



Programs and Services of Interest to Seniors

January 2023

saskatchewan.ca/seniors

Saskatchewan 



Table of Contents

Health3

Out-of-Country Travel13

Planning Ahead 18

Housing 20

Finances 23

Recreation 28

Travel 30

Saskatchewan Health Authority 32

Frequently Called Numbers 33

Programs and Services of Interest to Seniors

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



Health

Saskatchewan's health care system provides a range of health services and supports 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, and administered through the Saskatchewan Health Authority, Saskatchewan Cancer Agency and affiliated agencies.

HealthLine 811

HealthLine 811 is a free, confidential, 24-hour telephone advice line staffed by registered nurses, registered psychiatric nurses and registered social workers. Staff are experienced and specially trained to help you find the right services and supports.

When you call HealthLine 811, a licensed health or mental health care professional will give you options and information to help you with health related questions or concerns.

A registered nurse will assess your symptoms and help you decide whether to treat your own symptoms, go to a clinic, see your primary health care provider or access emergency medical care, if necessary.

HealthLine 811 also provides mental health and addictions support. Registered psychiatric nurses and registered social workers can offer crisis support, advice to help you manage your situation, information, and connection to community resources. If needed, translation is available for more than 100 different languages. Having the following information readily

available when calling HealthLine 811 will help improve the efficiency of your call:

- name, address, telephone number;
- health card number; and
- list of current medications, allergies and medical conditions.

For 24-hour health and mental health advice and information call HealthLine at **8-1-1**. Deaf and hard of hearing residents can access HealthLine by using SaskTel relay operator at **1-800-855-0511**.

For a medical emergency, call 9-1-1.

HealthLine Online

You can also go to www.saskhealthauthority.ca and search for “healthline online” to access online resources. HealthLine Online provides medically-approved health information including descriptions of common medical conditions and treatments, along with advice about when to seek medical assistance. HealthLine Online is quick and easy to use.

Home Care

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

Case management/assessment, home nursing and physical and occupational therapy services (where available) are provided free of charge through the Saskatchewan Health Authority’s

Home Care program. The fees for meals, personal care, respite care and homemaking are 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 antibiotics and palliative care may now receive these services in their own homes.

For further information, contact the Saskatchewan Health Authority. See [page 32](#) for contact information.

Home Care Individualized Funding

Individualized funding is an option of the Saskatchewan Health Authority's home care program. It provides funding (based on assessed need) directly to a person or their guardian to arrange and manage their own supportive home care services. This option of the home care program provides home care clients with increased choice and flexibility in the way their needs are met. Eligibility criteria must be met prior to being considered for this home care option.

For further information, visit saskatchewan.ca and search for "individualized funding for home care".

Saskatchewan Aids to Independent Living (SAIL)

Seniors with physical disabilities or certain chronic health conditions may be eligible to receive supplies and equipment from the SAIL program. Examples include wheelchairs, walkers, home oxygen, prosthetics and assistance with the cost of ostomy supplies. For more details, call toll free at **1-888-787-8996** or **306-787-7121** in Regina.

Personal Care Homes

Personal care homes are privately owned and operated. They provide residents with accommodation, meals and guidance or assistance with personal care. Personal care homes require a license to operate and must comply with the requirements under *The Personal Care Homes Act*.

A complete listing of licensed personal care homes in Saskatchewan can be found by searching for “personal care homes” on saskatchewan.ca.

For more information:

- call the Ministry of Health at **306-787-1715**, or
- visit the Personal Care Homes page on saskatchewan.ca.

Personal Care Home Benefit

The Personal Care Home Benefit provides senior citizens with financial assistance to help them with the cost of living in a licensed personal care home.

A person may be eligible to receive the Personal Care Home Benefit if he or she:

- is 65 years of age or older;
- is a resident of Saskatchewan;
- has a monthly income below specified levels;
- lives in a Saskatchewan licensed personal care home; and
- is in receipt of an Old Age Security (OAS) pension.

To find the most up to date information on the Personal Care Home Benefit, including information on how to apply, visit saskatchewan.ca and search for “personal care home benefit”.

