

Life with Guide
Animals

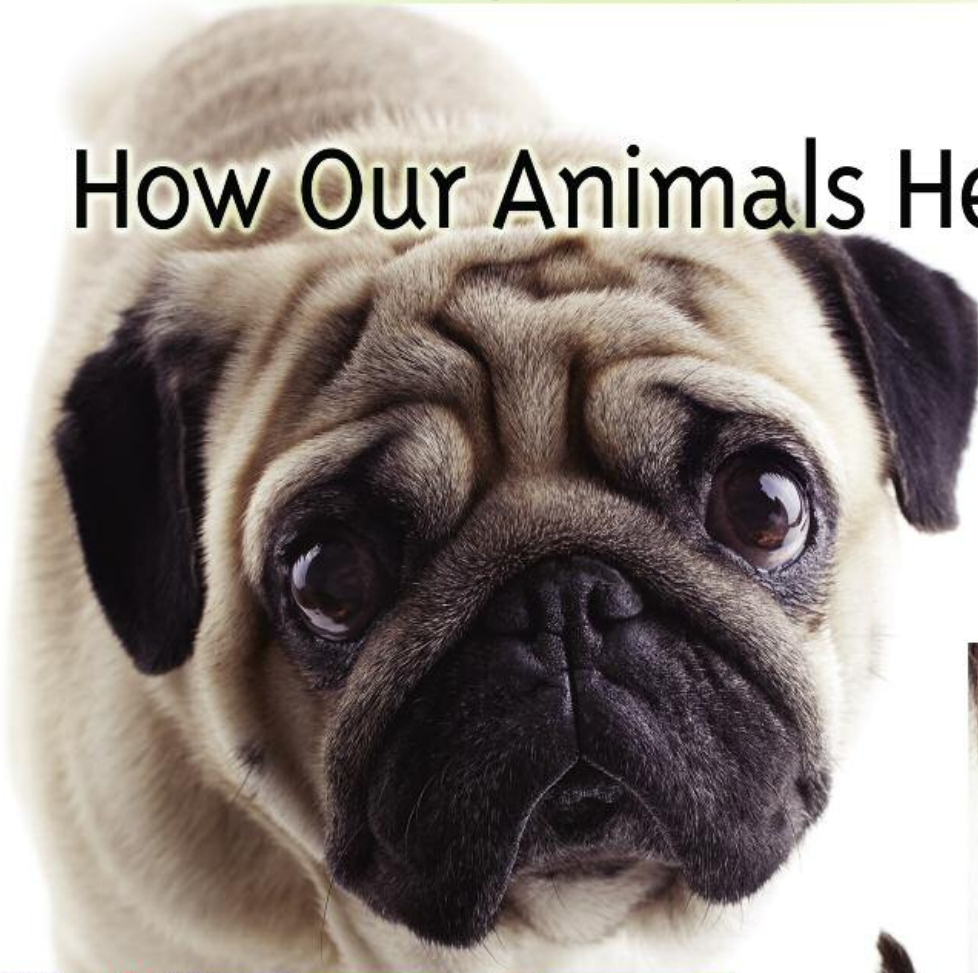
Health Benefits
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as an Employee

transition

The Magazine of Disability Alliance BC

How Our Animals Help Us



Get Ready for Swing Into Spring 2016!

April 7th, 2016 at the Croatian Cultural Centre

We hope you'll join us at the DABC Swing Into Spring 2016 Annual Fundraiser and Outstanding Employment Awards event on April 7, 2016 at the Croatian Cultural Centre. Please watch for details in *Transition*, Facebook and Twitter.

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editorial

| BY JANE DYSON

This issue of *Transition* focuses on how animals enrich our lives. From service dogs, to pets that welcome us home after a long day, to the most superior cat who deigns to let us pet them, our animals help us and make us feel loved.

We often have dogs visiting the DABC office. Staff, volunteers and clients bring their pets or service dogs with them to work or when they have an appointment with an advocate or are attending a community meeting.

I think the dogs who come to DABC must think they've found doggy nirvana when they visit. The office invariably comes to a standstill as we

The value of animals to our emotional and psychological health has taken longer to be recognized, but has become much more accepted over the last few years.

rush to greet them, tell them how wonderful they are and give them dog treats. Returning canine visitors often bound excitedly through our door knowing the treats and attention that are in store. To say our office is dog friendly is a gross understatement!

The importance of certified service dogs for people with disabilities has been understood for years. From guide dogs for the blind, we've seen service dogs' work expand to include helping wheelchair-users,

people who are Deaf and people with autism.

The value of animals to our emotional and psychological health has taken longer to be recognized, but has become much more accepted over the last few years (please see the article on page 18).

Cats, dogs, hamsters, birds...so many different kinds of animals can help reduce people's anxiety, diminish loneliness and bring joy to people living in despair. Animals are increasingly being used by people to help with Post Traumatic Stress Disorder, and to calm people living in long-term care facilities and palliative care units.

I have often seen clients at our office become more relaxed when they are greeted by one of our canine visitors.

Certified guide and service dogs have access rights guaranteed by the law. BC will soon proclaim new legislation, when the Province's *Guide Dog and Service Dog Act* passes into law. The Act clarifies and strengthens access rights and increases fines for violating the Act's provisions.

This is a very positive change for people with disabilities who use certified dogs. DABC has worked with the Province to develop the new legislation and we are pleased



Jane Dyson and her assistant Sketch

with the outcome. This is a good news story, but there is still work to be done.

It is often difficult for people, particularly those living on low incomes, to find housing that will accept pets. Many social housing buildings, private rentals and condominiums do not permit animals, regardless of how important they might be to an individual's emotional well-being.

Like so many issues, animal access and accommodation is a balancing of rights. The rights of people with allergies play an important role, as do property owners' rights, and tenants' and residents' rights.

Most provinces take a similar approach as BC, where landlords can refuse to accept pets. In Ontario, however, while landlords can "screen out" potential residents if they have a pet, the province's Residential Tenancies Act also says that landlords can only evict people for having a pet if the animal is "making too much noise, damaging the unit, causing an allergic reaction or is considered to be inherently dangerous." This is the case even if the tenant acquired an animal after moving in.

DABC would like to see the introduction of legislation that would ensure people who can show that they need their pet (or emotional support animal) for their health, cannot be denied or evicted from housing.

Like so many issues, animal access and accommodation is a balancing of rights.

Evidence of the need for a support animal could be provided by a health professional. This right would be balanced by rules governing the animal's behaviour, as it is in Ontario.

