

ADVOCACY

BC Self Advocacy Foundation

Its sole purpose is to assist people with developmental disabilities to become full, participating citizens in their own communities. <https://www.facebook.com/bcselfadvocacy>

Disability Alliance BC

An advocacy and information sharing organization for people with disabilities.

<http://www.disabilityalliancebc.org>

Inclusion BC (Formerly BCACL)

Non-profit federation working with partners to build community and to enhance the lives of children, youth and adults with developmental disabilities and their families.

<http://www.inclusionbc.org>

Office of the Advocate for Service Quality (OASQ)

Focuses on improving the quality of service for adults and transitioning youth who have a developmental disability (including Autism and Fetal Alcohol Spectrum Disorders) and their families.

<https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/supports-services/advocate-for-service-quality>

COMMUNITY RESOURCES

Burnaby Community Resources

Burnaby Association for Community Inclusion (BACI)

Non-profit organization that provides innovative services to over 1,000 children, youth and adults with developmental disabilities and their families in Metro Vancouver. Provides a wide range of training, development, social, recreational and employment opportunities. To sign up for the weekly e-news of events and resources for families in the Burnaby area, contact family.services@gobaci.com.

<http://gobaci.com>

Burnaby Family Life

Offers over 100 programs to members of the community, ranging from counseling to childcare and from homelessness outreach to parenting support groups.

<http://www.burnabyfamilylife.org>

Coquitlam (Tri-Cities) / New Westminster

Kinsight (formerly Simon Fraser Society for Community Living)

Provides a range of services to citizens to support healthy development, inclusion and full participation of all people. Services range from those for infants to school age children and youth to adults and seniors.

<http://kinsight.org>

Delta / Richmond Community Resources

REACH Parent Support Network

Supports for individuals of various disabilities, across the lifespan.

<http://reachdevelopment.org>

Richmond Centre for Disability

Activity based programs for youth and adults with disabilities.

<http://www.rcdrichmond.org>

Richmond Society for Community Living

Provides programs and services for infants with special needs, and children and adults with developmental disabilities.

<http://www.rscl.org>

Maple Ridge

Ridge Meadows Early Childhood Development Committee

Promotes and supports community engagement in improving the health and well-being of all children (pre-natal to age 6) and advocates on behalf of all children and families in Maple Ridge, Pitt Meadows and Katzie First Nation.

<http://www.ridgemeadowsecd.ca>

FAMILY SUPPORT

Caregiver Resources

Giving our time to make others' lives easier can be a rewarding and positive way to spend our days. Whether you choose to aid an elderly family member or take care of someone with a disability, being a caregiver is a job that comes with many challenges. Knowing how to navigate these challenges on your own can be difficult. Luckily, there are a number of resources specifically designed with aiding caregivers in their duties, such as:

- [Caregiver Action Network](#) – an organization that provides educational resources to caregivers, along with an online forum that connects caregivers with one another and allows them to discuss their similar roles and issues
- [Lotsa Helping Hands](#) – this network connects caregivers with volunteers in their geographic location that are ready and willing to help
- [Meals on Wheels](#) – an organization that eliminates the burden of grocery shopping and makes meal-preparation for your patient much easier

In addition to these three examples, there are many [helpful resources for caregivers](#) that can make the job seem a little less like work, and a lot more like loving assistance.

<https://www.senioradvisor.com/blog/2017/04/30-resources-to-help-caregivers>

Family Support Institute

The purpose of the Family Support Institute is to strengthen and support families faced with the extraordinary circumstances that come with having a family member who has a disability. We believe that families are the best resource available to support one another. Directed by families, the Family Support Institute provides information, training, and province-wide networking to assist families and their communities to build upon and share their strengths.

<http://www.familysupportbc.com>

FamilyWORKs

Family Support Institute

Helps families to see the possibility, to dream, to believe, receive and share information about how to best achieve real employment for their family members who have a disability.

<https://familyworksbc.com>

FSI Bulletin

Family Support Institute

FSI's Bulletin is available to everyone! The FSI Bulletin, full of helpful resources, is available to ALL families, friends and partnering organizations with the hopes that the information collected can help others in the support of families and individuals with diverse challenges. Check back here often for updates or if you would like to be added to the FSI Bulletin email list, please contact Dawn Robertson, FSI's Provincial Family Support Coordinator, 604-540-8374 ext. 525.

