



Saskatchewan  
Health

# Programs and Services of Interest to Seniors

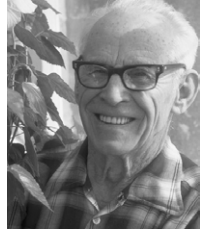


***HealthLine***  
***1-877-800-0002***

Most photos courtesy of Health Canada

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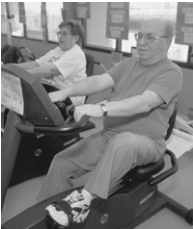


## PROGRAMS AND SERVICES OF INTEREST TO SENIORS



This booklet, *Programs and Services of Interest to Seniors*, was first produced by the Government of Saskatchewan as part of the celebration of 1999 International Year of Older Persons. We hope you will find this updated Fall 2003 booklet useful.

Government services are provided to citizens of all ages in Saskatchewan by a number of different government departments and agencies. This booklet provides information about government programs and services that are of particular interest to seniors.



Saskatchewan has a Minister Responsible for Seniors who advocates on behalf of seniors and ensures their voices are heard by the provincial government. The Minister takes advice from seniors and seniors' organizations about issues of importance to them. The Minister facilitates access for seniors to other ministers, as well as providing a voice for seniors in Cabinet. You can reach the Minister Responsible for Seniors at:

Minister Responsible for Seniors  
Room 361  
Legislative Building  
Regina, SK S4S 0B3  
Telephone: 306-787-7345

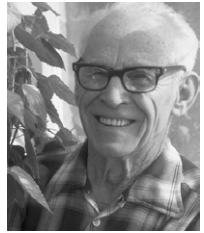
# SENIORS IN SASKATCHEWAN

Did you know that one in seven people in the province of Saskatchewan is currently 65 years of age or older? That is the highest seniors' population in Canada. Demographic projections indicate that by the year 2020, approximately one in six Saskatchewan residents will be 65 years of age or older. At the same time, almost one in six Saskatchewan residents will be 14 years of age and younger.

In June 2000, the provincial government established the Provincial Advisory Committee of Older Persons to identify the needs of Saskatchewan seniors and the means of addressing them through government policy. The Committee's *Provincial Policy Framework and Action Plan for Older Persons* identifies six strategic goals, supported by a range of recommended actions to ensure the availability and access to a continuum of quality programs and services for seniors, to encourage healthy and active living, and the safety and security of all older persons.

You can reach the Provincial Advisory Committee of Older Persons at:

Provincial Advisory Committee of Older Persons  
c/o Saskatchewan Health  
Community Care Branch  
3475 Albert Street  
Regina, SK S4S 6X6



## HEALTH



Our publicly funded, publicly administered health care system is a source of pride for Saskatchewan people. It has been more than 40 years since Medicare was born in this province. Since then, the health care system has grown to include a wide range of services to meet the needs of our residents – to help them stay healthy and to treat them when they are ill.



Saskatchewan's health care system provides a range of health services and support to seniors in their communities and in their own homes. All these services are aimed at helping seniors remain healthy and independent. Saskatchewan residents are eligible to receive hospital, medical, public health, mental health and addiction services as insured health services, provided by funding from the provincial government, administered through Saskatchewan's Regional Health Authorities.

The Health budget for 2003-04 totalled \$2.527 billion, an increase of \$184 million over the previous year, or almost eight percent. Since 1999-00, the budget increased by 33 percent, from \$1.9 billion.

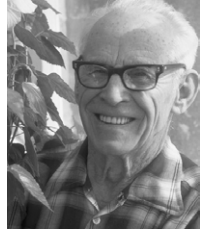
## Home Care

Saskatchewan Health's Home Care Program helps many seniors with health problems, who may need acute, palliative or supportive care, in order to live independently, longer, in the comfort of their homes. The program helps people maintain their quality of life and provides support for people who may otherwise have to be in hospital or long-term care facilities.

Case management/assessment, home nursing, physical and occupational therapy services are provided at no charge. The fee for meals, personal care, respite care, and homemaking is based on income and the amount of care required.

Some services once available only in hospitals may now be delivered at home. For example, some people who need intravenous antibiotic therapy and palliative care may now receive these services in their own homes.

For further information, contact your local Regional Health Authority (see page 19 for a complete listing).