As with any proposal with multiple stakeholders involved, such a change will require robust discussion and compromise. This will take time, but we are hopeful it can be done.

I hope you enjoy this *Transition*. We always love to hear from our readers, so please write and tell us about your animal stories or ideas about other issues.

From all of us at DABC, all the very best to you for the Holidays and for the New Year.

JANE DYSON IS EXECUTIVE DIRECTOR OF DABC. 

ABOUT TRANSITION

Editorial Statement

The views and opinions expressed within the pages of *TRANSITION* are not necessarily those held by the total membership or Board of Directors. The material presented is meant to be thought-provoking and to promote dialogue.

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The Joys of Life with a Guide Dog

BY BETTY NOBEL

I'd like to tell you how I came to be a guide dog user and to share some of my many memories with them.

I got my first dog guide, Dagmar, a beautiful Golden Retriever, in 1975. At the time, I had just turned 24 and had my first child. I chose to apply for a guide because I have a significant hearing loss in one ear. I tend to veer right or left rather than walking straight ahead when I use a white cane or walk on my own. I thought I might have more independence with a guide dog when walking in my neighbourhood and going shopping. I hoped I would feel safer with a large dog when alone in my home, and I thought it would be fun for my son and any future children to grow up with a dog.

My expectations were met—and then some. I couldn't believe how fast I could walk with a dog. When my baby was ready to be walked in a stroller, Dagmar didn't mind. My little boy loved to throw a ball for the dog to chase and to use him as a nice soft pillow. That was ok until one day I couldn't find them and discovered them both napping in the corner of the living room.

What I didn't understand, at first, was how much responsibility I had as part of our partnership. For

My little boy loved to throw a ball for the dog to chase and to use him as a nice soft pillow. That was OK until one day I couldn't find them and discovered them both napping in the corner of the living room.

example, I had to give my dog the "forward" command when I could hear parallel traffic and determined that it was safe to cross a street. If a car came out of nowhere against a light, it was the dog's job to try to pull me out of the way or stop so that we remained safe. Dogs are colour blind, so they don't recognize whether street lights are red or green.

When walking on busy sidewalks, the dog guides you around people, shopping carts, signs or other obstacles, and you often don't know what the obstacles were. When the dog becomes distracted, the handler must get the dog's attention and ensure that the dog's focus goes back to the job of guiding. When the dog performs well, it's important to give lavish praise and sometimes food rewards, to maintain enthusiasm for the work.

I am now using my sixth dog. I have had two Golden Retrievers and four Yellow Labs, and they have all been wonderful guides. In fact, having a dog travelling with you is a great conversation starter. Sometimes the attention of the public is welcome and sometimes not. People that offer your dog food or distract the dog by petting it don't realize the harm they could be doing. If

the dog is distracted, my and the dog's safety could be compromised.

Here are some of my favourite memories with my dogs.

One day, when my children were a little older, I noticed that Dagmar was herding the kids away from the road!

Laramie, my second guide dog, was a very quiet, laid back dog—except when he saw a cat. Then he wanted to chase it, all else forgotten. But he saved me twice from being hit by a careless driver.

My third guide, Kermit, thought it was cool to chase squirrels and I fell a few times when he veered off the sidewalk near a tree. However, one day, when we were out for a walk, he prevented me from falling into an uncovered drain in the middle of the sidewalk, so fair is fair, I guess.

My fourth dog, Joetta, didn't like being near the restroom when she was on the plane. She didn't like the clunk of the toilet flushing. Nevertheless, she travelled with me.

One day just before taking off from Pearson airport in Toronto, smoke filled the cabin and we were told to evacuate. Some of the passengers, against instructions, were getting their personal items from the overhead bins. Even without her har-

Laramie, my second guide dog, was a very quiet, laid back dog—except when he saw a cat. Then he wanted to chase it, all else forgotten. But he saved me twice from being hit by a careless driver.

ness on, Joetta pushed through all of the people and guided me out of the plane to the top of the bridge. I thought she might not want to go into the next plane for the trip home to Vancouver, but she didn't hesitate to guide me and slept at my feet all the way home.

McKenzie, dog number five, was the most courteous dog I have had for a guide. He didn't always have the confidence to go through people

to get to the edge of a curb, and he would try to go around people in a crosswalk. But he was very good at finding escalators or elevators in unfamiliar Skytrain stations.

My current guide, Brady, is very confident. He can be a bit of a handful out of harness, but once his harness is on, he is all business. He loves to play tug with abandon, and he loves the water.

Guidework is a stressful, but rewarding job for dogs. They can go on planes, trains, buses and boats. They can go into restaurants and other public places. Dogs like nothing better than to be by your side at work, at school, with your family or during any activities that you might be doing. Even if the loud music drives them crazy, they will happily go to a concert and lie patiently beside you until it is their time to guide you home.

I am so glad I made the decision to get a guide dog all those years ago. They make my life better in so many ways. **T**



If a car came out of nowhere against a light, it was the dog's job to try to pull me out of the way or stop so that we remained safe.

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Two Options to Get Your BC Disability Benefits Tax Slips

BY SAM TURCOTT

So you want to file your income taxes, but you never received or you misplaced your T5007 slip. If you receive Persons with Disabilities or Persons with Persistent Multiple Barriers benefits, you will need the information on your T5007 tax slip to accurately file your income taxes. Do not despair! You'll have to do a bit of detective work to get this information, but you don't have to be Sherlock Holmes.

You can get the information you need either from the Ministry of Social Development and Social Innovation (MSDSI) or from the Canada Revenue Agency (CRA). You should get the same information either way, so you'll want to decide who to contact based on your preferences and individual circumstances. Here are some tips that may help you make your decision.

To request T5007 information from MSDSI, call 1-877-815-2363. Listen to the brief automated message and then choose the last option to speak with an operator. After that, you will likely wait for a long time.

When I call this number, the expected wait time is almost always estimated at more than 30 minutes and I have had calls dropped. Conveniently, the MSDSI phone system does give the option to request a callback, if you have a dependable number where you can be reached. When I've used this option before, I usually get a response within one or two days.

Once you get through to an operator, they should be able to provide your T5007 information, after you've provided basic identifying information.

It's also possible to get T5007 information from CRA by calling 1-800-959-8281. Calling CRA is a very different experience than calling MSDSI, but not necessarily

If you receive Persons with Disabilities or Persons with Persistent Multiple Barriers benefits, you will need the information on your T5007 tax slip to accurately file your income taxes.

better or worse. Usually, I cannot get through to the CRA line at all on the first few tries. However, if you're persistent, and don't mind calling several times in a row, you will usually get through within the first three to five calls. That may seem like overkill, but by calling back to back, I usually get through much faster than if I were to wait on hold on the MSDSI line. Once you get through, you will want to press "1" followed by the "*" key to speak to the operator. The wait time here is usually only 1-5 minutes.