You can also get information on the Personal Care Home Benefit by calling **toll free 1-855-544-7242 or 306-798-7242 in Regina.**

Long-Term Care (Special-Care Homes)

The Government of Saskatchewan is committed to a publicly subsidized long-term care system for people whose needs cannot be met through community and home-based services or other housing options. A network of special-care homes (nursing homes) has been maintained in Saskatchewan for those who need this level of care.

The Saskatchewan Health Authority operates special-care homes directly or through contract or affiliation. Typically, people requiring higher levels of care use special-care home services. To make the best use of available beds, people are admitted on the basis of assessed need. Assessments are done by local Saskatchewan Health Authority offices.

Residents pay a monthly fee based on income. Personal assets such as land, houses, and bank accounts are not taken into account when determining the resident charge. Resident charges for special-care homes are adjusted quarterly in keeping with changes to the Old Age Security (OAS) and the Guaranteed Income Supplement (GIS).

Information on special-care home charges and how they are calculated can be found by searching for “special care homes” on [saskatchewan.ca](https://www.saskatchewan.ca).

Assisted Living Facilities

Assisted living provides housing and services that allow residents to age in place independently. Individuals make decisions regarding their care needs and living arrangements. Assisted living facilities generally offer meals, social activities and housekeeping. If required, additional care supports may be provided through the Saskatchewan Health Authority's Home Care program or private agencies (fees may apply).

In Saskatchewan, these types of facilities are privately owned and operated, and the Ministry of Health does not license or monitor these facilities.

Seniors' Drug Plan

Under the Seniors' Drug Plan, eligible seniors 65 years and older pay \$25 per prescription for drugs listed on the Saskatchewan Formulary and those approved under Exception Drug Status.

Program eligibility is determined by age and the income reported on your income tax return filed with the Canada Revenue Agency. Eligible seniors must:

- be a Saskatchewan resident 65 years of age or older with a valid Saskatchewan Health card; and
- be eligible for the provincial age credit, which is based on the annual net income reported on Line 236 of your income tax form in the previous year.

Seniors covered under federal government programs, such as the federal Non-Insured Health Benefits Program or Veterans Affairs are not eligible for the Seniors' Drug Plan.

Seniors receiving the Guaranteed Income Supplement (GIS) or Seniors Income Plan (SIP) have a \$200 or \$100 semi-annual deductible, respectively.

Individual prescriptions under these two programs will not exceed \$25 (for drugs listed on the Saskatchewan Formulary or approved under Exception Drug Status).

Seniors whose drug costs are high in relation to their income may apply for the Special Support Program. Seniors with Special Support coverage will pay the lesser of the Special Support co-payment or the \$25 per prescription.

Application forms are available:

- online by visiting saskatchewan.ca and searching for “seniors’ drug plan”;
- at your pharmacy; or
- by calling the Drug Plan and Extended Benefits Branch toll free at **1-800-667-7581** or **306-787-3317** in Regina.

Pharmaceutical Information Program

The Pharmaceutical Information Program is designed to support safe prescription drug use by letting doctors, pharmacists and other authorized health care professionals electronically share your medication records without compromising privacy. This helps ensure the best possible drug for a medical condition is used.

It also prevents harmful drug interactions, especially in situations where a person is unable to communicate their drug history.

Influenza and Pneumococcal Immunization

All Saskatchewan residents are eligible to receive the publicly funded injectable influenza vaccine. Influenza is a serious, contagious and potentially deadly disease. Everyone is at risk of contracting influenza. However, some individuals are at a higher risk of complications and hospitalization. The immunization program recommends vaccination for people at high risk of influenza-related complications, and those in contact with individuals at high risk. People age 65 years and older, and people of any age who are residents of nursing homes and other chronic care facilities, are considered at higher risk.

Pneumococcal immunization is also available free of charge to people 65 years of age and over, and those under 65 years who have high- risk medical conditions.

Check with your public health nurse, physician, nurse practitioner or pharmacist about getting these immunizations.