## Individualized Funding

*The Action Plan for Saskatchewan Health Care*, the provincial government's plan for improved health care in Saskatchewan, released in 2001, provides for Individualized Funding as an option available through the Regional Health Authorities' Home Care Program.



Individualized funding provides people with increased choice and flexibility in the way their needs are met through the home care program, where individuals eligible for home care take on the responsibility of hiring, training, scheduling and terminating their own staff, managing payroll, following applicable legislation and reporting to the health region.



It provides direct funding for those who wish to arrange and manage their own support services in their homes, rather than receive the service directly from home care staff.



## Long-Term Care (Special-Care Homes)

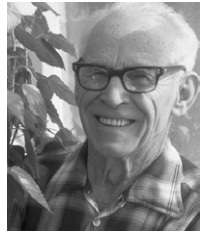
The Government of Saskatchewan is committed to continuing to provide a publicly subsidized long-term care system for individuals whose assessed needs cannot be met through community and home-based services and housing options. An excellent network of special-care homes (nursing homes) has been maintained in Saskatchewan for those who need this long-term care. Regional Health Authorities operate special-care homes directly, or through contract or affiliation.

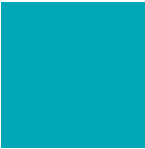
Long-term care services are delivered by almost 200 special-care homes and long-term care units. This totals over 8,600 residents as of March 31, 2003.

Saskatchewan's current ratio of beds per 1,000 population aged 75 and over is the second highest of all provinces.

Typically, persons requiring higher levels of care use special-care home services. To make the best use of special-care home resources, individuals are admitted on the basis of assessed need. Assessments are done by your local Regional Health Authority (see page 19 for a complete listing).

The average cost of a nursing home bed is about \$4,300 per month, or approximately \$51,600 annually. The provincial government





currently subsidizes approximately 77 percent of the overall, province-wide cost of care and accommodation in long-term care.



Residents pay an income-tested charge based on annual income, plus earned interest. Personal assets such as land, houses, bank accounts, etc., are not taken into account in determining the resident charge. Fees range from \$850 to approximately \$1,600 and are adjusted quarterly.



## **Ambulance**

Saskatchewan Health has capped road ambulance fees for seniors (65 years of age and older) at a maximum charge of \$250 for a road ambulance trip within Saskatchewan. Other residents pay the full fee.



## **Influenza and Pneumococcal Immunization (Flu Shots)**

Influenza and pneumococcal immunization are available free of charge yearly to people 65 years of age and over, and to others at high risk for complications of influenza. Check with your public health nurse or physician about getting these immunizations.

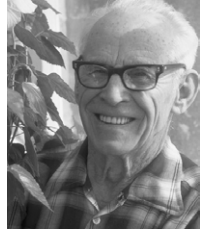
## Foot Care

Specialized foot care services are provided by podiatrists (also known as chiropodists) in the Regional Health Authorities.

Services that are available include assessment, intervention, wound management, education, consultation, and prevention. A range of conditions is managed including corns, calluses, diabetic wounds, pain, and other problems of the foot.

Individuals are responsible for paying part of the cost of a visit to a podiatrist, as well as the cost of supplies or shoe inserts that may be prescribed.

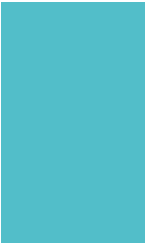
For further information, contact your local Regional Health Authority (see page 19 for a complete listing).





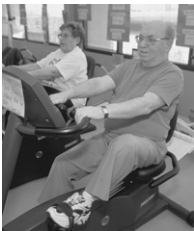
## Hearing Health Services/ Hearing Aid Plan

Hearing services are available in the health regions. The Hearing Aid Plan provides hearing tests, hearing loss prevention, counselling, public education and hearing aid fittings to Saskatchewan residents of all ages.



There is a cost for hearing tests and for the fitting of hearing aids. Hearing aids and accessories are sold and repaired at a reasonable cost.

For further information, contact your local Regional Health Authority (see page 19 for a complete listing) or check the white pages of your telephone directory under Hearing Aid Plan.

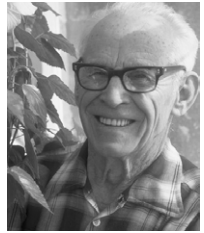


## HealthLine

Following from our *Action Plan for Saskatchewan Health Care*, the provincial government has put in place the “HealthLine,” a toll-free, confidential 24-hour telephone health advice line, staffed by registered nurses.

