resources for Special Needs	347-7877
Meals on Wheels 4211 Albert Street - must qualify for program	766-7200

Population & Public Health Services - Nutritionist 766-7777

REACH – Regina Food Security Project 347-3224

1308 Winnipeg Street

- Good Food Boxes (includes a variety of fresh, nutritious, affordable fruits, vegetables, and other wholesome foods (dairy, bread, eggs)).
- Convenience Meals
- Frozen meals and other wholesome foods (dairy, bread, eggs) delivered to your door

Odd Jobs

Albert Scott Community Centre 791-9888

- Available to residents of the North Central Community

Ranch Ehrlo Society 781-1800

Contact: Malcolm Neil

Physical Activity and Health

Active Living Program 766-7777

1080 Winnipeg Street

- Positive Steps to Active Living
- The Regina Senior's Active Living Guide

City of Regina Leisure Centres 777-7529

- offer a wide variety of physical activity programs appropriate for seniors, including cardio conditioning, Tai Chi for Health and Recovery and more

Paul Schwann Centre, University of Regina 585-4004

- offers a wide variety of physical activity programs including cardiac rehabilitation

Saskatchewan Senior's Fitness Association 949-8754

- Goal is to improve the total well-being of Saskatchewan Seniors
- Contact: Maureen Kwasnicki

YMCA of Regina 757-9622

Snow Removal

Ranch Ehrlo Society 781-1800
Contact: Malcolm Neill

The Regina Senior Citizens' Centre Inc. Home-Help Services 525-2154
525-3591
- 2134 Winnipeg Street
Contact: Cathy T.

Support Lines & Special Services

Aboriginal Family Service 525-4161
- 1102 Angus Street
- Family support, SWADD referrals

Alzheimer Society of Saskatchewan 949-4141
301 – 2550 – 12th Avenue
- support and information groups for caregivers
- *Between Ourselves* Groups for people in the early stages of Alzheimer's disease and their care partners
- individual counseling and support
- lending library
- family education series

Support Lines & Special Services ...continued

Alzheimer Society of Saskatchewan ...continued 949-4141
- Public education and awareness activities
- Funding for research through the Alzheimer Society of Canada Research Program and for research initiatives in Saskatchewan
- www.alzheimer.sk.ca

Arthritis Society 352-3312
110- 2550 12th Avenue
- Exercise programs
- Lender library
- Information and self-management tools
- www.arthritis.ca

Canadian Mental Health Association 525-9543
1810 Albert Street
- Available for members 18+
- Senior drop in group
- Vocational programming

- Social/recreation programs
- www.cmhask.com

Catholic Family Services Society 525-0521

- 974 Albert Street
- counseling services
 - assistance to individuals and families regardless of beliefs, social or economic circumstances
 - www.cfsregina.ca

Diabetes

- Canadian Diabetes Association – Southern Sask. 584-8445
 Diabetes Information 1-800-226-8464
 Metabolic & Diabetes Education Centre 766-4540
 - Regina General Hospital

Family Services Regina 757-6675

- 2020 Halifax Street
- Counseling services
 - referrals and advocacy
 - group support
 - safety planning
 - www.familyserviceregina.ca

Greystone Bereavement Center 766-6947

- Information on individual counseling and grief support groups

Support Lines & Special Services ...continued

Legal Aid 787-8760

- provides services of a lawyer for qualifying low income people

Mental Health Clinic 766-7800

- 2110 Hamilton Street
- crisis counseling & mental health services
 - Monday - Friday : 8 am – 430 pm

Mental Health Clinic After-hours 766-7825

Multiple Sclerosis Society of Canada (Sask Division) 522-5600

- 150 Albert Street
- www.mssociety.ca

Native Health Services 766-4155

Neil Squire Society 781-6023
 Suite 100 - 2445 13th Avenue
 - Free drop-in computer tutoring on basic computer, email and internet use every Saturday afternoon with one-to-one senior tutor support. Please register through the Seniors Mechanism 359-9956.
 - Assistive/adaptive/accessible technology consultation, assessments and support for appropriate data entry options when standard keyboard and mouse are not easy to use (i.e. Parkinson's, Arthritis, etc)
 - www.neilsquire.ca

Osteoporosis Society Canada - Regina Chapter 757-2663
 414B Victoria Avenue
 - support group (Monthly meetings)
 - Building Better Bones Exercise Program

Parkinsons Disease Foundation of Saskatchewan 545-4400
 - for information
 - Regina support group
 Call for times and location of meetings

Support Lines & Special Services ...continued

HELP – Regina Home Economics for Living Project 347-7877
 735 Victoria Avenue
 - Offers education, skills and training in the areas of nutrition, food shopping, food preparation, basic budgeting, time and money management
 - Resource material
 - Resources for Special Needs
 - www.reginahelp.org

Indian Métis Christian Fellowship Centre 359-1096
 3131 Dewdney Avenue
 - an aboriginal working/worshipping community serving spiritual and social needs
 - Intercultural Grandmothers group

Saskatchewan Safety Council 757-3197
 445 Hoffer Drive
 - 55 Alive Defensive Driving Course
 - refresher course on driving techniques
 - www.sasksafety.org

Saskatchewan Seniors Mechanism 359-9956
 112 - 2001 Cornwall Street

- Advocacy
- Endeavors to create awareness of programs and services available to seniors
- www.skseniorsmechanism.ca

Senior Citizens Centre of Regina Inc.