Eye Examinations

Eye examinations are covered for seniors who receive income assistance from the Seniors Income Plan (SIP). Eligible seniors can receive one eye examination per year. Annual eye examinations are also covered for individuals who have a confirmed diagnosis of type 1 or type 2 diabetes. For more information, call toll free **1-800-667-7523**.

Ambulance

For residents 65 years and over, the Senior Citizens' Ambulance Assistance Program (SCAAP) caps ground ambulance fees at \$135 per eligible trip and covers inter-facility transfers within the province.

To be eligible for the capped rate, seniors must not have insured coverage by any other government service such as Health Canada, Workers Compensation (WCB) or Saskatchewan Government Insurance (SGI).

Information on ambulance service in Saskatchewan can be found by searching for “ambulance services” on [saskatchewan.ca](https://www.saskatchewan.ca).



Surgical Care

If you are considering surgery or you are already booked for surgery, you may have questions about how to plan your time and make sure you get the best care. Web-based resources for Navigating Surgical Care provide some information to help you be an active partner in decision-making and stay informed about expected wait times for your procedure.

Saskatchewan's Specialist Directory is an on-line tool to help you find more information about which surgeons and locations have the longest wait times for specific procedures. If you have been advised that you need surgery, you can search for your procedure in the Specialist Directory to see a list of surgeons and their estimated wait times.

There is a full time Surgical Care Co-ordinator to assist patients in each city with a surgical hospital and/or private surgical centre. A Surgical Care Co-ordinator may be able to help you by:

- Confirming that you are on a wait list for surgery;
- Giving you an estimated wait time for surgery;
- Checking if you have an admission date to the hospital; and,
- Providing you with general information about hospital waiting lists, wait times and booking procedures.

More information can be found by searching “surgical care” on saskatchewan.ca.

If you are unable to access this information on line, the Ministry of Health's general inquiry line would be pleased to assist you @ 1-800-667-7766 or info@health.gov.sk.ca.

Out-of-Country Travel

Emergency Medical Care

If you are travelling out-of-country, it is strongly recommended that you carry extra medical insurance. If you require emergency medical or hospital care while outside of Canada, you will be responsible for paying the difference between the amount charged and the amount the Ministry of Health reimburses. The costs outside of Canada are often much higher than in Saskatchewan.

Elective Hospital Services

Coverage for out-of-country treatment is only considered in exceptional circumstances and under certain conditions, and must have prior approval from the Ministry of Health. Travel, accommodation and meals will not be covered.

For more information on out-of-country health treatment, call toll free **1-800-667-7523** or **306-787-3475** in Regina.

Health Coverage

If you make your home in Saskatchewan and you ordinarily live in the province at least five months a year, you are eligible for Saskatchewan Health benefits.

It is important that your registration information on the provincial health registry is accurate to ensure the prompt processing of your health claims. Failure to keep your registration information current can result in the suspension of health benefits.

If any of the information types below change, or are incorrect on your current health card, you should contact the Registries branch at eHealth Saskatchewan:

- address and telephone number
- incorrect spelling of name(s)
- change of name
- incorrect date of birth (proof of age required)
- changes to marital status
- the appointment/change to a Power of Attorney
- extended vacation or absence from Saskatchewan of seven months or more

Learn how to change information or request a replacement health card on the eHealth website:

<https://www.ehealthsask.ca/residents/health-cards/Pages/Update-or-Replace-a-Health-Card.aspx>

Requests can be submitted online or by printing off the required form for mailing.

You can also contact Registries:

- Call toll free **1-800-667-7551** or **306-787-3251** in Regina
- Go to eHealth at 2130 - 11th Avenue (3rd floor, beside Cornwall Centre) in Regina
- email: change@ehealthsask.ca

Vital Statistics

The Registries branch of eHealth Saskatchewan maintains the Vital Statistics Registry, a province-wide system for registering births, deaths, marriages, stillbirths and changes of name.

Vital Stats also issues certificates as legal proof of these vital events and provides statistical information for agencies and the public.

