

Mission: To facilitate healthy aging by providing leadership and encouraging collaboration in creating age-friendly places (communities) that optimize the ability of all older Manitobans to do the things they feel are important.



Feeling Safe, Heard, and Valued 211 is there for Manitoba Seniors

Seniors are a significant piece in the vibrant fabric that makes up our province. Nearly 16% of Winnipeggers are 65 years old or more, and one in 10 people in rural Manitoba are also 65-plus. By 2028, the number of seniors in our province is expected to increase by 31%**

As Manitobans age, mobility issues, changes in independence, and shifts in cognitive agility can make resources harder to access and help more difficult to find. 211 makes it easy for seniors to reach out from their own homes for answers to their unique questions and support for their specific needs.

Read these actual calls from the 211 call log...



"I have COVID-19 and I can't go out and I'm in desperate need of food."

"A neighbour said I might qualify for some sort of home energy rebate that could save me \$400—but I don't know the first place to look to find out about it."

"My husband is becoming frail. If we don't make modifications to the bathroom, we will have to move."

In all these instances, service navigators could assist callers!

Maintaining independence is important to seniors. Facing the possibility of not being able to keep living in the family home because of emerging physical limitations can take an emotional toll—and finding dependable resources on how to remain self-sufficient can be intimidating and stressful.

Just knowing you're not alone and having someone to listen and understand what you really need can go a long way to feeling safe, heard, and valued.



A Friendly Voice

Seniors can reach out and dial 2-1-1 24 hours a day, seven days a week, and a service navigator will pick up the phone. Seniors don't need to wait for business hours or weekdays to find a friendly voice—there's always someone on the other end of the line to talk, listen, and help.

A Trusted Source

Service navigators have an extensive network at their fingertips and are trained to examine and seek out the most effective and meaningful solutions to callers' problems.

A Guiding Hand

By calling 2-1-1, seniors can share their situation with a service navigator, who is trained to probe more deeply and ask enough questions to get to the root of what a caller needs.



211 connects you to community services anywhere in Manitoba.

Call 2-1-1 or visit mb.211.ca

FREE • CONFIDENTIAL • 150+ LANGUAGES • 24/7





ERIK, a Manitoba Homegrown Patient Safety Initiative.

The **E**mergency **R**esponse **I**nformation **K**it (E.R.I.K.) was developed in response to community concerns regarding the availability of adequate medical information in an emergency situation.

The E.R.I.K. kit gives individuals, family members and caregivers a sense of peace and security that any health conditions will be known by the First Responders in quick time. The kit provides the first responders with your medical history, personal contact details and medications which can help facilitate care.

The E.R.I.K. kit has important forms like a Health Care Directive, Patient Advocate form, medication form and also a Sign up for Life donor card. Seniors Resource Coordinator in the local community will include their business card so community members can contact them for further resources or information.

This kit is ideal for seniors, those living alone, and those who have difficulty communicating. Once completed, the trademark E.R.I.K. sticker is placed on the front door and the kit is put on the fridge. Emergency personnel are trained to look for this and can retrieve the kit quickly.

E.R.I.K. is a standardized kit that is distributed province wide through the Seniors Resource Coordinators who work in collaboration with First Responders and other healthcare professionals to make sure everyone who wants a kit, has access to one.

All individuals that want a kit can receive one. It is important that community members have the support they need to keep living independently in their community and the kit is an important tool to have.



Have you got yours?

October is Seniors Month!

We're fortunate to have older people around us, whether they're family, friends, or just general acquaintances. Older people are fonts of wisdom, experience, and storytelling. They can inspire us to continue striving — or warn us of dangers we're unaware of. We should look to them for guidance whenever and wherever possible. Unfortunately, far too often we tend to forget — or, worse, downright ignore — the older people in our lives.

The United Nations, World Health Organization and the Province of Manitoba are all recognizing older adults in October with **October 1st** being the **International Day of Older Persons!**

Dedicating this day and month of observance is important because older people deserve our respect and attention. In addition to the wonderful things



older people bring to our lives, a day set aside to honor them reminds us to take the time to be kind and humble in the presence of a long life well-lived.

We want to teach young people. This observance is a way to educate younger people on many of the issues faced by the elderly, such as abuse and senescence — the deterioration of mental and physical processes.

We don't know everything. If we're lucky, age confers upon us a measure of self-awareness and wisdom. Focusing on the challenges faced by the elderly reminds us that there is still much to learn about ourselves and the world.

How will you celebrate older adults in your community? Now is the time to start planning!



Our consultants are ready to work with you!

Connect with Connie Newman at (204) 792-5838 or info@manitobaseniorcommunities.ca and hello@agefriendlymanitoba.com or visit our website: www.agefriendlymanitoba.com



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