They can provide immediate, professional health advice or information, and direct you to the most appropriate care. HealthLine can help you decide whether you should treat your own symptoms, go to a clinic, wait to see your doctor, or go to a hospital emergency room.

For 24-hour health information and advice, call HealthLine at **1-877-800-0002**. Please note that this line will be answered by a registered nurse at all times.



## Surgical Care

Every year, more than 90,000 surgeries are performed in Saskatchewan. That amounts to about 250 surgeries every day.



The *Action Plan for Saskatchewan Health Care* calls for a number of key elements to improve co-ordination of surgical access and ensure a more equitable surgical care system for Saskatchewan people. Saskatchewan is the first place in Canada to undertake such a comprehensive and far-reaching strategy to improve surgical wait times. Some of these innovations to improve surgical access have received international recognition.

You may visit the Saskatchewan Surgical Care Network Web site at [www.sasksurgery.ca](http://www.sasksurgery.ca)



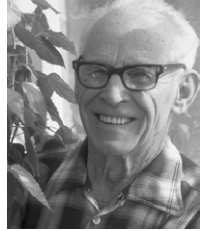
For information about your own care, the surgical care co-ordinators in Saskatoon and Regina Qu'Appelle Health Authorities provide a communication link among patients, their referring physician, and the Regional Health Authorities. Both Regional Health Authorities have a full-time surgical care co-ordinator and a toll-free help line for patients having surgery in those regions:

- Saskatoon Surgical Care Co-ordinator - 1-866-543-6767
- Regina Qu'Appelle Surgical Care Co-ordinator - 1-866-622-0222

A surgical care co-ordinator will be able to help you by:

- confirming that you are on a wait list for surgery;
- checking if you have an admission date to hospital;
- giving you an estimated wait time for your surgery; and
- providing you with general information about hospital waiting lists, waiting times and booking procedures.

If you are receiving surgery in a region other than Saskatoon or Regina Qu'Appelle, the quality of care coordinator for that region will be able to provide you with information about your wait for surgery. See page 19 for a complete listing of Regional Health Authority contacts.

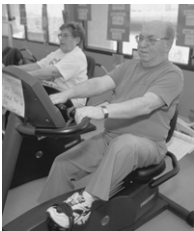


## Quality of Care Co-ordinator

Every health region has a quality of care co-ordinator or client representative in place. The role of the quality of care co-ordinator is to:

- assist individuals and families with questions or concerns about health services in their region;
- ensure individuals are informed about their rights and options; and
- recommend changes and improvements to enhance the quality of health services delivered in the region based on their findings and trends of concerns raised.

Call your local Regional Health Authority (see page 19 for a complete listing) or see a list of quality of care co-ordinators and client representatives at [www.health.gov.sk.ca](http://www.health.gov.sk.ca)

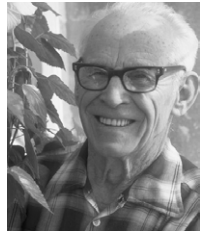




## Saskatchewan Health Prescription Drug Plan

For seniors with high drug costs in relation to their income, the Drug Plan provides special support. Applications for the Special Support Program are available at your local pharmacy or from the Drug Plan. For more information, call toll-free 1-800-667-7581 or 306-787-3317 in Regina.

The Drug Plan has been expanded to help people with diabetic supplies. On July 1, 2003, people with diabetes who qualify for assistance under the Drug Plan received coverage for diabetic supplies, such as needles, syringes, lancets and swabs. More than 15,000 people benefit from this coverage.





## Saskatchewan Aids to Independent Living (SAIL)



Seniors with a long-term physical disability may be eligible to receive supplies and equipment from the SAIL Program. Examples include wheelchairs, walkers, home oxygen, artificial limbs and braces. For more details, call 306-787-7121 in Regina.

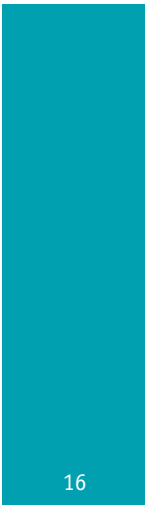


## Eye Examinations



Eye examinations are covered for seniors who receive income assistance from the Saskatchewan Income Plan (see page 27). For more information, call toll-free 1-800-266-0695.