Contact Health Registries:

- Online at www.ehealthsask.ca/vitalstats;
- Call toll free at **1-800-667-7551**;
- Go in person to 2130 - 11th Avenue (beside Cornwall Centre) in Regina; or
- E-mail: vitalstatistics@ehealthsask.ca

Problem Gambling Help Line

The Problem Gambling Helpline provides free 24-hour help to people with gambling problems and their families. Callers receive confidential, professional service from trained counselors.

The help line provides:

- information;
- short-term counseling;
- crisis intervention services; and
- referrals to problem gambling counselors and self-help groups.

Call the Problem Gambling Help Line toll free at **1-800-306-6789**.

Quality and Safety Specialists

Quality and Safety Specialists [also referred to as Patient Advocates (Regina) or Client Representatives (Saskatoon)] are located in communities across the province. Their role is to:

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

To find a Quality and Safety Specialist, Patient Advocate or Client Representative within the province, go to <https://www.saskhealthauthority.ca/contact/patient-or-client-concerns-and-feedback>.



Provincial Ombudsman

Members of the public are always welcome to contact the Ombudsman's office. Ombudsman Saskatchewan is an independent office, headed by the provincial Ombudsman who is appointed by the Legislative Assembly. The role of the Ombudsman is to hold the government accountable in matters of fairness.

The office is separate from the government of the day and is free to come to its own conclusions.

Ombudsman Saskatchewan promotes fairness by:

- taking complaints about unfairness in government services;
- educating government about fair practices; and
- making the general public aware of our services.

Call the Ombudsman's office:

- Regina at **(306) 787-6211**
- Saskatoon at **(306) 933-5500**
- Toll free at **1-800-667-9787**

Patient and Family Advisors

The Ministry of Health has actively engaged patients and families in its own work. Patient and Family Advisors participate on teams, working groups, committees, task forces and panels as equal members, fully engaged throughout the process of developing, implementing and evaluating policies and programs where patient and family advice and perspectives are needed. Contact the Saskatchewan Health Authority at PFCC@saskhealthauthority.ca or the Ministry of Health at PFCC@health.gov.sk.ca for more information.

Planning Ahead

Advance Care Planning

Planning for the future is important, especially when it comes to your health. Putting in place an advance care directive can give you peace of mind knowing that those caring for you understand your treatment choices if you were unable to make the decisions at the time.

An advance care plan (sometimes called a living will or advance directive) is the legal set of directions for your medical care should you become too ill or injured to communicate or make decisions. It will provide clear instructions for healthcare providers and others who may have to make decisions for you, and will ensure that you receive medical care that supports your values, faith or traditions.

Speak with your health care provider to learn more about advanced care planning.

Aging in the Community

Many Canadians want to age in place in their own homes and communities. Aging in place means having the health and social supports and services people need to live safely and independently in their home or community for as long as they wish and are able.

The Government of Canada has resources available to help you plan ahead, start thinking about how you want to live as you age and what steps you need to take to achieve that lifestyle.

To learn more about programs and services to help ensure your later years are safe and secure, call **1-800-O-Canada** or visit www.canada.ca and search for “seniors”.

You can also visit the [F/P/T Ministers Responsible for Seniors](#) page on the Government of Canada website for more information on aging in place, social isolation, caregiving and more.



Housing

Saskatchewan Housing Corporation provides affordable housing for seniors, families and people with disabilities. There are over 11,500 government-supported housing units for senior households (age 55+) in more than 260 Saskatchewan communities. This housing is available for people who can live independently; independence can include support from family, friends or community organizations.

The types of units available for seniors differ by community, but they are primarily one-bedroom apartments or attached units, which are generally suitable for people with accessibility needs.



Some buildings designated for seniors offer recreational activities (fees may apply).

Seniors could be eligible for the following programs based on their household composition:

- The Social Housing Program is available for seniors with low income and assets at or below the eligible amount. Rent is based on 30 per cent of gross household income (subject to minimum and maximum rents). A security deposit is required.
- The Seniors Housing Program is available for seniors with moderate incomes. Rent is set at an affordable rate, comparable or below market rents. A security deposit is required.
- The Life Lease Program offers seniors with moderate incomes the opportunity to live in an affordable apartment-style home in exchange for a deposit (returned upon move out) and a monthly occupancy fee. The program has household asset and income limits, and prioritization is based on need. Life Lease units are available in 11 communities across the province.