2134 Winnipeg Street 525-2154
 2404 Elphinstone Street 359-3847
 - a non-profit organization that provides opportunities and means for seniors to participate in sport, culture, recreation and life-long learning activities
 - www.reginaseniorcitizenscentre.ca

Seniors Drug Plan

787-3317

- www.health.gov.sk.ca/seniors-prescription-drug-plan

Seniors' Education Centre

585-5816

University of Regina - College Avenue and Cornwall Street
 - Provides learning opportunities within a supportive environment for people aged 55 and over; no prior formal education required

Support Lines & Special Services ...continued

Seniors' Healthy Living Program

766-7766

- Information promoting healthy lifestyle for seniors

Seniors' Income Plan

787-2681

Seniors Information Line

1-888-823-2211

- provides information on or assistance on a variety of issues including abuse, scams, health, recreation, stress, etc.

Senior Power of Regina

789-2644

- a seniors advocacy group that helps seniors with small claims actions, problems with contractors, tax and pension assistance
 Contact: Yvonne

Seniors' Share & Care Project

757-1046

- 1264 Athol Street
- Offers blood pressure, blood sugar, and medication checks as well as foot care by appointment to seniors living in the North
 - Central community
 - Social activities
 - Walking program – Mon, Wed, Fri, 8am-9am

- Elders Program – Thursdays: 1145am –1:00pm	359-7919
South Saskatchewan Independent Living Centre(SSILC)	757-7452
2240 Albert Street	
- services are geared toward the full participation of people with disabilities in the community	
SWADD – System Wide Admission/Discharge Dept.	766-7200
4211 Albert Street	
- Can assist people by assessing health care needs and aid in the coordination of health care services (example): home care, long term care, or a wide range of other community services	
Veterans Affairs Canada	1-866-522-2122
108-1783 Hamilton St.	
- Toll free inquiries	
- www.vac-acc.gc.ca	

Support Lines & Special Services ...continued

Welfare Rights Centre	757-3521
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Transportation

Four Leaf Clover Seniors Independence Club	502-0305
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- requires membership
- transportation to appointments or other destinations
- fees to cover driver's expenses

Paratransit	777- 7007
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- www.paratransit@regina.ca

Regina Transit Information Centre	777-7433
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- cash fare required
- day/weekend, 10 sheet, monthly, 6 month or yearly passes can be purchased

Saskatchewan Transportation Company (STC Bus)	787-3340
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- For travel outside of Regina

Wheelchair Accessible Transportaion

- Capital Cabs (book ahead) 791-2223
- Regina Cabs (book 24 hrs ahead) 924-8733
- Wheels on Wheels 536-3379
- Where 2 Transportation (book 24 hrs ahead) 522-4477

Yard Maintenance

Ranch Ehrlo Society

Contact: Malcolm Neill

781-1800

The Regina Senior Citizens' Centre Inc. Home-Help Services

2134 Winnipeg Street

Contact: Cathy T.

525-2154

525-3591

Fall Prevention



How can you prevent a fall?

Exercise

Exercises like light weight lifting, leg exercises, balance training, walking and Tai Chi will make you stronger and more flexible.

Make your home safer

Remove risks like rugs, cords and clutter.
Add grab bars in the bathroom.
Install night lights.
Add rails on the stairs.

Learn about risks for falls

Talk to your health care professional.

Medication

Review medications with your doctor and pharmacist especially sleeping pills and tranquilizers.
Take Vitamin D and calcium supplements.

Clinical Intervention

Healthcare professionals can help assess your risk for falling.

Use walkers, canes, scooters and protective devices such as hip protectors correctly.

What are the risk factors for falling?

You are more at risk from falling if you are of advanced age, have had a stroke, have depression, a walking disorder or muscle weakness, are female, have Parkinson's disease, a severe illness, poor balance, poor vision, long lasting illness, a disability, frequent urination or impaired touch.

You are more at risk of falling if you are taking many medications, have taken too much alcohol, have had previous falls, have poor eating habits, a fear of falling, a lack of exercise or improper footwear, are using sleeping pills or pills for depression, or use a cane or walker improperly.

You are more at risk of falling if your home has

poor stair design, a lack of hand rails, a lack of rest areas, a lack of grab bars in the bathroom, poor lighting, slippery or uneven surfaces, obstacles or tripping hazards or a lack of assistive devices like canes and walkers.

You are more at risk from falling if you have poor living conditions, live alone, are on a low income, have unsafe housing, language barriers or a lack of friends or others in the community to visit with or to help

Did you know?

- 70% of falls occur in and around the home.
- Falls cause 3,000 older adults to be hospitalized each year in Saskatchewan.
- Falls are the leading cause of injury hospitalizations.
- The average hospital stay is seven days, 40% to 50% longer than other seniors' hospitalizations.
- 40% of hospitalizations are due to broken hips. 30% of older adults who break their hips die within the first year and 30% are admitted to long term care homes.
- 18% of all hospitalizations result in transfer to a long term care or nursing home. 6% result in death.