## Chiropractic Services



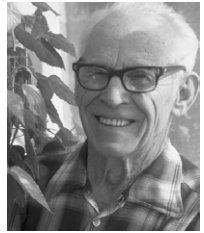
Individuals are responsible for paying part of the cost of a visit to a chiropractor. For seniors who receive income assistance from the Saskatchewan Income Plan (see page 27), chiropractic services are covered. For more information, call toll-free 1-800-266-0695.

## Out-of-Country Travel

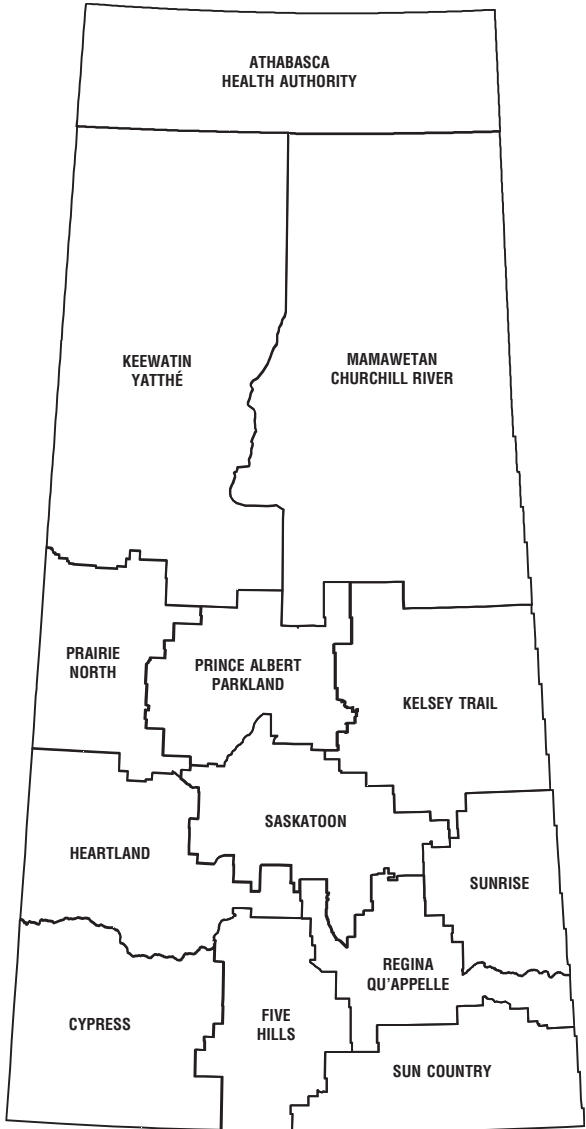
If you are travelling out-of-country, it is ***strongly recommended that you carry extra medical insurance*** in case of an accident or an unforeseen medical emergency. ***Saskatchewan Health covers only limited physician and hospital expenses.*** For more information on out-of-province health treatment, call toll-free 1-800-667-7523 or 306-787-3475 in Regina.

For information on other health-related programs and services, call 1-800-667-7766 or visit the Saskatchewan Health Web site at [www.health.gov.sk.ca](http://www.health.gov.sk.ca)

If you don't have Internet access, many public libraries in communities across the province have free public Internet access. Check with your local library.



## Regional Health Authorities



## Regional Health Authority Contacts

### Athabasca

Phone: 306-439-2200

### Cypress

Phone: 306-778-5100

### Five Hills

Phone: 306-694-0296 or toll-free 1-888-425-1111

### Heartland

Phone: 306-882-4111

### Keewatin Yatthé

Phone: 306-235-2220

### Kelsey Trail

Phone: 306-873-3100 or toll-free 1-800-704-8395

### Mamawetan Churchill River

Phone: 306-425-2422

### Prairie North

Phone: 306-446-6606

### Prince Albert Parkland

Phone: 306-765-6136 or toll-free 1-800-922-1834

### Regina Qu'Appelle

Phone: 306-766-7792

### Saskatoon

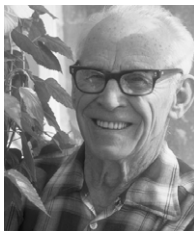
Phone: 306-655-1576

### Sun Country

Phone: 306-842-8717 or toll-free 1-800-216-7689


### Sunrise

Phone: 306-786-0100

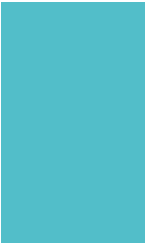




## HOUSING




The Saskatchewan Housing Corporation (an agency of Saskatchewan Community Resources and Employment) provides affordable, quality housing for low- to modest-income seniors, families and people with disabilities. Annually, the Saskatchewan Housing Corporation meets the housing needs of approximately 67,000 persons in nearly 300 communities.



