



RESOURCES – FOR NOW AND FOR LATER

PARKINSON'S INFORMATION/SUPPORT

Parkinson's Society British Columbia – information, education, counseling, support groups. Call 604-662-3240 or 1800-668-3330 or visit www.parkinson.bc.ca

National Parkinson Foundation – information, education, webinars, resources. Visit www.parkinson.org

Parkinson Society Canada – www.parkinson.ca

EDUCATIONAL PROGRAMS

Living a Healthy Life with Chronic Conditions – Sponsored by the BC Ministry of health and University of Victoria, the program helps people to learn skills to manage a chronic condition like Parkinson's. Visit www.selfmanagementbc.ca

CAREPARTNERING

Caregivers Association of BC – Find out about caregiver networks in your community. Call 604-734-4812 or 1-800-833-1733 or visit www.caregiverbc.ca

Caregiver Support Program – newsletter, workshops and telephone support 604-709-6437 or www.caregivers.vch.ca

Internet Resources:

Family Caregiver Alliance – www.caregiver.org

Family Caregiver Network Society – www.fcns-caregiving.org

Victoria Order of Nurses (VON) – www.caregiver-connect.ca

HEALTH SERVICES

Community Health Centres – For access to in-home health care professionals, contact the health unit closest to your home.

Better at Home – A program through the United Way. 604-268-1312 or www.betterathome.ca

Service BC – general information line 1-800-663-7867

Pharmacare BC – www.healthservices.gov.bc.ca/pharmacare/

Medical Services Plan – www.healthservices.gov.bc.ca/msp

BC Senior's Guide – a great resource for information on government programs for health, housing, transportation, finances etc. Contact Service BC at 1-800-663-7867 to order a copy of the guide.

Red Book – provides access to over 3,000 agency listings offering a variety of services including counseling, housing, recreation, health, employment, culture, financial, education, legal, transportation.
604-875-6381 or www.2vpl.vancouver.bc.ca/redbook

HOUSING

BC Housing – 1-800-257-7756 or www.bchousing.org

Seniors Housing – 604-520-6621

Co-op Housing – 1-866-879-5111

FINANCIAL RESOURCES

Provincial Home Owner Grant – 1-888-355-2700 or www.sbr.gov.bc.ca

Home Modification Grants (CMHC) – Always check into the grant BEFORE you begin renovations. 1-800-668-2642

SAFER (Shelter Aid for Elderly Renters) 1-800-257-7756

Land Tax Deferment – contact your local city hall

Federal Benefits – include disability tax credit, medical expense credits, GST credit, Old Age Security, Guaranteed Income Supplement, Canada Pension Plan. Call Service Canada at 1800-622-6232

Provincial Benefits and Services – Service BC at 1-800-663-7867

Department of Veterans Affairs – 1-866-522-2122 or www.veterans.gc.ca

Senior's Supplement for BC Residents – 1-866-866-0800

BC Coalition of People with Disabilities – advocacy and information for people with disabilities 1-800-663-1278 or www.bccpd.bc.ca

FUTURE CARE PLANNING

Nidus Personal Planning Resource Centre and Registry – 604-408-7414 or www.nidus.ca

Advance Care Planning – For healthcare planning tools, look at:

www.health.gov.bc.ca

www.fraserhealth.ca

www.gov.bc.ca/advancecare

www.vch.ca/acp

www.providencehealthcare.org/acp.html

LEGAL RESOURCES

Public Guardian and Trustee of BC – 1-800-663-7867 or www.trustee.bc.ca

UBC Legal Advice Program – 604-822-5791 or www.lslap.bc.ca

Lawyer Referral Service – 1-800-663-1919 or www.cba.org

Legal Services Society (Legal Aid) – 1-866-577-2525 or www.lss.bc.ca

The law firm of **Blakes, Cassels & Graydon** provide legal services free of charge to people with Parkinson's who have a legal problem related to PD. Contact PSBC Executive Director, Jean Blake, for more information at 1-800-668-3330.

TRANSPORTATION AND TRAVEL

Handicapped parking placard – 604-718-7744 or www.sparc.bc.ca

HandyDart/Taxi Savers – 778-452-2860 or www.translink.ca

Travel Assistance Program – to help with travel expenses related to out of town medical appointments. 1-800-661-2668 or www.healthservices.gov.bc.ca/rural/tap

BC Ferries – 1-888-223-3779 or www.bc.ferries.com

Access to Travel – information on accessible transportation and travel across Canada. 1-800-622-6232 or www.accesstotravel.gc.ca

EQUIPMENT

Red Cross Loan Cupboard – for equipment and supplies. 1-800-565-8000
www.redcross.ca

BC Equipment and Assistive Devices Hotline - 1-888-818-1211

SAFETY

Lifeline – www.bclifeline.ca

Medic Alert Bracelets – 1-800-668-1507 or www.medicalert.ca

Letter Carrier Alert – 1866-607-6301

Crisis Line – 1-800-784-2433



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