

ADULTING/HEALTHCARE RESOURCES and TOOLS

ONTRAC: [Transition to Adult Care | BC Children's Hospital](#) - to support youth with special health-care needs and their families or caregivers to gain the confidence, skills and knowledge to be ready to enter the adult health-care system

COG Long Term Follow-Up Guidelines: <http://www.survivorshipguidelines.org/> - Long Term Follow Up information

Cancer and Work: <https://www.cancerandwork.ca/> - address the unique needs of cancer survivors with returning, remaining, changing work or looking for work after a diagnosis of cancer

Work BC: <https://www.workbc.ca/> - discover resources that help people successfully navigate the labour market

<https://careerdiscoveryquizzes.workbc.ca/> - discover how your abilities, work preferences and interests can help you explore careers that suit you best

Find a Doctor or NP : <https://findadoctorbc.ca/>
<https://www.healthlinkbc.ca/health-connect-registry>

Health Gateway BC: <https://www.healthgateway.gov.bc.ca/> - your BC health records in one place, including lab test results, medications, health visits, immunizations etc.

My CareCompass: <https://mycarecompass.lifelabs.com/> - results, you can book appointments, check-in online etc.

211 BC: <https://bc.211.ca> – Information on community and social services or dial 211 for confidential information phone line

HealthLink BC: <https://www.healthlinkbc.ca/> – dial 811 or visit comprehensive website, including access to a variety of health professionals

Service Canada Benefits Finder: <https://srv138.services.gc.ca/daf/q?id=6e2ea754-3f57-4970-9206-74bad607b0c8&goctemplateculture=en-ca> – the Government of Canada has a search engine to help people locate federal and provincial resources. Prosper Canada

DISABILITY RELATED RESOURCES

Persons With Disability: <https://www2.gov.bc.ca/gov/content/governments/policies-for-government/bcea-policy-and-procedure-manual/pwd-designation-and-application/designation-application>

provides disability assistance and supplements to provide greater independence for people with disabilities, including security of income, enhanced well-being, and participation in the community

Disability Tax Credit: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>

non-refundable tax credit that helps people with disabilities, or their supporting family member, reduce the amount of income tax they may have to pay

Income Assistance for a Person with a Disability: <https://www2.gov.bc.ca/gov/content/family-social-supports/services-for-people-with-disabilities/disability-assistance> - information about the eligibility and application process for adults with very low-incomes and long-term conditions affecting their activities of daily living

Community Living BC: <https://www.communitylivingbc.ca/>

Provincial crown corporation that funds support for people 19 years or older who have a developmental disability

At Home Program: <https://www2.gov.bc.ca/gov/content/health/managing-your-health/child-behaviour-development/support-needs/complex-health-needs/at-home-program>

designed to support children and youth with severe disabilities and complex health care needs

Family Support Institute of BC: <https://familysupportbc.com/> - free, family-to-family support network connects communities, amplifies voices, and champions the rights of individuals with disabilities

Disability Alliance BC: <https://disabilityalliancebc.org/> - promote a more inclusive and equitable society for people with all disabilities through direct services, community partnerships, systemic advocacy, research, and publications

EDUCATION

Education Planner BC: <https://www.educationplannerbc.ca/>

personalized, interactive education and career planning tool that allows users to choose an area of interest, and easily navigate different paths that connect post-secondary programs, skills training, and careers

Easter Seals Compass Program:

<https://www.eastersealsbcy.ca/compass/#:~:text=For%20youth%20transitioning%20into%20adulthood,courage%2C%20confidence%2C%20and%20independence>

Compass is designed to help young adults with disabilities be more prepared for school, work, independent living, and their overall transition to adulthood

Student Aid BC:

<https://studentaidbc.ca/> - help with the cost of post-secondary education through student loans, grants, and scholarships. We also have programs that help with loan repayment

https://studentaidbc.ca/sites/all/files/form-library/appendix_8.pdf – disability programs application form

EXERCISE/HEALTHY LIVING

Thrive Health Services: <https://thrivehealthservices.com/> - evidence based exercise resources

Livestrong: <https://www.livestrong.com/> - offers diet, nutrition and fitness tips for a healthier lifestyle

MENTAL HEALTH RESOURCES

Kelty Mental Health Resource Centre: <https://keltymentalhealth.ca/> -help families navigate the mental health system, connect with peer support, and access resources and tools

Foundry: <https://foundrybc.ca/> - youth mental health services for ages 12-24

FamilySmart – Together-Centred: <https://familysmart.ca/> - support for parents and other caring adults

Kids Help Phone: <https://kidshelpphone.ca/> - CALL 1-800-668-6868 or TEXT 686868

Get Help: Suicide Crisis Helpline (Canada-wide) 988 (For immediate emergencies dial 911)

Mental Health and Substance Use Services: <https://helpstartshere.gov.bc.ca/> - access mental health and substance use services funded by the BC Ministry of Health call 310-6789 (no area code needed)

Canadian Mental Health Association of BC: <https://bc.cmha.ca/> - a non-profit organization with many programs and services

PROGRAMS/ORGANIZATIONS

LEAF Clinic: <http://www.bccancer.bc.ca/our-services/services/late-effects-assessment-follow-up> the Adult Childhood Cancer Survivors Program for childhood cancer survivors