There are also several non-profit housing providers that offer housing to seniors with over 600 rental units throughout the province.

For more information about social housing:

- Contact your local housing authority;
- Call toll free **1-800-667-7567**; or
- Visit www.saskatchewan.ca/SHC.

Rental Assistance and Homeowner Support

Saskatchewan Housing Corporation also has programs for seniors who rent privately or own their own home. Seniors could be eligible for:

- The Saskatchewan Housing Benefit (SHB) provides a monthly payment to households with low to moderate incomes and assets who choose to rent in the private market. The amount received is based on income and household composition.
- The Emergency Home Repair program provides homeowners with low incomes to complete emergency repairs to make their home safe.
- The Adaptations for Independence program provides a forgivable loan to households with low incomes to modify their dwellings to improve accessibility for a household member with a disability.
- The Seniors Education Property Tax Deferral Program provides eligible applicants with a repayable loan for the education property taxes for their primary residence.

For more information about programs for homeowners or renters:

- For SHB, call toll free at 1-844-787-4177 or email saskhousingbenefit@gov.sk.ca;
- For all other inquiries, call toll free at 1-800-667-7567 or email repairstaff@gov.sk.ca; or visit www.saskatchewan.ca/SHC.

Finances

Saskatchewan seniors receive income tax savings from both the federal and provincial governments. Federal and provincial credits, including the Age Amount and the Pension Income Amount, reduce both federal and provincial income taxes. In addition, the Saskatchewan Senior Supplementary Amount reduces provincial income taxes. Unlike the Age Amount tax credit, the Saskatchewan Senior Supplementary Amount is not income tested and reduces provincial income taxes for all Saskatchewan seniors.

Beginning with the 2007 taxation year, the federal government introduced measures permitting senior couples with eligible pension income to reduce their combined taxes by transferring income to the lower income spouse (pension income splitting). Pension income splitting reduces income taxes for both federal and provincial purposes.

Saskatchewan's provincial income tax calculation generally mirrors the federal income tax calculation; however, the income tax rates, brackets and tax credit amounts may differ. Provincial tax is determined by applying provincial tax rates directly to taxable income and then deducting provincial tax credits.

Indexation of Saskatchewan's personal income tax system protects taxpayers from "bracket creep," or automatic increases in tax caused by inflation. Indexation preserves the real value of the personal income tax credits and the income tax brackets, since these also rise with inflation. Indexation therefore provides the most benefit to taxpayers who are on fixed incomes, such as pensioners.

To find additional information on Saskatchewan's personal income tax structure, visit: www.saskatchewan.ca/residents/taxes-and-investments/personal-income-tax/personal-income-tax-structure.

Seniors Tax Credits

Seniors may qualify for several federal and provincial tax credits within the tax system. Seniors eligible for the disability tax credit may also be eligible to claim additional medical expenses such as certain attendant care expenses.

For more specific information for seniors on taxes, visit the Canada Revenue Agency website at <https://www.canada.ca/en/services/taxes/income-tax/personal-income-tax.html> or call the general inquiry line toll free at **1-800-959-8281**.

Saskatchewan Low-Income Tax Credit

The Saskatchewan Low-Income Tax Credit is a fully refundable, non-taxable benefit paid to help Saskatchewan residents with low and modest incomes. You do not need to pay income tax in order to receive the benefits.

To find the most up to date information on the Saskatchewan Low-Income Tax Credit, go to saskatchewan.ca and search for "Saskatchewan Low-Income Tax Credit".

Seniors Income Plan (SIP)

Seniors who are 65 years of age or older and have little or no income other than the federal Old Age Security (OAS) Pension and Guaranteed Income Supplement (GIS) may be eligible to receive financial assistance from the Seniors Income Plan.

To find up to date information on the Seniors Income Plan, go to saskatchewan.ca and search for “senior’s income plan”, or call toll free **1-800-667-7161** or **306-787-2681** in Regina.