The Saskatchewan Housing Corporation is also committed to a five-year federal-provincial program to build 1,400 housing units. The total cost of the program is \$45.9 million.



### Social Housing for Seniors



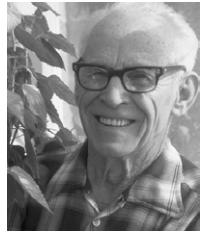
Social Housing for Seniors is available in more than 280 communities across Saskatchewan. The graduated rent scale is based on a percent of the gross monthly income of all household members. (The rent scale ranges from 25 to 29 percent.) Applicants are interviewed, and priority is given to those with the greatest need based on their current housing conditions. For more information, contact your local housing authority or call toll-free 1-800-667-7567.

## Saskatchewan Assisted Living Services (SALS)

Saskatchewan Assisted Living Services is available in selected social housing projects for seniors in locations throughout the province. SALS services help seniors to build and maintain independence and enhance their quality of life. Services may include: a maximum of one meal per day served in a common eating area; laundry and housekeeping services; a personal response service for unscheduled needs; and co-ordination of social/recreational activities. All services are optional. Tenants choose which services they wish to receive and pay the direct cost of those services. Costs are kept affordable to low- and moderate-income persons through local co-ordination and co-operation and bulk delivery.

SALS is now available in 140 buildings to over 6,800 households in 72 communities.

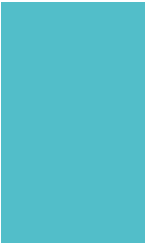
For more information, contact your local housing authority or call toll-free 1-800-667-7567.





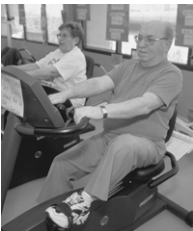
## Life Lease Housing for Seniors

Life Lease Housing for Seniors is available for modest-income seniors in a few larger communities in the province.



Seniors maintain their equity in a home by paying a principal sum that will be refunded when they leave the complex. Seniors also pay a monthly occupancy fee that covers a shared cost of ongoing operations and maintenance. Complexes are designed for tenants requiring Saskatchewan Assisted Living Services in the future.

For more information, contact your local housing authority or call toll-free 1-800-667-7567.





# HOME REPAIR PROGRAMS

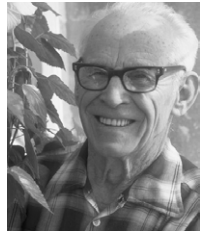
All home repair programs are targeted to low-income households and have some limit to the amount of financial assistance available. Assistance is in the form of a grant or loan, part of which may not have to be repaid.

## Home Adaptations for Seniors Independence (HASI)

Home Adaptations for Seniors Independence provides financial assistance for low-income seniors who want to adapt their home for easier and safer performance of daily activities. Examples of eligible work include remodeling kitchens and bathrooms to provide easier access for those with physical limitations, installing grab bars in the bathroom, or constructing ramps for wheelchair access. For more information, contact the Saskatchewan Housing Corporation at 306-787-4180 in Regina or call toll-free 1-800-667-7567.

## Home Modification for the Disabled

Home Modification for the Disabled helps eligible, low-income residents with a physical disability to make modifications to their permanent residence. For more information, contact the Saskatchewan Housing Corporation at 306-787-4180 in Regina or call toll-free 1-800-667-7567.

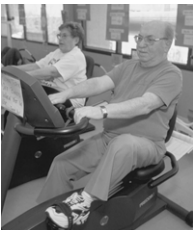


## Residential Rehabilitation Assistance Program (RRAP)

Residential Rehabilitation Assistance Program offers financial assistance to low-income occupants for necessary repairs to make an existing home healthier and safer. Repairs may include, but are not limited to, the areas of structural, heating, plumbing, electrical or fire safety.



- **Homeowner RRAP** for homeowners who live in substandard dwellings and cannot afford repairs.
- **Disabled RRAP** for homeowners and landlords to make permanent modifications for improved accessibility by low-income tenants with disabilities.
- **Emergency Repair** for homeowners in rural areas to complete emergency repairs required for the continued safe occupancy of their houses.



For more information regarding RRAP programs, call 306-787-4177 in Regina or call toll-free 1-800-667-7567.