However, in my experience, CRA has stricter protocols about releasing information over the telephone. They will likely ask you to answer a security question, usually related to your previous income tax situation, before giving you any information. For example, you might be asked for the amount from line 150 on your

previous year's return or the names and birthdays of your dependants. It might be wise to have your previous return on hand for this call.

It's hard to say definitively whether it's easier to get T5007 information by calling MSDSI or CRA. I usually find CRA to be a slightly faster option. However, if you think you will have difficulty answering a CRA security question and don't mind waiting, you may want to try MSDSI instead.

This excerpt is adapted from a longer series posted on the Tax AID DABC blog. For more tips, topics and guidance, visit Sam's blog at www.taxaiddabc.org/blog.

Please also download our new Help Sheet 16: Guide to Filing Income Taxes for People Receiving PWD/PPMB from <http://www.disabilityalliancebc.org/docs/hs16.pdf>.

SAM TURCOTT IS PROGRAM MANAGER OF TAXAID DABC. 



Tax Assistance & Information
For People with Disabilities

Tax AID DABC is made possible thanks to generous funding from the Vancouver Foundation.

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We provide workshops across BC on provincial and federal disability (CPP-D) benefits. We also do workshops on the Registered Disability Savings Plan (RDSP) and the Disability Tax Credit (DTC), and income tax filing clinics through our new Tax AID DABC program. We can tailor the workshops to fit your needs and knowledge level. All workshops are provided free of charge.



ROBIN LOXTON
DIRECTOR
ADVOCACY ACCESS

To book your workshop, please contact Val at 604-875-0188 or feedback@disabilityalliancebc.org.

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KAREN MARTIN
PROJECT AND
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See workshop details at www.disabilityalliancebc.org/epworkshops.htm or please contact Karen Martin at 604-875-0188, karen@disabilityalliancebc.org.



We couldn't do it without you.

Thank you to these organizations, government departments and companies who support our work on behalf of people with disabilities.

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**We gratefully acknowledge
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The Wild, Wild World of Assistance Animals

Dogs are not the only service animals used by people with a disability.



A Helpful Bird Brain

A few months ago, in a cafe in St. Louis, I met a man named Jim Eggers, who uses an assistance parrot, Sadie, to help control [outbursts]. Eggers looks like a man who has been fighting his whole life.

Sadie rides around town on Eggers's back in a bright purple backpack specially designed to hold her cage. When he gets upset, she talks him down, saying: "It's OK, Jim. Calm down, Jim. You're all right, Jim. I'm here, Jim." She somehow senses when he is getting agitated before he even knows it's happening.

"I still go off on people sometimes, but she makes sure it never escalates into a big problem," he told me, grinning bashfully at Sadie. "Now when people make me mad I just give them the bird," he said, pulling up his sleeve and flexing his biceps which is covered with a large tattoo of Sadie.

See the whole story by Rebecca Skloot at <http://www.nytimes.com/2009/01/04/magazine/04Creatures-t>.



Monkey Business

Monkey Helpers is a non-profit organization that helps adults with spinal cord injuries and other mobility impairments live more independent and engaged lives. They do this by providing them, free of charge, with a unique service animal: a highly trained capuchin monkey to help with their daily tasks. Monkey Helpers raises and trains these special service animals, carefully matches them with appropriate recipients across the nation, and provides active support and care for the duration of each placement.

The most obvious difference between capuchin monkeys and other service animals is their dexterous hands and amazing fine motor skills. This enables them to perform many manual tasks to help their owners.

Monkeys also have a strong sense of hierarchy which provides the motivation to care for and be cared for by their human partner. Helping Hands trainers and placement staff utilize this natural hierarchy to create a mutually beneficial and nurturing relationship between the monkey and the recipient.

<http://www.monkeyhelpers.org>

Giddy Up


The Guide Horse Foundation was founded in 1999 as an experimental program to use miniature horses as assistance animals for people with visual impairments. These friendly horses provide an alternative mobility option for some people with visual impairments. Users report that the horses demonstrate excellent judgment and are not easily distracted by crowds and people.

Guide Horses are not for everyone, but there is a demand among visually impaired horse lovers, those who are allergic to dogs, and those who want a guide animal with a longer lifespan.

All Guide Horses undergo the same systematic desensitization training that is given to riot-control horses.

Guide Horses do not have the same craving for affection as dogs. However, miniature horses enjoy being groomed, brushed, rubbed and scratched. When off-duty, the Guide Horse will often follow their owner around, seeking their companionship and affection.



<http://www.guidehorse.com/html?pagewanted=all&r=1> 

Sight-impairment a Health Hazard at the Pharmacy

BY ACCESS FOR SIGHT-IMPAIRED CONSUMERS

The leaps and gains in technology have made an incalculable difference in the lives of people with disabilities. However, technology is lagging behind when a sight-impaired person in Canada approaches a large pharmacy today to fill a prescription.

Not all prescriptions are filled equitably when there is a customer with vision loss at the pharmacy counter. If you have sufficient sight, you can see the medication information supplied on a prescription bottle. If you

ROB SLEATH USING HIS SCRIPTALK WHICH READS OUT SPECIALLY-DESIGNED PRESCRIPTION LABELS

Why has technology not given sight-impaired people more equitable access to prescription medication information?

have multiple prescriptions, multiple instructions, multiple precautions, multiple time frames—well, suddenly things become complicated and the pressure to safely ingest your dosages increases accordingly. But you're ahead of the curve when you can see and read medication instructions, if you forget or become confused.

However, when relying on memory for treatment details, sight-impaired people are much more vulnerable to an increased health risk or even drug-related death.

Why has technology not given sight-impaired people more equitable access to prescription medication information? What is the best technology for accessible prescription information, ultimately supporting sight-impaired people in more healthy, independent living? Which corporation will lead the way to resolve the potential harm to customers, to the pharmacy industry itself, and to our already over-burdened health-care system?

By the time you read this article, there may be good and final answers to these questions, courtesy of two human rights complaints about accessible prescription medication information at both Walmart and Shoppers Drug Mart in BC.

These complaints were brought to the table by Access for Sight-Impaired Consumers (ASIC), a BC-based organization since 1998.

Through these pending complaints, ASIC has proposed to both Walmart and Shoppers Drug Mart that they use ScripTalk. This is the proven, most acceptable and innovative option for meeting the basic requirements of human rights for sight-impaired consumers of prescription medication information.