Saskatchewan Pension Plan (SPP)

The SPP is designed to assist people with saving for retirement. SPP members are business owners, farmers, professional people and part-time and full-time employees. The plan provides an opportunity for people 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 71 years of age. There are no other restrictions to plan membership. Contributors must have available RRSP room. Spousal deduction of contributions is also permitted.

Participants are able to transfer funds from other RRSPs into SPP within annual maximums.

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

For more information:

- Call toll free at **1-800-667-7153**
- E-mail info@saskpension.com
- Send mail to: Box 5555, Kindersley, SK S0L 1S0
- Online at www.saskpension.com

Seniors Education Property Tax Deferral Program

Seniors with household incomes under \$70,000 now have the option to defer the education portion of the property taxes on their home through a repayable loan under the Seniors Education Property Tax Deferral.

For more information or to register for the program, you can call the Saskatchewan Housing Corporation toll free at **1-800-667-7567** or **306-787-4177** in Regina or visit saskatchewan.ca and search for “Seniors Education Property Tax Deferral Program”.

Consumer Protection Division

The Consumer Protection Division of the Financial and Consumer Affairs Authority helps people understand their rights and responsibilities as consumers by offering advice and direction in response to consumer inquiries. They also investigate consumer complaints like telemarketing scams and fraudulent door-to-door sales schemes.

If you have a consumer complaint, concern, or inquiry:

- Call toll free at **1-877-880-5550** or **306-787-5550** in Regina;
- E-mail consumerprotection@gov.sk.ca; or
- Fax **306-787-9779**.

Office of the Public Guardian and Trustee

The Office of the Public Guardian and Trustee for Saskatchewan administers the property and finances of adults who are incapable of managing their financial affairs, administers the estates of deceased persons and missing persons, monitors other property guardians, and investigates allegations of financial abuse.

For more information about these services, please search for “Office of Public Guardian and Trustee” at [saskatchewan.ca](https://www.saskatchewan.ca).

Taxpayer rights

As a taxpayer, you have rights related to service as outlined in the Taxpayer Bill of Rights. These govern your interactions with the Canada Revenue Agency (CRA). For example, you have the right to be treated professionally, courteously and fairly. As well, you have the right to complete, accurate, clear and timely information from the CRA.

If you feel your rights as a taxpayer are not respected, contact the Office of the Taxpayers’ Ombudsman:

- Toll free at **1-866-586-3839**; or
- Online at www.canada.ca/en/taxpayers-ombudsman.

Recreation

Saskatchewan Provincial Park Vehicle Entry Permit for Seniors

A vehicle entry permit is required year-round in all Saskatchewan Provincial Parks. Saskatchewan residents who are 65 or older, or turning 65 years of age anytime during the year, are eligible for free vehicle entry permit with valid proof of age and residency such as a Saskatchewan driver's license or Saskatchewan health card. Senior permits are available at park entry gates only with a limit of one senior annual park entry permit per person; all other park fees apply.

Saskatchewan Seniors Angling License

Seniors 65 and older who produce proof of age and Saskatchewan residency do not require a license to angle. Seniors still need to meet all other fishing regulations, such as catch limits and fishing seasons. Seniors from out of province are required to buy angling licenses.

For additional information, please contact the Ministry of Environment toll free at **1-800-567-4224**.

Beach Wheelchairs

Beach wheelchairs are available across the province for provincial park visitors with mobility challenges. The wheelchairs are made from a lightweight aluminum frame with three buoyant tires. Children and adults ride over sand with relative ease and can be taken into one foot of water.

Beach wheelchairs are available in any Saskatchewan provincial park free of charge on a first-come, first-served basis with advance reservations. Please call the park one week in advance of your visit.

For more information about Saskatchewan's Provincial Parks:

- Call toll free **1-800-205-7070**; or
- Visit online at www.saskparks.com



Travel

Saskatchewan Government Insurance (SGI)

SGI waives the fee for Saskatchewan residents 65 years or older to obtain a non-driver photo identification card. This card is helpful for individuals who do not have a valid Saskatchewan driver's license, but require photo identification.