Canadian Cancer Society: <https://cancer.ca/en/> - Has information and services.
<https://cancer.ca/en/living-with-cancer/how-we-can-help> - They also share other organization's cancer related services in the community services locator.
<https://campgoodtimes.org/by/> - Summer and year-round programs designed to foster independence, increase confidence and create an environment of understanding and support

West Coast Kids Cancer Foundation: <https://wckfoundation.ca/> - shared passion to do more for B.C. families navigating childhood cancer and blood disorders

BC Cancer: <http://www.bccancer.bc.ca/> ; <http://www.bccancer.bc.ca/health-info/adolescent-young-adult> ; <http://www.bccancer.bc.ca/health-info/coping-with-cancer> - BC Cancer website has many resources including resources for AYA and useful information on topics such as coping with cancer

CCS Travel Fund: <https://cancer.ca/en/living-with-cancer/how-we-can-help/cancer-travel-and-accommodation-services-bc> - aims to help reduce burden through financial grants, air and ground transportation, and accommodations

YACC (Young Adult Cancer Canada): <https://youngadultcancer.ca/> - connection to peers, bridge out of isolation, and source of inspiration. Every cancer, every stage

Brain Tumour Foundation of Canada: <https://www.braintumour.ca/> -

Livestrong: <https://livestrong.org/> - provide support for the issues that people navigating cancer face every day

Inclusion BC: <https://inclusionbc.org/what-we-do/> - building awareness, inspiring action, and advancing the rights of people with intellectual and developmental disabilities

Variety Children's Charity BC: <https://www.variety.bc.ca/support/mental-wellness/> - child grants allow families to apply for the items that best meet their children's needs. They aim to fill the gaps that aren't covered by government programs, health care, or private health plans

BC Centre for Ability: <https://bc-cfa.org/> - To lead in the design and delivery of community-based services for persons with disabilities

Rebounders Canada: <https://rebounders.ca/> - Canadian charity that offers support and social opportunities to adults who are living with the long term effects of childhood cancer

Inspire Health: <https://inspirehealth.ca/> - online classes and consultations for people affected at any stage or type of cancer. There are many activities and services available online

Plan Institute: <https://planinstitute.ca/> - Resource to help families plan for needs for family members with disabilities

Nidus Personal Planning: <https://nidus.ca/> - Information, access and registry for important personal planning documents

Island Kids Cancer Association: <https://ikca.ca/> - helps families on Vancouver Island and the Gulf Islands navigate a diagnosis of childhood cancer

The Leukemia & Lymphoma Society of Canada: <https://www.bloodcancers.ca/> - non-profit organization focused on funding research and providing patient support

Sarcoma Cancer Foundation of Canada: <http://sarcomacancer.ca/> - volunteer run national organization supporting patients and their families

Neuroblastoma Canada: <https://www.neuroblastoma.ca/> - community based organization dedicated to uniting Canadian neuroblastoma families

Callanish Society: <https://www.callanish.org/> - creates a healing space for people who have been irrevocably changed by cancer

SEXUAL HEALTH

<https://www.sexandu.ca/> - provides accurate, credible, and up-to-date information and education on topics related to sexual and reproductive health

<https://smartsexresource.com/> - A resource provided by the BC Centre for disease control

SCHOLARSHIPS

Here is a list of scholarships available. Some will require a letter of proof of diagnosis. Reach out to your nurse clinician via email to request the letter at the time of application.

<https://www.rickhansen.com/Scholarship> - financial support to Canadian youth with disabilities to pursue post-secondary education

<https://www.tricolourclassic.com/scholarship> - student run, non-for profit organization. To support and empower students who have demonstrated remarkable resilience in the face of cancer

<https://www.emmyduffscholarship.org/> - The scholarship supports post-secondary academic endeavors and recognizes the personal triumphs of exemplary students who have been diagnosed with cancer

<https://www.childhoodcancer.ca/survivor-scholarship/> - Survivor Scholarships recognize the personal triumphs of students who have survived childhood cancer and support their post-secondary academic aspirations

<https://baldingfordollars.com/bursary-education-programs/> - for young adults who have gone through the Oncology/Hematology programs at BCCH. The only request is that recipients contribute back by volunteering to help support future families in need

<https://terryfoxawards.ca/> - Providing university scholarships to students who exemplify the humanitarian ideals of Terry Fox by volunteering and giving back to their communities

<https://www.braintumour.ca/youth-education-awards/> - Survivors of a pediatric brain tumour who are pursuing post-secondary education are eligible

<https://www.thalassemia.ca/event-details/scholarship-award-overview/> - This scholarship will be awarded to a Canadian citizen with Thalassaemia Major or Intermedia who is registered in a full-time post secondary education program

First Nations Scholarship Resources

<https://www.bcscholarshipsociety.ca/indigenous-awards/about-this-award/> - Indigenous Award programs for students pursuing post-secondary education in BC

<https://indspire.ca/programs/students/bursaries-scholarships/> - financial support through bursaries, scholarships and awards to First Nations, Inuit and Metis students

TRANSPORTATION AND ACCOMMODATION ASSISTANCE

Travel Assistance Program (TAP): <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc> - alleviates specific transportation costs (e.g. BC Ferries) for BC residents who travel for medical specialist services not available in their community

Hope Air: <https://hopeair.ca/> - provides low-income Canadians who travel long distances with free flights, accommodations and local transportation for medical appointments