I'd like to tell you Martha's story. It illustrates what the case is about.

Nearly 90 years old, Martha (name changed to protect her identity), an increasingly frail and legally blind woman, has eight medications for various ailments. Independence within her long-time neighbourhood is one of her most treasured aspects of living.

In an affidavit, Martha tells a decade-long story of a consumer



struggling to be granted accessible medication information by her local Shoppers Drug Mart. In its affidavit, Shoppers claims not only the previous availability of accessible medication information in their stores across BC, but also a province-wide implementation of ScripTalk for chronic and acute medications, beginning in early 2015.

According to Shoppers' affidavit: "...an email was sent to all Associates...informing Associates of the availability of ScripTalk technology for use by a pharmacist to service... [the] prescription needs of the store's customers."

However, in her affidavit, Martha stated, "I asked the pharmacist whether I could get digital labels made for my eight regular prescriptions....She [the pharmacist] didn't understand what I was talking about, so I referred to a 'gadget' that I had seen demonstrated.... The pharmacist said they did not have anything like that."


Even Martha's long-term relationship with her local Shoppers' pharmacists did not help her to find the support she needed.

Shoppers has proposed a 48-hour delivery timeframe for filling prescriptions, including a ScripTalk encoded label. This will seem nothing short of sublime to BC's 64,500 sight-impaired residents and the

727,000 more who currently live with one of the four major eye diseases that could potentially lead to blindness.

This human rights complaint is one of the reasons ASIC exists, and why we beat the drum on behalf of consumers in BC who are sight-impaired. Our successes include access to independent electoral voting for people with disabilities, way-finding street identification, descriptive narration in Famous Players/Cineplex theatres, and much more. Some of ASIC's work has also benefitted sighted people, such as automated bus stop announcements and the ALRT tactile platform edging for safety on subway platforms.

The words in Martha's affidavit will ring true for many people with a disability: "It is very important for me to be as independent as I can in light of my disabilities....[It's] very important for my mental and physical health."

FOR MORE INFORMATION ON ACCESS FOR SIGHT-IMPAIRED CONSUMERS (ASIC) VISIT ASICBC.CA OR FOLLOW THEM @ASICBCCA/FACEBOOK. 

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THANK YOU!



Your Rights as an Employee

BY RICHARD B. JOHNSON
(LAW CORPORATION)

I am a disabled employee; what are my rights and obligations? What protection do I have as an employee or potential employee with a disability?

As an employee who has a temporary or permanent disability, you have very specific and defined protections under the laws of British Columbia and Canada.

Most employees in BC get their Human Rights protections from Section 13 of the BC Human Rights Code. However, people who live in BC, but work for a federally-governed employer such as a bank, an airline, a telephone company or a television station, are protected

through Section 7 of the Canadian Human Rights Act.

In this article, I will discuss your rights as they are described under the BC Human Rights Code. If you are a federally-governed employee, your rights are effectively the same.

Under Section 13 of the BC Code, your employer cannot fire you, or discriminate against you, because of your race, colour, ancestry, place of origin, political belief, religion, marital status, family status, physical or "mental disability", sex, sexual orientation, age, or criminal or summary conviction offence unrelated to your employment.

As an employee with a disability (whether mental health, physical or both), you fall within one or both "protected grounds" of physical and/or a mental disability.

Once you fall within a "protected ground," your employer has a duty to accommodate you, any restrictions you may have and any absences required because of your disability, to the point of "undue hardship." The Canadian Human Rights Commission explains, "undue hardship" means that "adjustments to a policy, practice, by-law or building would cost too much, or create risks to health or safety.

There is no precise legal definition of undue hardship or a standard formula for determining undue hardship. Each situation should be viewed as unique and assessed individually.

While there is not one, clear definition of undue hardship that covers all situations, human rights deci-

sions have shown that it is very difficult for employers to show undue hardship. The law exists to protect employees with disabilities, and it is becoming more and more responsive to issues in the workplace.

"Undue hardship" means that your employer cannot reasonably be expected to make accommodations you require because doing so would mean inordinate expense or unreasonable changes for them. Your employer cannot get out of their legal obligations simply because doing so is inconvenient or hard on them. Your employer will need to show that accommodating you is unduly difficult or that the discriminatory action is based on a "*bona fide* occupational requirement." If your medical issues affect your ability to do your job in a way that cannot be accommodated, the employer has the right not to hire you.

However, it is very difficult for an employer to establish a *bona fide* occupational requirement because many jobs can be reworked to accommodate restrictions.

For example, if you are an office worker that has carpal tunnel syndrome, you might require a more ergonomic workstation or a different keyboard. However, if you are a utility line installer working for a company that has no other positions than installers, and your disability renders you unable to use your arms, it is quite likely that your employer could establish that it cannot accommodate you—that your ability to use your arms is a *bona fide* occupational requirement.

Once you fall within a “protected ground,” your employer has a duty to accommodate you, any restrictions you may have and any absences required because of your disability, to the point of “undue hardship.”

If you think about your current job and your current disability/ies, you can probably think of several ways that your role has or could be re-structured or changed to work with any limitations you have. You can keep earning a living without bringing your employer’s operations to a grinding halt. This is the essence of the accommodation process, but it is a two-way street. While your employer has a duty to accommodate you, the process also requires that you provide your employer with medical verification of any restrictions you have, including any time off you may need.

You also have the right to be treated fairly and not face discrimination in the hiring process. You cannot be passed over for a job because of your disability.


Practically, it is usually very difficult to prove that you have been passed over for a potential job because of your disability and, from a legal perspective, speculation that this has occurred is not enough to make a complaint. However, an interviewer is not permitted to ask you questions about your race, gender, sexual orientation, or about any mental or physical disabilities you may have—unless they are directly related to the job for which you are interviewing. Unless they ask inappropriate and/or discrimina-

tory questions, employers do have latitude to assess personality and fit for their organizations.

However, from a practical standpoint, if a potential employer is focussing on unrelated issues such as your medical status or disability instead of your qualifications, this is usually a clear indicator that the employer will not be very accommodating in the long run, and that they may not be a good “fit” for you.

Beyond these initial formalities, the sky is the limit in terms of the creativity that you and your employer can use to address the accommodations your disabilities require at work.

This article is one of a three-part *Transition* series. In the next edition, I will be addressing common issues that arise in the accommodation process at work.

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We are also now offering ad space in our monthly e-newsletter, *Our Voice*.

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INFORMATION

For information on advertising with DABC, please contact Ann at 604-875-0188 or transitionads@gmail.com.