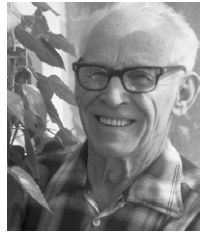
For additional information on programs and services offered by the Saskatchewan Housing Corporation, visit our Web site at [www.dcre.gov.sk.ca/housing](http://www.dcre.gov.sk.ca/housing) or e-mail [communications@dcre.gov.sk.ca](mailto:communications@dcre.gov.sk.ca)

## FINANCES

Saskatchewan seniors receive income tax savings from both the federal and provincial governments. Federal and provincial credits, including the Age Credit and the Saskatchewan Senior Supplement, reduce both federal and provincial income taxes.

Under Saskatchewan's personal tax reform, the provincial income tax calculation has mirrored the federal income tax calculation. Provincial tax is determined by applying provincial tax rates directly to taxable income and then deducting provincial tax credits. The provincial tax credits generally mirror the federal credits; however, the provincial tax system adds a \$1,000 Senior Supplement to the basic age credit. Unlike the age credit, the Saskatchewan Senior Supplement is not income-tested and reduces Saskatchewan income taxes for all Saskatchewan seniors.

Therefore, Saskatchewan seniors now pay less provincial income tax than they did prior to personal tax reform. As an example, a single senior with an income of \$20,000 paid Saskatchewan income tax of about \$1,112 in 1999 and will pay about \$683 in 2003.



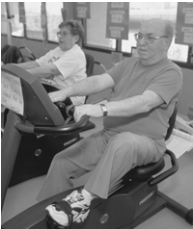
## Saskatchewan Pension Plan

The Saskatchewan Pension Plan (SPP) is designed to assist people with saving for retirement. SPP members are business owners, farmers, professional people, homemakers, part-time and full-time employees. The plan provides an opportunity for individuals with little or no access to private pensions or other retirement savings arrangements to contribute towards their own post-retirement income.

Participation in SPP is open to anyone between 18 and 69 years of age. There are no other restrictions to plan membership. Contributions are tax deductible within RRSP limits. In some cases, spousal deduction of contributions is also permitted.

The plan is totally funded by member contributions and investment earnings. A board of trustees administers SPP, some of whom are also plan members. Funds in the plan are professionally managed and earn a competitive rate of return each year.

For more information, call toll-free 1-800-667-7153; TTY Access: 1-888-213-1311; e-mail: [office@spp.gov.sk.ca](mailto:office@spp.gov.sk.ca)  
Mailing address:  
Box 5555, Kindersley, SK S0L 1S0  
Web site: [www.spp.gov.sk.ca](http://www.spp.gov.sk.ca)



## Saskatchewan Income Plan

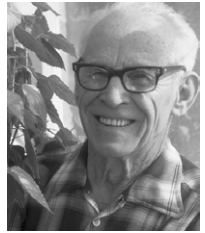
Seniors who are 65 years of age or older and have little or no income other than the federal Old Age Security Pension and Guaranteed Income Supplement, can receive financial assistance from the Saskatchewan Income Plan. Payments for seniors who qualify range from:

- \$11.00 to \$90.00 per month for a single pensioner or for a married pensioner whose spouse receives Spouse's Allowance;
- \$12.00 to \$90.00 per month for a married pensioner whose spouse is less than 60 years of age;
- \$6.50 to \$72.50 per month each for a married couple where both are pensioners;
- \$5.00 to \$25.00 per month for single pensioners receiving Level 2, 3 or 4 care in special-care homes or hospitals; and
- \$4.50 to \$22.50 per month for married pensioners receiving Level 2, 3 or 4 care in special-care homes or hospitals.

For more information about the Saskatchewan Income Plan, call toll-free 1-800-667-7161.

## Saskatchewan Government Insurance (SGI) Canada Insurance Program

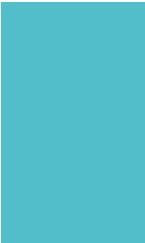
The SGI Canada Insurance Program provides reductions for seniors. Check with your insurance broker.






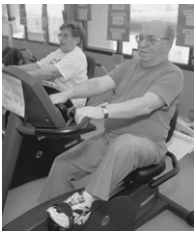
## FARMING

### Farm Stress Line



Farm families who experience financial or personal problems, require information, or need to talk to someone, can call the Farm Stress Line toll-free at 1-800-667-4442. Hours of operation are 8 a.m. to 9 p.m., Monday to Saturday and statutory holidays except Christmas and New Year's Day. Counsellors assist callers in working through their problems and concerns.

