The Impact of
Senior Resource Coordinators

In 2023-2024, in the Winnipeg Regional Health Authority, there were[1] …

41,991

Contacts with older adults by 12 Senior Resource Coordinators with the help of 16,455 volunteer hours

439,588

Meals delivered by 28 congregate meal programs with the help of 41,407 volunteer hours

147,684

Participants in 8,215 group activities provided by 14 Active Living Centres for older adults.

[1] Information provided at Support Services for Seniors Planning Day

Senior Resource Coordinators are an information and referral hub for clinical and non-clinical services, such as pension information, mobility aids, adult day programs, senior centres, housing options, meal programs, grocery delivery options, health care services (i.e. home care), health education and more.

Senior Resource Coordinators also contribute to the health and well-being of older Manitobans by providing activity programs, meal programs, transportation, and many other services.

> "I was so lonesome. But then, a meal would come and it would be a bright spot in the day because the volunteer who brings the meal is always so gracious, talkative, and a joy to have enter the home ."
>
> Meals on Wheels client

> "I am 90 years old and low income. I do not drive. Thanks to [the transportation] program, I was able to visit my husband [in the care home] for the first time in many months. After living alone and being isolated for so long, this opportunity for face-to-face visits and social interaction was so important and beneficial to my mental well-being."
>
> Transportation program client

> "We get to connect to each other which is so important. Then you don't feel so alone. I was a little bit depressed, but this has changed me. I get up and I do things and then I look forward to something ."
>
> Activity program client

Social Prescribing Manitoba is led by the Manitoba Association of Senior Communities. For more information see: manitobaseniorcommunities.ca

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