<https://familysupportbc.com/resources/#bulletin>

Square Peg Society

A support group for young people transitioning to adulthood who aspire to become independent contributing adults. Meets monthly to share research, discuss, and plan.

<http://www.squarepegsociety.ca>

Vancouver Parents Transition Group

An education and support group for parents of youth with disabilities who are transitioning to adulthood. The group meets once per month and features guest speakers who provide information and support to families.

<https://vptg.wordpress.com>

FOOD

Food Bank

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

Quest Food Exchange

This service provides affordable and fresh produce to their not-for profit grocery markets.

<http://www.questoutreach.org>

GOODS

Freecycle

A grassroots and entirely non-profit movement of people who are giving and 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.

www.freecycle.org

Used Vancouver

Buy & sell your used stuff for free on **UsedVancouver.com**. Your local, family-friendly online classifieds site for cars, furniture, jobs, real estate & more.

<http://www.usedvancouver.com>

Value Village

Value Village is a thrift store where people can shop & donate high quality second hand merchandise.
<http://www.valuevillage.com/>

GOVERNMENT AND FUNDING SUPPORTS

Community Living British Columbia (CLBC)

Community Living BC (CLBC) is a provincial crown agency, mandated under the Community Living Authority Act that funds supports and services through service agencies for adults with developmental disabilities and their families in British Columbia. CLBC is working to create communities where people with developmental disabilities have more choices about how they live, work and contribute. Funding for adults with developmental disabilities goes toward services such as residential, community inclusion, day support, family support, respite, employment, etc.

<http://www.communitylivingbc.ca/>

Ministry of Children and Family Development (MCFD)

The ministry supports healthy child and family development through its commitment to a collaborative professional practice delivered across a range of quality services that strive to maximize the potential of children and youth through achieving meaningful outcomes for children, youth and families related to their needs.

<http://www.gov.bc.ca/mcf/>

HEALTHCARE

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. (<http://www.redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program>)

Healthy Athletes

The Special Olympics Healthy Athletes program addresses the issue that many people with intellectual disabilities have unique issues around health care and communicating their needs. The issue is twofold: first, many individuals with intellectual disabilities have trouble realizing or expressing their health concerns; second, many health professionals have not had the opportunity to receive specific training, or are not familiar enough with this population, to know the best questions to ask to draw out the issues.

<http://www.specialolympics.bc.ca/healthy-athletes>

Medical Transportation

Medical transportation supplements are provided to specific recipients of income assistance and disability assistance who are eligible for general health supplements or are facing a life-threatening health need. They are intended to meet extraordinary transportation costs associated with essential medical treatment.

<https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/medical-transportation>

Nutritional Supplements

Nutritional supplements may be provided to eligible recipients of income assistance or disability assistance who need additional calories above a regular diet to recover from surgery, severe injury, serious disease, or the side effects of medical treatment.

<https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/health-supplements-and-programs/nutritional-supplements>

PharmaCare Special Authority

BC PharmaCare helps B.C. residents with the cost of eligible prescription drugs, and certain medical supplies and pharmacy services. It provides assistance through several drug plans. The largest is the income-based Fair PharmaCare plan.

<http://www2.gov.bc.ca/gov/content/health/health-drug-coverage/pharmacare-for-bc-residents>

HELP LINES

Community Advocate Support Line

The Community Advocate Support Line (CASL) is a dedicated telephone support line exclusively for advocates and community workers in BC. It is staffed by a lawyer who can give advocates brief legal information and legal advice about family law and poverty law topics to support advocates' work on behalf of clients. Help is offered primarily for matters involving income assistance, residential tenancy and housing issues (including foreclosure), family law, employment insurance, the Canada Pension Plan (including disability benefits), debt collection and bankruptcy, consumer contracts and judicial reviews.

<http://clasbc.net/our-work/programs/>

Crisis Centre Distress Line

Crisis Intervention and Suicide Prevention Centre of British Columbia

Please call one of the following numbers most applicable to your region: Greater Vancouver: 604-872-3311 Lower Mainland and Sunshine Coast: 1-866-661-3311 BC-wide: 1-800-SUICIDE (784-2433) Seniors' distress line: 604-872-1234

Online service for youth: www.youthinbc.com

<https://crisiscentre.bc.ca/distress-phone-services/>

Supporting Victims of Violence

Family Services of Greater Vancouver

The experience of a power-based crime can create conflicts between loyalty and safety for the victim, as well as create crises regarding involvement with the criminal justice system, finances, children, and housing. The Victim Service Programs listed below offer specialized support to people who have experienced these crimes. Services include safety planning; court information, orientation and accompaniment; and referrals to other resources. <https://fsgv.ca/find-support/violence-trauma-and-abuse/>

LEGAL RESOURCES

Canada Revenue Agency

For information on disability and tax issues.

