

Who would benefit from the information referenced on the bookmarks? All staff who interact with the public, seniors and families of seniors:

**Occupational Setting**

**Personal Care Home**

**Hospital**

**Supportive Housing**

**Community**

**Regional Health Authorities**

**Occupation**

**Discharge planning**

**Nurse**

**Social Worker**

**Educator**

**Allied Health**

**Support Services**

**Recreation**

Follow the Road to Care at [www.roadtocare.ca](http://www.roadtocare.ca) and click on the “street sign”



*Thank You SAFE WORK MANITOBA for your generous support as our Partner for the Bookmarks for 2018-19.*



## Care and Living Options for Seniors and their Families



202-135 McGregor Street,  
Winnipeg, Manitoba  
R2W4V7  
204-4779-888-or 1-855-477-9888

*Proud Member of the  
Canadian Association for Long Term Care*



AND

Families

Seniors

General Public

*The Long Term & Continuing Care Association has created a fridge magnet/bookmark that highlights the navigation section of our website on Care and Living Options for Seniors in MB. We have also created a handy URL [www.roadtocare.ca](http://www.roadtocare.ca) so that it's easy to recall the website address.*

The bookmarks were created for healthcare staff to assist them when they interact with families and loved ones who need information about care and living options in MB. They were also created for the general public to provide them with a pathway to plan for the future. We encourage everyone to at least take a brief look at the website so that they have an idea of where to go should they need this information in the future. Of course, we encourage everyone to plan ahead and not wait for a crisis when decision making is not at its best. However we recognize this is not always realistic.

What will you find on the website? You will find information on Care and Living Options with virtual tours, and videos explaining each of the options. There is a section on Aging in Place Communities where more than one living option is located on the same or adjacent property. You will find help on calculating your current expenses to enable a comparison of the cost for other living options. You will

find information on tax benefits you may be eligible for. You will also find a section with many "Other Resources" such as Support Services for Older Adults (previously Age and Opportunity), E.R.I.K. Emergency Response Information Kit, 'How to apply for a disability tax credit' and much much more. In the Personal Care Home section, you will find Frequently Asked Questions (over 30 of them!). This is what we all need to know, starting with "How much does it cost to live in a personal Care home?". This links you to a Government calculator that tells you exactly what your income tested, daily rate, would be. There is an appeal process as well.

Although our website provides detailed information, virtual tours and more related to our members' residences only, the LTCAM has an extensive and comprehensive database of provincial care & living options available to you through a simple email request to [jlegeros@ltcam.mb.ca](mailto:jlegeros@ltcam.mb.ca).

The website is available in English and French, as are the bookmarks.

**[www.roadtocare.ca](http://www.roadtocare.ca)**

*Go Ahead...*

## **TAKE CARE**

*It's there*



**OPTIONS FOR SENIORS IN AGE-FRIENDLY MANITOBA**

**HOME CARE**

**INDEPENDENT LIVING**

**SUPPORTIVE HOUSING**

**PERSONAL CARE HOME**

**SAFETY & SUPPORT**



Long Term & Continuing Care  
Association of Manitoba  
L'Association de soins continus  
et à long terme du Manitoba

*Follow the Road to care...at:*  
**[www.roadtocare.ca](http://www.roadtocare.ca)**



**SAFE  
WORK  
MANITOBA**  
**[www.safemanitoba.com](http://www.safemanitoba.com)**