The Mature Driver Guide is a handbook of driving tips available from:

- any motor licence issuer or SGI claims office in the province; or
- By visiting www.sgi.sk.ca/aging.

Highway Hotline

Get information on highway conditions, road closures, constructions zones, ferries and border crossings. Maps and information are updated three times per day or as conditions require.

Direct links to interactive maps, text reports, and the mobile website can be accessed at www.saskatchewan.ca/highwayhotline.

Phone toll free at **1-888-335-7623** to hear recorded messages on highway conditions. Other ways to call:

- Regina area: **(306) 787-7623**
- Saskatoon area: **(306) 933-8333**
- On the SaskTel cell Network, dial ***ROAD (*7623)**

Veteran Licence Plates

To honour the contributions of our veterans, the provincial government and the Saskatchewan Command of the Royal Canadian Legion created a special Saskatchewan veteran licence plate.

The veteran plate is an official Saskatchewan licence plate to be displayed on the rear of the vehicle. Veteran plates can be ordered as part of a regular series plate, which will start with a V followed by a numerical sequence, or the plate can be personalized.

Veteran plate application forms are available at:

- Legion offices;
- SGI motor licence issuing offices across the province; and
- online at www.sgi.sk.ca

Collector Licence Plates

Newer isn't always better. If you like the retro look, there is an official Saskatchewan licence plate modeled after the 1965 licence plate. This plate could be the final touch of authenticity for your classic car, or make your newer vehicle stand out.

The Collector licence plate is an official Saskatchewan licence plate to be displayed on the rear of the vehicle. These plates can be personalized, or you can have a new plate number assigned.

Collector licence plate application forms are available at:

- SGI motor licence issuing offices across the province; and
- online at www.sgi.sk.ca.

Memorial Cross Licence Plates

To honour Memorial Cross recipients, the provincial government has created a special Saskatchewan Memorial Cross licence plate.

The Memorial Cross plate is an official Saskatchewan licence plate to be displayed on the rear of the vehicle. These plates have an M followed by four numbers. There is no fee for this licence plate.

Recipients may request a Saskatchewan Memorial Cross licence plate by contacting SGI:

- Toll free **1-800-667-8015 (ext. 1232)** or
- **306-751-1232** in Regina.

Saskatchewan Health Authority

The Saskatchewan Health Authority is responsible for the delivery of high quality and timely health care for the province.

Most services are delivered through the Saskatchewan Health Authority, affiliated organizations, and the Saskatchewan Cancer Agency.

For local health contacts and information on programs and services in your community, please visit

www.saskhealthauthority.ca.

Help is available to determine your needs and eligibility for programs:

- In Saskatoon, call 306-655-4346 or visit [Client Patient Access Service \(CPAS\)](#)
- In Regina, call 306-766-7200 or visit [System Wide Admission & Discharge Department](#).

Frequently Called Numbers

911 - For life-threatening emergencies please call 911 or go directly to your nearest emergency department.

HealthLine 811 – HealthLine 811 is a free, confidential, 24-hour health and mental health and addictions advice, education and support telephone line available to the people of Saskatchewan. It is staffed by experienced and specially trained Registered Nurses, Registered Psychiatric Nurses, and Registered Social Workers. HealthLine 811 services are offered in English, with translation available in over 100 languages.

211 Saskatchewan – A provincial wide resource that provides access to community navigators that listen, respond, and refer Saskatchewan residents to the supports in their communities. To connect today, text or call 211, or go online and chat.

COVID-Related Business Inquiries – 1-844-800-8688

Farm Stress Line – 1-800-667-4442

MySaskHealthRecord – 1-844-767-8259

LifeLabs – 1-888-333-0222

Regina Surgical Waitlist Inquiry – 1-866-622-0222

Saskatoon Surgical Waitlist Inquiry – 1-866-543-6767

Saskatchewan Health Card – 1-800-667-7551

Sask. Poison Centre – 1-866-454-1212

TAO Tel-aide – 1-800-567-9699

A French only helpline offered for people experiencing psychological distress or need a listening ear to talk to.



This publication is produced by
Saskatchewan Ministry of Health

January 2023

Saskatchewan! 