<http://www.cra-arc.gc.ca/disability/>

Employment and Social Development Canada

The Registered Disability Savings Plan (RDSP) is a long-term savings plan to help Canadians with disabilities and their families save for the future. If you have an RDSP, you may also be eligible for grants and bonds to help with your long-term savings.

<http://www.esdc.gc.ca/eng/disability/savings/index.shtml>

Family Services of Greater Vancouver

Offers the following financial literacy programs: MoneySkills, Financial Literacy for Adults, Youth Financial Literacy Program, and Family Finances for Newcomer Women with Children.

<https://fsgv.ca/community/#financialempowerment>

Insurance Corporation of British Columbia (ICBC)

If you've been approved for a fuel tax refund under the B.C. government Fuel Tax Refund Program for Persons with Disabilities, you may also qualify for a 25 per cent discount on your Basic Autoplan—even if you don't drive the vehicle you're insuring.

<https://www.icbc.com/insurance/costs/Pages/Discounts-and-savings.aspx>

Legal Tree

Free legal advice organizations in British Columbia.

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

PERSONAL AND FINANCIAL PLANNING

Future Planning Tool

An online tool to help people with disabilities and their families to build a plan for their personal and financial future.

<http://futureplanningtool.ca/>

Legal Resources for British Columbians

A source of application guides for various services, information sheets, free online legal courses, workshops and speaker events as well as a toll-free listing of numbers for whom to call for law related help and an advocate directory for all of BC.

<http://www.clicklaw.bc.ca/>

Nidus Registry

For information about supported decision making, creation and registration of Representation Agreements in British Columbia.

<http://www.nidus.ca/>

Planned Lifetime Advocacy Network (PLAN)

At PLAN, we've discovered that when you plan for the future you change the present for both your loved one and your family. Planning to build a good life gives direction and purpose to everyone's efforts, not only those of your relative with a disability but also the larger family unit and ultimately surrounding community.

<http://www.plan.ca>

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<https://www.canada.ca/en/employment-social-development/programs/disability/savings.html>

SERVICE PROVIDERS

Autism Community Training

An information and referral service that supports individuals with Autism Spectrum Disorder and their families across British Columbia.

<http://www.actcommunity.ca/>

Autism Society of BC

A non-profit, registered charity that is a parent based and directed society providing support to individuals with autism and their families in BC.

<http://www.autismbc.ca/>

BC Epilepsy Society

A provincially incorporated non-profit, and federally registered charitable organization dedicated to serving those living with epilepsy, and their families.

<http://www.bcepilepsy.com/>

The Cerebral Palsy Association of BC

A charitable service organization that provides information, advocacy, education and support to the individuals across BC with CP.

<http://www.bccerebralpalsy.com/>

Down Syndrome Research Foundation

Empowers individuals with Down syndrome to reach their full potential throughout life by pioneering and providing educational programs and services, grounded in foundational research. Working with researchers, professionals and families, they are a bridge between research and practice.

<http://www.dsrfg.org/>

Fraser Health Authority

Services range from hospital care, to community-based residential, home health, mental health and public health services.

<http://www.fraserhealth.ca/>

Home Adaptations for Independence Program

The Home Adaptations for Independence (HAFI) program helps low-income seniors and people with disabilities finance home modifications for accessible, safe and independent living. For more information, please call 604.646.7055 or toll-free at 1-800-407-7757 (ext. 7055).

<https://www.bchousing.org/housing-assistance/HAFI>

Provincial Deaf and Hard of Hearing Services

A provincial government organization dedicated to supporting the diverse and multicultural goals of Deaf, Hard of Hearing and Deafblind individuals and their families within an ASL and English environment.

<https://www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/special-needs/deaf-hard-of-hearing-blind-partially-sighted/deaf-hard-of-hearing>

Sunny Hill Health Centre for Children

Family Services (BC Children's Hospital)

Provides specialized development and rehabilitation services for children, youth and their families.