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A Dog's "Tail" BY CARY

I understand and obey over 50 different commands and have permission to go anywhere, even the passenger section of airplanes.

Let me introduce myself. I'm Cary, a black Labrador Retriever and I'm eight-and-a-half years old. My vet calls me a "junior senior." I graduated six years ago from Pacific Assistance Dogs (PADS) where I received my official BC Guide Animal Certificate. I understand and obey over 50 different commands and have permission to go anywhere, even the passenger section of airplanes.

For the last six years, I've been a service dog for SWMBO (She Who Must Be Obeyed) which I do—most of the time. SWMBO fills my days with requests for help from morning til night. Such is a service dog's life.

My day begins when SWMBO needs her daily dose of TLC, so I wake her using my nose to prod under the bedcovers. As a reward, I receive my morning head massage. Returning to my night cushion, I wait and snooze. I peek with one eye to make sure all is well, while she makes her bed. She's been known to drop her

cell phone or books. Guess who gets called for pick-up duty.

When she is dressed, she says "Look," holding her pajamas, then "Tug" "Get It" "Take It To", "Drop It" and "Push." So I open the dresser drawer, get her pajamas, drop them in the drawer and push it closed. Not bad, eh?

Returning to my cushion, I lie patiently anticipating the sound of running water and food being poured into my bowls. This is the signal to "Wait" at the door until SWMBO says "Release" which, in this case, means "breakfast is served." Being a lab, I never dawdle over food.

I follow her wheelchair to the kitchen and watch as she prepares her breakfast. You never know, she might spill something good on the floor.

When nature calls, I sit in front of her and stare. She finally looks at me, sighs and transfers to her wheelchair for our morning exercise. I stand at the door, not so patiently, while she puts on my PADS coat and leash. The coat tells the

world that I'm a service dog and I'm supposed to be working.

I "Heel" as she pushes her manual wheelchair down the street to the watering patch. "Release" means I'm free to do my duty, before we continue our trek. When she gets tired of pushing, she grabs hold of the handle on my coat and orders "Pull." That's when my real workout begins, especially if there's a hill! People are amazed when I pull her in her chair dodging whatever's in our way.

Outside the front door, I'm asked to "Look", "Get" and "Give" the newspaper to SWMBO. When we go inside, I race to grandma so she can take off my collar and coat. It's not that SWMBO can't do this, but I love getting everyone involved. Then it's my job to carry the coat and collar back to SWMBO, who stores them in my Cary Box. SWMBO then hands me the newspaper and I "Take It To" to grandma who thanks me with a big hug.

Yes, SWMBO does give out some rewards. Treats for all my morning work are two dog kibbles and a dog




I peek with one eye to make sure all is well, while she makes her bed. She's been known to drop her cell phone or books. Guess who gets called for pick-up duty.

toy to play with! Personally, I think I need a raise. Here are some of my other skills and achievements.

- Snoozing under the foot rests of SWMBO's wheelchairs. That way SWMBO can't move without me knowing.
- Knowing our stops on the Canada Line. I always amaze people by getting up before the station is announced.
- Waiting quietly under a trolley while an ER doctor treated SWMBO. He couldn't believe it when I got up to nuzzle her.
- Being a companion for SWMBO. I get her out at least three times a day, introduce her to the most interesting people, and give her the love and attention she (sometimes) deserves.

Human beings are funny. Sometimes they stop to ask about what I do and how I help. I'm cute and very hard to resist, especially when I put on my puppy face. Even though most people know I'm working and must not be petted, they always ask. Sometimes SWMBO cracks and they're allowed to pat me on my head, but in return they have to listen to her talk about the great service that PADS provides, that they're only funded by donations from people like them, and that they're always in need of volunteer puppy raisers and volunteers.

If you see us on the seawall one day, be sure to stop and say hi.

Cary was assisted with this article by her companion human Lynda Bennett. Lynda's Note: Heartfelt thanks to all of Cary's volunteers, trainers and handlers at PADS and the Burnaby Loughheed Lions club who sponsored her, not to mention her vets. As you can tell, she is quite the character, assists me immensely and is the joy of my life. For more information about service dogs or becoming a volunteer or sponsor, visit www.pads.ca. 

PADS: A registered charity since 1987

Over the years, Pacific Assistance Dogs Society (PADS) has trained and placed many dogs with people throughout Western Canada, although the majority of our dogs are working in BC and Alberta. The organization functions with minimal professional staff to train the dogs and administer the programs.

PADS' mandate is to provide an assistance dog to anyone in Western Canada with a physical disability or who is deaf or hard-of-hearing, and who wants the independence of an assistance dog. We also provide continued lifetime team support to our client/dog teams.

The specific purpose of PADS' amazing dogs is to provide their partners with a "new leash on life" through an increased level of independence and an enhanced quality of life.

PADS is committed to establish itself as the Canadian Industry Leader in terms of setting the highest possible standards of client care and dog training, as well as expanding our breeding and training capacity to achieve and maintain an average wait period not exceeding six months.

Learn more at www.pads.ca.

Medical and Psychological Benefits of Dogs | BY DR. STANLEY COREN

One of the newest trends in medical research focuses on the relationship between people and their pets, and the effect this can have on their physical and mental well-being. The scientific data is unequivocal in showing that dogs can be a significant factor in dealing with people's stress responses, including people with physical disability or mental illness, seniors and others who may be socially isolated.

The strong connection between humans and animals has become a subject of serious psychological research. Scientific evidence was first published about 30 years ago when a psychologist—Allan Beck of Purdue University and a psychiatrist, Aaron Katcher of the University of Pennsylvania—measured what happens physically when a person pets a friendly and familiar dog. They found that the person's blood pressure lowered, his heart rate slowed, breathing became more regular and muscle tension relaxed—all signs of reduced stress.

Perhaps most amazingly, these positive psychological effects are achieved faster—after only 5 to 24 minutes of interacting with the dog—than the result from taking most stress-relieving drugs.

One study published in the journal of Psychosomatic Medicine not only confirmed these effects, but showed changes in blood chemistry demonstrating a lower amount of stress-related hormones such as cortisol. These effects seem to be automatic; they do not require any conscious efforts or training on the part of the stressed individual. Perhaps most amazingly, these positive psychological effects are achieved faster—after only 5 to 24 minutes of interacting with the dog—than the result from taking most stress-relieving drugs. Compare this to some of the Prozac-type drugs used to deal with stress and depression which alter levels of the neurotransmitter serotonin in the body and can take weeks to show any positive effects. Furthermore, the benefits that build up over a long course of medication can be lost with only a few missed doses. Petting a dog has a virtually immediate effect and can be done at any time.

