

FREE/LOW COST RESOURCES

FINANCIAL/LEGAL

Financial Help for People with Disabilities: The Canadian Bar Association of BC

http://www.cba.org/bc/public_media/employment/289.aspx

Legal Tree <http://www.legaltree.ca/node/111>

Ministry of Social Development

<http://www.mhr.gov.bc.ca/programs/other.htm>

HEALTHCARE

Pharma Care Special Authority

<https://www.health.gov.bc.ca/exforms/pharmacare/5328fil.pdf>

BC Coalition of People with Disabilities (BCPD)

<http://www.bccpd.bc.ca/helpsheet7.htm#eligible>

Free Medical ID's <http://www.medids.com/free-id.php>

Canadian Red Cross - B.C. Lower Mainland Region

www.redcross.ca Ph: 604-709-6600 TL: 1-800-565-8000

- **Health Equipment Loan Program (HELP)**

This community-based, volunteer-run program provides short-term loans of basic medical equipment, by donation, to those recovering from surgery or injury, or living with mobility limitations. Available equipment includes mobility aids, bath aids, toileting aids, walking aids, and aids to daily living.

BC Personal Supports Network

<http://www.bcits.org/docs/personal%20strategy%20tool-new.pdf>

TRANSPORTATION

Disability Travel Card <http://easterseals.ca/english/> or <http://www.smd.mb.ca/uploads/Travel%20Assistance%20Program/Microsoft%20Word%20-%20Travel%20Card%20Application-updatedMB.pdf>

- The **Disability Travel Card™** provides identification to a person with a permanent disability, which will allow an adult attendant, travelling with the person with a disability, to travel at no cost. Reduced fares will be granted to the person with a permanent disability, unable to travel alone, (regardless of age) and accompanied by an adult attendant. Easter Seals Canada and its members and/or affiliates are authorized to approve reduced fare tickets allowing persons with permanent disabilities to travel with an attendant* on the lines of Motor Coach

Companies that participate in the reduced fare plan, and Via Rail.

Handy Dart and Handy Pass Program

http://bctransit.com/regions/cfv/accessible/20030121_hdart_app.pdf

Taxi Saver

http://bctransit.com/regions/cfv/accessible/taxi_saver.cfm

The Bus Pass Program

<http://bctransit.com/regions/vic/fares/bcbuspass.cfm>

The Bus Pass Program offers a low cost, annual bus pass providing pass holders access on any scheduled BC Transit or Translink route. Bus passes are available to eligible, low income seniors and provincial persons with disabilities clients. Passes are valid in those communities serviced by BC Transit or Greater Vancouver Transit (Translink) authority. The bus pass does not provide for an attendant, and is not valid on Handy Dart.

Eligibility

To be eligible for a bus pass, you must be:

- Receiving Federal Old Age Security (OAS) and Guaranteed Income Supplement (GIS) or receiving Spouse's Allowance to Old Age Security
- Over 65 years of age - would qualify for OAS and GIS except having less than 10 years residency in Canada

- Receiving Income Assistance (60 - 64 years of age)
- Receiving Income Assistance for persons with disabilities (18 - 64 years of age)

Cost

The bus pass is provided for an administrative fee of \$45 per year and is valid for one calendar year, expiring on December 31. The fee is not prorated for applicants applying part way through the year.

Special Transportation Subsidy (STS)

Special Transportation Subsidy (STS) is provided to recipients of disability assistance who live in areas where the Bus Pass program is available, but are unable to use public transportation due to their disability or because it would make their disability worse.

To qualify for the STS, people must:

- be in receipt of a disability allowance under the *Employment and Assistance for Persons with Disabilities Act*;
- reside in an area where the Bus Pass program is available;
- provide certification from a physician verifying:
 - that they are unable to use the Bus Pass program or any other form of subsidized public transportation service (such as handyDART and Taxi Savers) due to their disability, or, that their disability would be aggravated by using public transportation; and

- the alternative form of transportation required to accommodate the disability (examples: operating a personal vehicle or paying others for transportation)

FOOD

Low cost Food and Dining options http://www.kiwassa.ca/wp-content/uploads/free_meals_VCH.pdf

Quest Food Exchange <http://www.questoutreach.org/>

Food Bank <https://www.foodbank.bc.ca/>

- Check out your local community centres, most offer a three course hot lunch on certain days for less than \$5
- Many grocery stores offer free tours and nutrition advice with a dietician. For example:
<http://www.choicesmarket.com/nutrition.htm>

RECREATION

BC Parks

<http://www.env.gov.bc.ca/bcparks/fees/disability.html>

- Free Camping and park access for people's with disabilities.