<http://www.bcchildrens.ca/our-services/sunny-hill-health-centre/about>

The Centre for Inclusion and Citizenship

Seeks to further the inclusion and full citizenship of people with intellectual disabilities and their families locally, nationally and globally.

<http://www.cic.arts.ubc.ca/>

TRANSPORTATION

BC Bus Pass Program

The BC Bus Pass Program offers a reduced-cost, annual bus pass for low income seniors and individuals receiving disability assistance from the Province of British Columbia. Passes are valid in communities serviced by BC Transit or TransLink. The pass is only valid for the eligible rider and is non-transferable. Handy Dart is not included in this program.

<http://www2.gov.bc.ca/gov/content/transportation/passenger-travel/buses-taxis-limos/bus-pass>

Disability Travel Card

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 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 member 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, Via Rail.

<https://easterseals.ca/english/about-us/programs-and-services/>

HandyDART

HandyDART, our door-to-door shared-ride service, makes going places easier. It uses specially-equipped vehicles designed to carry passengers with physical or cognitive disabilities who need assistance to use public transit.

<http://www.translink.ca/en/Rider-Guide/Accessible-Transit/HandyDART.aspx>

HandyPass and Taxi Saver

If you live within the TransLink service area, HandyCard lets you travel for Concession fares on the bus, SkyTrain, SeaBus and West Coast Express. If you're accompanied by someone who assists you they can ride for free, so you can go green and pay less.

<http://www.translink.ca/en/Rider-Guide/Accessible-Transit/HandyCard.aspx>

SOCIAL

Access 2 Entertainment

Easter Seals

The Access 2 card allows persons with a disability to receive either free admission or a significant discount for their support person at member movie theatres and attractions across Canada.

<http://access2card.ca/>

Artists Helping Artists

Burnaby Association for Community Inclusion (BACI) An arts cooperative for people with physical disabilities. Provides artists with space, affordable materials, and the opportunity to pursue their artistic expression. Fosters tolerance and inclusion. Wheelchair accessible. Hours are 10am-2pm Monday to Wednesday in Burnaby. <http://aha-artists.ca/>

Blazin' Soccer Dogs

A team of acceptance, where everyone and everybody is welcome, and no one will ever be turned away. The ages for the players are 4-8 for the Blazin' Soccer Pups and 9-16 for the Blazin' Soccer Dogs. Both boys and girls play on the team and it is a free league.

<http://soccerdogs.ca/>

Canucks Autism Network

Provides year-round, high-quality sports, recreational, arts, and social programs for individuals and families living with autism, while spreading awareness and providing training in communities across BC.

<http://www.canucksautism.ca/>

Challenger Baseball

An opportunity for children with cognitive or physical disabilities to enjoy the thrill of playing baseball, being part of a team, developing physical and social skill plus all the benefits of participation in baseball at a level structured to their abilities. Games are played in a fun, safe environment where no score is kept.

<http://challengerbaseball.ca/>

Kickstart Disability Arts & Culture

Kickstart Disability Arts & Culture's objectives are: to produce cross-disciplinary festivals of disability arts and culture; to encourage and support artists to create and present authentic interpretations of the disability experience; to provide opportunities for the development and advancement of artists with disabilities; and to promote practices that will make the arts more accessible to all members of the Canadian public. <https://www.facebook.com/KickstartDisabilityArts/>

Parks and Recreation discounts

Recreation and leisure subsidy programs for low-income residents are available in a variety of communities. Please enquire at your local community centre.

PotteryWorks

Community Living Society

PotteryWorks is a studio/gallery space located in Burnaby. A collective of talented painters, potters and jewelry-makers create original works of art for exhibition and sale. Some of the PotteryWorks members receive support; others attend independently. Working artists provide instruction for those who want to improve their skills and techniques. The artists of PotteryWorks exhibit their work at art shows and galleries around the Lower Mainland. For more information, visit their website www.potteryworks.ca or to visit the studio, contact PotteryWorks.

<http://www.potteryworks.ca/>

Special Olympics BC

Provides individuals with an intellectual disability the opportunity to enhance their life and celebrate personal achievement through positive sport experiences. These programs give athletes the opportunity to train year-round in order to compete and test their skills against athletes of similar ability. Athletes train and compete at the regional level and have the opportunity to qualify and participate in provincial, national and world games.

<http://www.specialolympics.bc.ca/>