Individuals with disabilities are particularly susceptible to stress and hence to all of the secondary problems associated with stress.

Stressed individuals often feel their lives are out of control which leads to a variety of anxiety-related psychological states, most commonly including depression. Up to 25% of people who seek the services of a general practitioner do so for depressive and anxiety disorders. Depression is considered to be much more disabling—socially and physically—than many chronic physical illnesses such as diabetes, arthritis and back pain.

Although depression can be caused by many factors, one of the most common is loneliness. People who lack human contact often benefit from pet ownership and the emotional bond pets provide. Many people with physical disabilities or mental illnesses are often socially isolated and alone much of the day. Recently, researchers looked at a group of people aged 60 and older, living alone, but with a pet. Non-pet owners were four times more likely to be diagnosed as clinically depressed than pet owners of the same age. The evidence also showed that pet owners required fewer medical services and were more satisfied with their lives.

Since the presence of a pet dog tends to reduce stress, it should not be surprising to find that living with

a dog can also reduce the likelihood of developing the physical problems normally associated with stress as well. For example, a large database confirmed that pets are good for the health of your body, and may increase the quality of your life and your longevity.

The benefits are not just short-term—they reduce your stress beyond the period of time that your pet is present—and seem to have a cumulative effect. For example, one study of 5,741 people conducted in Melbourne, Australia, found that pet owners had lower levels of blood pressure and cholesterol than

non-pet-owners, even when both groups had the same poor lifestyles involving smoking and high-fat diets.

The reasons for the medical and psychological benefits of interacting with dogs are still being explored, but it seems that the uncritical and always-available social support provided by the pet is one factor. Psychological research has shown that people who have a lot of social support from family and friends are more stress resistant and suffer from fewer problems that can be traced back to stress and depression.

Dogs are always willing to provide social interaction and support, and thus provide the same benefits of having caring humans in an individual's life.

EXCERPTS FROM A LETTER PREPARED BY DR. COREN FOR BCCPD (NOW DABC) IN 2012 IN SUPPORT OF COMPANION ANIMALS.

DR. STANLEY COREN IS PROFESSOR EMERITUS, DEPARTMENT OF PSYCHOLOGY, AT THE UNIVERSITY OF BRITISH COLUMBIA.

SEE MORE ON DR. COREN'S RESEARCH AND ARTICLES AT WWW.STANLEYCOREN.COM. **T**



CAPER-BC: 30 Years of Making Print Accessible

BY TARA ROBERTSON, ACCESSIBILITY LIBRARIAN

This year marks the 30th anniversary of Centre for Accessible Post-secondary Education Resources British Columbia (CAPER-BC) which makes textbooks accessible to students who have print disabilities. CAPER-BC is an organization, funded by the Ministry of Advanced Education, that works with Disability Service Offices in 20 post-secondary institutions to support students with print disabilities.

Our successes include access to independent electoral voting for people with disabilities, way-finding street identification, descriptive narration in Famous Players/Cineplex theatres, and much more. Some of ASIC's work has also benefitted sighted people, such as automated bus stop announcements and the ALRT tactile platform edging for safety on subway platforms.

So much has changed over time. We've moved from using human narrators to record books onto reel-to-reel tapes to today's workflow which is almost entirely digital. A couple of years ago our name changed from CILS to CAPER-BC.

However, the core service hasn't changed—we are still providing accessible learning and teaching resources to students and instructors who cannot use conventional print because of disabilities.

Accessible resources are created individually for each client. CAPER-BC staff work directly with clients and partners at the institutional level to identify the accessibility features and format required to most efficiently meet the client's specific needs. While alternate format production remains a focus for the CAPER-BC team, we fulfill more than half of all requests through our existing collection or loans from other organizations. As a centralized service, we are able to leverage an economy of scale to share resources amongst institutions. We ensure resources are only created or sourced once, avoiding duplication amongst institutions.


Here's what some of our students have said:

"Thank you so much for your work. I've listened to several sections and the voice speed is excellent, very clear and I want to thank you and the team at CAPER for your work. It makes a huge difference for me to be able to hear the material several times while looking at the material." – BCIT student

"I can't tell you how much I appreciate your effort reformatting this file. Having ZoomText read to me sure saves me a lot of grief trying to read it myself in larger print. You are awesome!" – Kwantlen student

"Thank you very much for your wonderful service. In the first email I received from CAPER-BC, it was stated 'We're here to help.' and that sentence really made me feel relieved, less anxious and welcomed. Having a mental health disorder sometimes makes me feel like I'm a burden, but your organization made me feel that it's OK to reach out for help so I can achieve higher education. Again, thank you very much for your support." – Okanagan College student

"Alternate formats are a lifesaver for this disabled student! Saves me a lot of pain by not having to hold a heavy book in my neuropathy-afflicted hands." – University of the Fraser Valley student

"Your program is such a blessing for people like me with a learning disability. This has helped me improve my study time as well as continually helping me with my reading comprehension." – Camosun College student 



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Wishing you and yours the
very best for the holiday
season and the New Year.

From the board, staff,
volunteers and pets at DABC.



Big Ears, Big Heart

BY DENNIS ROBERTSON

Patty's eyes slowly went to the far corner of the room where some kind of little black and tan terrier with huge, bat-like ears was lying prim and proper on his mat. My first thought was, "Oh my goodness that poor little fellow really is quite ugly." Well, at least odd with those ears perched on top of his head. "That can't be a Hearing Assist dog," I thought, although he definitely had the ears for the job. He was a sturdy animal that stood about 16 inches at the shoulders, but he wasn't the dog for me. I was used to big dogs. This puppy would embarrass me, if I was seen walking him around town. My shock must have shown because Patty said, "Denny, you should meet Crackers. He's a fully trained and certified Hearing Assist Dog. I trained him myself. He's great with tons of energy and always gives his job and life 110% of himself. I just love him."

With very little enthusiasm, I replied, "I thought I would be getting a large dog. I really need to think about having such a small dog."

Nevertheless, I was introduced to Crackers. He was super polite and obedient to all of Patty's commands. He sat, stood and laid down perfectly. She even commanded him to jump on and off the very

My first thought was, "Oh my goodness that poor little fellow really is quite ugly." Well, at least odd with those ears perched on top of his head.

slippery coffee table like a show dog. He definitely was energetic and fast. But we were wasting time because I wasn't progressing toward making a decision about getting a Hearing Dog. I asked, "Can we have some more time to think about this whole thing Patty?"

