



## Self-Advocacy support (help with applications)

*These organizations may be able to provide help to complete applications for benefits (exceptions noted below). They can often provide guidance in navigating the bureaucracy of disability benefits and other social services. If you are denied benefits and need to go through the appeal process, it is a good idea to contact one of these agencies for guidance and support. Even if an agency is outside of your geographic region, consider contacting them for help. Remote help is often available, regardless of your location.*

### The Disability Alliance of BC

Provides help sheets and support when applying for government funding. May be able to help with applications depending on your income level. There can be a wait for services.

- Phone: 604-872-1278
- <http://disabilityalliancebc.org/>

### SelfAdvocate.Net

BC-based coalition of disability organizations formed to help people with disabilities self-advocate. Excellent resource. List of self-advocacy organizations in BC.

- <https://selfadvocatenet.com/>

### Ask an Advocate

Will answer basic questions related to Person with Disability (PWD) benefits and Canada Pension Plan- Disability via phone or email with quick response time. Does not assist with application completion.

- <https://askanadvocate.ca/>

### Povnet

This website allows people to search for advocates throughout BC to assist with things like housing, disability supports and applications, workers' rights, Indigenous legal issues, and immigration to Canada. Their "find an advocate" tool is a great way to

search if there are organizations near you that can help with disability form completion.

- <http://www.povnet.org/>

### British Columbia Aboriginal Network on Disability Society (BCANDS)

Supports Indigenous people with disabilities to access the resources, supports, and services they may need. May assist Indigenous individuals or families with applications or navigating numerous systems including PWD applications, DTC, RDSP, and case management services.

- <http://www.bcands.bc.ca/>
- Phone: 1-888-815 -5511 (Please leave message on the general mailbox)

### Family Support Institute of BC

Aims to strengthen, connect and build communities and resources with families of people with disabilities in BC. Their website also has a searchable database called "Find Support BC" for resources available by region

- Phone: 1-800-441-5403
- <http://familysupportbc.com/>

### Vernon: Okanagan Advocacy Resource Centre

Can provide advice and assistance navigating the income assistance, PWD, and CPP-D applications and appeal process

- Phone: 778.475.0808
- <https://www.okadvocate.ca/>

### Vancouver, Burnaby and New Westminister: The Kettle Society

The Kettle Mental Health Outreach and Advocacy Program supports people living with a combination of mental illness, mental health problems, low-income, or homelessness to address both individual needs and systemic issues that may impact their mental health and well-being. Includes help with applications.

- Phone: 604-253-0669
- <https://www.thekettle.ca/advocacy>

### Richmond: Centre for Disability

They offer an array of programs and services for people with disabilities, including a job club for people looking for suitable work, financial literacy and public speaking classes, various social events, a parking pass program, as well as support for caregivers.

- Phone: 604-232-2404
- <https://www.rcdrichmond.org/>

## North Shore Disability Resource Centre (NSDRC)

- Phone: 604-985-5371
- <https://www.nsdrc.org/information-and-advocacy/>

## Victoria: Together Against Poverty Society (TAPS)

Volunteer Disability Advocate Project (VDAP) provides assistance with the application for provincial disability benefits Does not help with CPP-D or provincial income assistance.

- Phone: 250-361-3521
- <https://www.tapsbc.ca/>

## Victoria Disability Resource Centre

- Phone: 250.595.0044
- <https://drcvictoria.com/>

## Nanaimo Disability Resource Centre

- Phone: 250.758.5547
- <http://www.ndrc.info/>

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The contents above are directly from the [Community and Financial Aid Resources in BC](#) guide pages 7 – 9.

A full copy of this resource guide is available at <https://www.mefm.bc.ca/additional-resources>.



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Complex Chronic Diseases Program