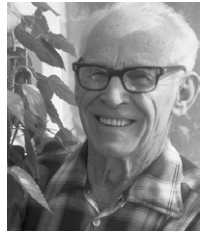
### CONNECTIONS Services Directory



Counsellors at the Farm Stress Line use the CONNECTIONS Services Directory which consists of an extensive range of government and non-government programs and services for rural families. The directory is updated on an ongoing basis with new information and useful links to other Web sites. The Internet address is: [www.agr.gov.sk.ca/apps/human\\_serv/](http://www.agr.gov.sk.ca/apps/human_serv/)

## Estate Planning for Farm Families

A basic overview of estate planning for farmers is provided in two publications available from Saskatchewan Agriculture, Food and Rural Revitalization (SAFRR). The publications are titled *Estate Planning for Farm Families* and *Estate Planning Checklist for Farm Families*. For copies of these publications, go to your nearest SAFRR Rural Service Centre, visit the SAFRR Web site at [www.agr.gov.sk.ca](http://www.agr.gov.sk.ca) or phone 306-787-5140 in Regina.



## Century Family Farm Award

The Century Family Farm Award honours farm families and their role in the development of the province. Farms are eligible for the award if members of the same family have farmed the land continuously for 100 years or more. The award recognizes farm families and their role in the development of our province.

Saskatchewan Agriculture, Food and Rural Revitalization introduced the program in 1981. Over 700 awards have been given out to farm families since the program was introduced. For application forms, contact:

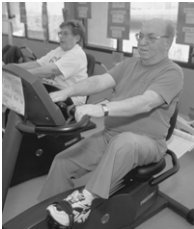
Saskatchewan Agriculture, Food and Rural  
Revitalization  
Extension Service Branch, Room 101  
3085 Albert Street  
Regina, SK S4S 0B1  
Telephone: 306-787-5216



## Green Certificate Farm Training Program



Retired farmers can help their grandchildren or local school district with the Green Certificate Farm Training Program and need access to machinery and livestock to do this training. The Green Certificate is an apprenticeship style, on-farm skill-training program. The program is always looking for experienced trainers for the on-farm portion of the training. Trainees acquire skills in one of several agricultural sectors including feedlot, cow/calf, dairy, sheep, swine, crop irrigation and production and aerial application. Under the Green Certificate training system, farmers themselves develop and retain the competent staff they need to meet their farms' business goals. For more information, contact the program co-ordinator at:



Room 129  
3085 Albert Street  
Regina, SK S4S 0B1  
Telephone: 306-787-8191

For more information on programs and services offered by Saskatchewan Agriculture, Food and Rural Revitalization, visit our Web site at [www.agr.gov.sk.ca](http://www.agr.gov.sk.ca)



## RECREATION

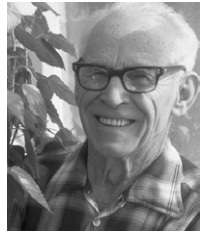
Saskatchewan Culture, Youth and Recreation works with a number of volunteer organizations that deliver programs and services of interest to seniors, including sport, recreation and physical activity. For information on these programs, contact the Sport and Recreation Branch at 306-798-0697 in Regina.

### Saskatchewan Lotteries Community Grant Program

The Saskatchewan Lotteries Community Grant Program gets people involved in sport, culture and recreation activities. Community programs funded range from summer camps for youth to aerobics for seniors. For information on how to apply for a grant for your community, call toll-free 1-888-780-9344 or 306-780-9344 in Regina.

### Saskatchewan Seniors' Angling Licence

Seniors can buy the Saskatchewan Seniors' Licence for angling for \$10.70. Check the blue pages of your local phone book for contact information. Canadian residents, aged 65 or older, who have lived in Saskatchewan for the three months immediately preceding the date of the licence purchase are eligible for this reduction in cost. Persons issued a lifetime angling licence prior to April 15, 1983, do not require a new licence.



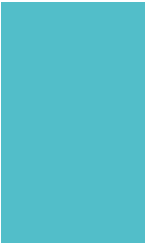


## TRAVEL

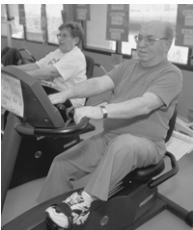
*The Older and Wiser Driver* is a handbook of driving tips available from any motor licence issuer or any SGI office in the province.