She said, "Well, I suppose I could let you have a few days before you let me know. You realize there's a long waiting list for all working dogs and especially Hearing Dogs, don't you?"

"Yeah, we understand, but I really do need some more time." She agreed we would call her before the end of the week with our decision.

As promised, we contacted Patty within a few days and arranged to visit her once more to look at the dog. I felt I had to give him a fair chance before deciding if I wanted him or not.

Seeing the dog again did not excite me very much, although he was cuter than I remembered. Patty sensed my apprehension and asked me, "Do you really know what a Hearing Dog can do for you Denny?"

"I think so," I replied.

"Well let's try something," she said. "Go hide behind the counter in the kitchen and be quiet," she ordered and then quickly left the room with Crackers.

I crouched down behind the kitchen counter. Within moments, something struck me hard on my back and I was knocked over onto my behind. I turned to see two dark brown, glittering, beautiful eyes staring directly into mine. Crackers had found me. It all happened so fast. He turned and streaked out of the room while I remained sitting on the floor. I was beginning to stand when around the corner burst Crackers again and—whomp—he jumped with his front feet against my legs, and ran away again. I was confused.

In a flurry of long blond hair on wheels rolling in high gear, Patty whipped through the doorway calling to me, "Denny, you are supposed to follow Crackers after he alerts you. Didn't you get the idea of this exercise before?"

"No, I didn't know what to do, so I just stayed here," I replied pathetically.

With a disbelieving look on her face, Patty led us back to the living room. This was the first Alert Call of a Hearing Dog that I had ever experienced. Patty had done a Name Call by saying to Crackers, "Crackers!"



I instantly saw where a dog like Crackers would help in our everyday life. I was sold on this smart little pooch with those ridiculous big ears.

Denny.” He had found me and done an Alert when he jumped on my back and legs. He was trying to tell me to follow him back to Patty.

Crackers did extremely well. I failed the exercise miserably. I learned that my name, Denny, would be like a code or trigger name for Crackers to do a Name Call command for us. Thinking back, I realized she had used Denny frequently in our general conversations and Crackers had always been there with her at the time. This was how she had given the Trigger Code to him.

Finally, I began to understand. Calling to an out-of-view deaf person is always a major issue for both the calling person and the hearing disabled person. I instantly saw where a dog like Crackers would help in our everyday life. I was sold on this smart little pooch with those ridiculous big ears.

It was the beginning of a beautiful and enduring friendship.

Excerpts from *Crackers...Come Hear* by Dennis Robertson available online at <http://www.qualitybookpress.com/store/?cat=7>. **T**

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To promote the dignity and independence of people with disabilities.

Be part of our Visionaries Circle with monthly giving: the best kind of support you can offer. Even a small amount goes a long way and provides a more stable funding base we can count on to plan and provide our programs and services.

Joining is easy. You choose how.

- You can set up monthly donations in seconds by going to the www.CanadaHelps.org website and searching for "Disability Alliance BC."
- Or, set up a monthly credit card donation by contacting Nancy at 604-875-0188.

Thank you!



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Are you a low-income senior or a person with a disability who wants to live safely and independently in the comfort of your home?

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HOUSING MATTERS



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Numbers matter. The more members we have, the stronger our voice in the community.

Please become a Disability Alliance BC (DABC) member today. You can be a voting member or a non-voting member, and we welcome both individuals and groups.

I accept your invitation to join the DABC and enclose my membership fee of \$15 (individuals) and \$25 (groups).

I am also including a tax-deductible donation of \$_____. (Donations over \$10 are tax deductible).

Please return your payment/donation with this form to:
DABC, 204-456 W. Broadway, Vancouver, BC V5Y 1R3.

You can also become a member or donate online at:
<http://www.disabilityalliancebc.org/supportadvertise.htm>.

THANK YOU FOR YOUR INVALUABLE SUPPORT

Please check the applicable boxes:

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Voting members are people with disabilities and self-help groups where at least 50% of members have a disability.

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ABOUT US

Our mission is to support people, with all disabilities, to live with dignity, independence and as equal and full participants in the community. We champion issues impacting the lives of people with disabilities through our direct services, community partnerships, advocacy, research and publications.

FRONT LINE SERVICES

Our Advocacy Access Program provides one-on-one assistance with provincial and federal (Canada Pension Plan Disability) income supports and other benefits. Our Tax AID DABC program helps PWD and PPMB recipients to file their income taxes year-round.

PROGRAMS AND PROJECTS

Our projects respond to community need and increase people's ability to participate and contribute.

MAKING NEW PARTNERSHIPS

We keep connected with a large network of community organizations across BC and regularly provide them with updates about issues of importance to the disability community.

FREE PUBLICATIONS

We publish a range of capacity-building self-help guides and advocate resources, in reader-friendly language. Resources are provided free of charge, either by mail or from our website.

MSDSI Improves PWD Asset Limits and Policy on Cash Gifts | BY JANE DYSON

Starting December 1st 2015, people receiving the Persons with Disabilities benefit (PWD) were able to have up to \$100,000 in assets and still be eligible for assistance. This is a huge increase from the \$5,000 previous asset limit. For families where both individuals have the PWD designation, this amount is \$200,000.

In addition, PWD recipients are now able to receive cash gifts without it impacting their disability designation and the annual cap of \$8,000 on trust payments has been eliminated.

This change is a significant and very positive change to the way in which the Province provides disability assistance to British Columbians with disabilities. It gives PWD recipients more flexibility, choice, dignity, and hope for the future. DABC congratulates and thanks the Province for making this innovative change.

Families and friends of people with disabilities will now be able to provide more financial support to their loved ones. The new asset limit will make it easier for PWD recipients to build assets and will give them more flexibility in their saving choices. For example, they may no longer need to establish a trust which can be cumbersome and costly.

While the change will help individuals who have families with the financial resources to help them, it will also help people with fewer financial resources or opportunities. While most of the people DABC helps have very limited financial and social supports, many contact us for help when they receive a financial gift or inheritance of a few thousand dollars. A relatively small amount, it can be both a wonderful event and a great challenge to someone receiving PWD. The amount is often too small to make



it feasible to open a trust, but too high to remain eligible for assistance.

Often, they will have to leave assistance for a month or two until they fall below the \$5,000 asset limit. They can't save their windfall for an emergency or to spend on something when they need it. They can't put the money into a savings plan to start building their assets, unless it's an RDSP, which might not be possible.

It's very sad to see these wasted opportunities. We also receive calls from families or individuals who want to help out someone receiving assistance with gifts and can't understand why this could be a problem for the person they are trying to help. This all changed as of December 1st.