Easter Seals <http://easterseals.ca/english/>

- Access 2 Entertainment <http://www.access2.ca/faq.html>
- Canadian Tire Jumpstart is a charitable program that helps financially disadvantaged kids get involved in organized sport and recreation by covering registration, equipment or transportation costs. The program is delivered through 290 community Chapters across Canada. Chapters are made up of Canadian Tire Dealers and community partners who identify children who could benefit from the program.

Free Geek <http://freegeekvancouver.org/hardware-grants.html>

- Free Geek provides free computer hardware to non-profit and social change organizations in British Columbia. Computers, CRT monitors, printers, and many other peripherals are generally available. Requests are granted on a best-effort basis and depend on our levels of stock.

CNIB Library <http://www.cnib.ca/en/services/library/>

Vancouver Community Centres <http://vancouver.ca/parks/cc/>

Burnaby Community Centres

<http://www.burnaby.ca/home.html>

Coquitlam Community Centres

<http://www.coquitlam.ca/Residents/Recreation+and+Community/Rec+Centres+and+Facilities/Community+Centres.htm>

Burnaby Public Library <http://www.bpl.bc.ca/events>

Coquitlam Public Library

<http://www.library.coquitlam.bc.ca/programsandevents/Adults/default.htm>

Maple Ridge Public Library

<http://www.fvrl.bc.ca/play/programs.php>

New Westminster Public Library

http://www.nwpl.ca/events_programmes/index.php

Listing of free events in the Vancouver Lower Mainland

<http://www.findfamilyfun.com/eventthismonth.htm>

Vancouver Public Library <http://www.vpl.ca/cgi-bin/Calendar/calendar.cgi>

Burnaby Recreation Credit

http://www.burnabycommunityconnections.com/recreation_senior.shtml

Vancouver Leisure Access Card

<http://vancouver.ca/parks/rec/lac/index.htm>

Coquitlam low income recreation program membership information

<http://www.coquitlam.ca/signmeup/default.htm>

Richmond Recreation Subsidy Program

<http://www.richmond.ca/parksrec/about/access/roar.htm>

GOODS

Freecycle www.freecycle.org

- A grassroots and entirely nonprofit movement of people who are giving & getting stuff for free in their own towns. Encourages reuse and helps to keep good stuff out of landfills. Each local group is moderated by a local volunteer. Membership is free.

Used Vancouver <http://www.usedvancouver.com/>

Craigslist <http://www.vancouver.en.craigslist.ca>

Kijiji <http://vancouver.kijiji.ca/>

HELP LINES

BC Bereavement Helpline 1-877-779-2223 or (604) 738-9950

- The BC Bereavement Helpline is a non-profit charitable organization dedicated to the healthy and wholesome recovery of individuals experiencing grief.

HealthLink BC www.HealthLinkBC.ca

8-1-1 Hearing-impaired: 7-1-1

- HealthLink BC is the gateway to access non-emergency health information and advice in British Columbia. It is a phone number (8-1-1) and a website both of which can be accessed 24/7/365. It is also a collection of print resources (including the BC HealthGuide Handbook) which put services and health know-how into the hands of BC residents. Translation Services in more than 130 languages are available upon request.

HealthLinkBC: Health and Seniors Information Line

- PH: 1-800-465-4911
HealthLink BC is now responsible for the Health and Seniors Information Line. This number is a 'one stop' location to obtain information on both health and non-health related federal and provincial government programs and services for British Columbia seniors. The

Line also provides B.C. residents with information about health services, the health care system and interpretation of a wide variety of legislation, policies, programs and services.

Dietitian Services at HealthLink BC

Anywhere in B.C: **8-1-1**

TTY (Deaf and hearing-impaired): 7-1-1

- Dietitian Services at HealthLink BC are available online and by telephone to answer your diet and nutrition-related questions. You can learn about topics such as diabetes, heart health, cancer, food allergies, pregnancy, breastfeeding and nutrition for babies and children. If you need more information or counselling, our dietitians can direct you to outpatient dietitians, community Translation services are available in over 130 languages upon request.

Provincial Suicide Helpline: 1-800-SUICIDE (784-2433)

Crisis Intervention & Suicide Prevention Centre of

BC, Distress Line P: 604-872-3311 1-866-661 3311

TTY - 604-872-0113

1-866-872-0113

CHIMO Crisis Services: 604-279-7070 or 604-279-7070

- Services Richmond, Delta, Ladner, Tsawwassen areas