### **Saskatchewan Transportation Company**



The Saskatchewan Transportation Company (STC) offers seniors' discounts on fares as well as a monthly pass for those travelling for medical purposes. For further information, call 1-800-663-7181. STC serves 276 Saskatchewan communities on 28 scheduled bus routes, travelling three million miles a year.



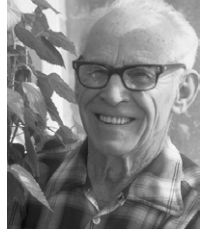
### **Saskatchewan Highways Hotline**



The Saskatchewan Highways Hotline provides recorded information on a 24-hour basis on summer and winter road conditions, ferries, ice road crossings and spring road restrictions. For Regina and surrounding area, call 306-787-7623. For Saskatoon and surrounding area, call 306-933-8333. All other areas of the province call toll-free 1-888-335-7623. You can also check the Saskatchewan Highways and Transportation Web site at <http://www.highways.gov.sk.ca>

## Out-of-Country Travel

If you are travelling out-of-country, it is ***strongly recommended that you carry extra medical insurance*** in case of an accident or an unforeseen medical emergency. ***Saskatchewan Health covers only limited physician and hospital expenses.*** For more information on out-of-province health treatment, call toll-free 1-800-667-7523 or 306-787-3475 in Regina.



## GENERAL RESOURCES

### Consumer Protection Branch



The Consumer Protection Branch of Saskatchewan Justice helps people understand their rights and responsibilities as consumers by offering advice and direct assistance in response to consumer inquiries. The branch also investigates consumer complaints like telemarketing scams and fraudulent door-to-door sales schemes. If you have a consumer concern, please call toll-free, 1-888-374-4636 or 306-787-5550 in Regina.

### Public Guardian and Trustee



The Public Guardian and Trustee for Saskatchewan administers the affairs of people who are unable to do so on their own. For more information about this service, please call 306-787-5424.

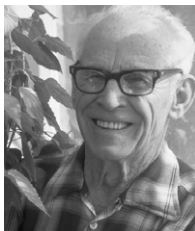
### Post-Secondary Education and Training

There are many learning opportunities for seniors through classes at a university or college in your area. For information on Saskatchewan's post-secondary education and training services and programs, visit Saskatchewan Learning's Web site at [www.sasked.gov.sk.ca](http://www.sasked.gov.sk.ca). Check out the Campus Saskatchewan Web site at [www.campussaskatchewan.ca](http://www.campussaskatchewan.ca) where the

province's post-secondary institutions offer courses in non-traditional settings such as on-line, independent studies, or interactive television.

For information on career or labour market information, visit [www.sasknetwork.ca](http://www.sasknetwork.ca) or call Saskatchewan Learning's toll-free Learning and Career Information Hotline at 1-888-775-3276.

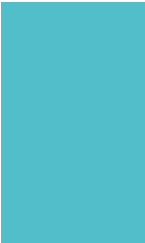
Did you know that libraries in Saskatchewan provide access to information and resources from all over the world? Search the Saskatchewan Libraries Web site at [www.lib.sk.ca](http://www.lib.sk.ca) to find out more about Saskatchewan libraries and to access the resources they offer including books, magazines, journals, dictionaries, and links to Web sites about all kinds of topics from decorating to genealogy to travel and more. *Ask a Librarian* is a handy service on the Web site where you can submit a question on just about anything and library staff in Saskatchewan will assist you.





## Government Relations and Aboriginal Affairs

Government Relations and Aboriginal Affairs works with Saskatchewan Aboriginal people and their organizations to develop and implement policies and programs which advance our common interests. For more information, please call 306-787-6250 in Regina.



For additional information on other government programs and services, visit the Saskatchewan Government Web site at [www.gov.sk.ca](http://www.gov.sk.ca)



For additional copies of this publication, contact:

Communications  
Saskatchewan Health  
3475 Albert Street  
Regina, SK S4S 6X6  
Telephone: 306-787-3696

Or visit the Saskatchewan Health Web site at [www.health.gov.sk.ca](http://www.health.gov.sk.ca)



## **Programs and Services of Interest to Seniors**

*Saskatchewan*  
Our Future is Wide Open<sup>®</sup>