While DABC is thrilled about this change, we will continue to urge the Province to increase the PWD rates. An increase to the PWD rates is long overdue and urgently needs to be addressed. But it's also important to recognize and appreciate positive change which this increase to PWD asset limits clearly is. **T**

Say "Hi" to Hope

DABC's newest canine staff member is Hope. She's a beautiful brown lab, rescue dog who is now a welcome and happy presence around the office.



DABC News

A Tip For Communication with MSDSI

With government offices as busy as they are, it's a good idea to keep clear records when you contact government, including the Ministry of Social Development and Social Innovation (MSDSI). Advocates with DABC's Advocacy Access Program like to recommend these tips when you are in contact with a government office about benefits or programs.

- Get a date-stamped copy of all documents you take to Ministry offices. If you fax your documents, keep a copy of the fax confirmation sheet and the documents you sent in the fax.
- Keep copies of your Monthly Report forms and associated documents for at least seven years.
- In a little notebook, keep track of all your telephone interactions with the Ministry. Your note should include the date, time and a brief description of the issue, along with what was said. E.g., "called re status of my PWD application. Worker said I should receive notice in the mail within two weeks". Keep the notebook for your records.


Do you receive Persons with Disabilities (PWD) benefits or Persons with Persistent Multiple Barriers (PPMB) benefits?

Do you know there are significant benefits to filing your income taxes?

Are you behind in filing your taxes?

A new DABC program, Tax Assistance and Information for People with Disabilities (Tax AID DABC) provides free assistance with income tax filing.

See full details on page 8 of this Transition.



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(Formerly BC Coalition of People with Disabilities)

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Tax AID DABC
Tax Assistance and Information
For People with Disabilities
Receiving PWD and PPMB benefits

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f t e

Transition Thanks

DABC and *Transition* thank everyone who contributed their experience and ideas for this *Transition* on Companion and Assistance Animals. Our sincere thanks to:

Jane Dyson, DABC

Betty Nobel

Sam Turcott, Tax AID DABC

Cary (and Lynda Bennett)

Dr. Stanley Coren

Dennis Robertson

Access for Sight-impaired Consumers

Richard B. Johnson, Law Corporation, Kent Employment Law

Tara Robertson, CAPER-BC

And, thanks as always to our super hard-working volunteers who help us get *Transition* out four times a year. They help with virtually everything from inputting to mailout.

Thank you to the Health Sciences Association for their donation toward our Disability Benefits Help Sheets series. The series was completely updated in 2015. These self-help guides on topics ranging from the PWD Benefit to the RDSP are DABC's most requested and downloaded resources. We're grateful to the HSA for their ongoing and generous support of these Help Sheets. **T**



HEALTH SCIENCES ASSOCIATION
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My Feline Prescriptions

| BY CAROL DIXON


Medications and medical equipment help to relieve daily frustrations of living with disabilities to some degree. However, my nerves still get frazzled sometimes.

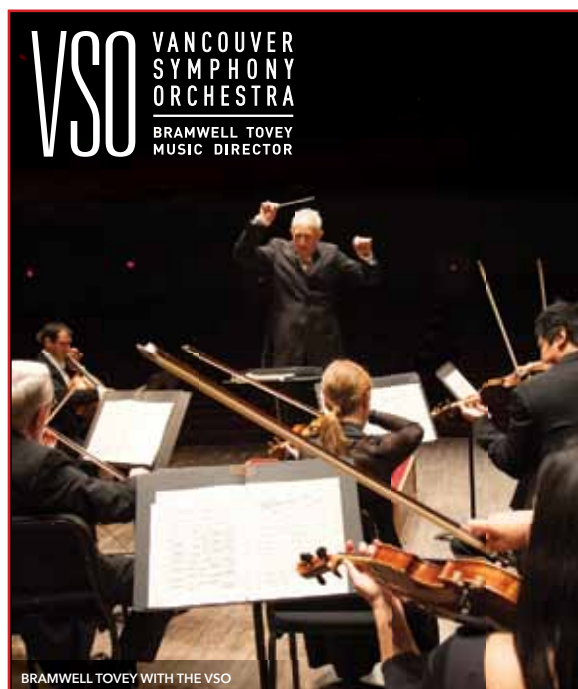
I live with feline mood stabilizers. One is my tuxedo cat who's four going on five, named Yoshi, and a chocolate Siamese around twelve, named Bonnie. They greet me when I open my eyes in the morning, and are so happy to see me every time I come home after leaving for any amount of time.

Bonnie is very vocal and loving. Any and all visitors are asked (insistently) for some love and affection. It sounds great, but at times he's beside himself jumping up as high as possible to make sure everyone is aware of his need to love and be loved.

Then there's my little girl Yoshi who's completely the opposite. She runs and hides from

strangers, puffing up her fur with a bloodcurdling hiss, if homemakers try to make my bed. We have been in many battles because she claims my chair as "her spot." After many deep scratches, I adopted a dreaded water sprayer defense. Now, I only need to show the sprayer to have my chair back—and put my homemakers at ease.

I wouldn't have them any other way. I love their curiosity and child-like ways. They comfort me and settle my anxiety with their warm bodies and the soft content of their purring. I can breathe deeply and release tension in my neck and shoulders. To know my kids love me and all is well...until next time! 



BRAMWELL TOVEY WITH THE VSO

The Vancouver Symphony is proud to give back to the community

The VSO supports numerous local charities and non-profit organizations through donations of ticket vouchers, used for their fundraising activities.

Find out more about the VSO's community programs:
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Consider Planned Giving to DABC

You can continue to give beyond your lifetime.

The DABC has a Planned Giving program that enables you to think ahead about causes or organizations that you may want to financially support beyond your lifetime.

By planning ahead, you can research charities, or have someone research charities for you, that fit your values. You won't feel rushed or pressured to make a decision and you can ensure that your money is spent in the way you want.


Benefits

By writing down your wishes, you will have increased peace of mind and control over your finances. You can provide a significant future donation without reducing your income today. A gift in your will to a registered Canadian charity is also tax-deductible. And, your Planned Gift helps the DABC to be here in the future for those who need us.



To Learn More

If you would like more information, please contact Nicole at the DABC at nicole@disabilityalliancebc.org or 604-875-0188. She will send you DABC Planned Giving information.

You can also download our brochure and information sheet from www.disabilityalliancebc.org/supportadvertise.htm. Thank you. 

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Okanagan Non-Profit Society Supports Caregivers

COPCS Home Share Providers support adults with disabilities ages 19 to senior years. Individuals live with caregivers and their families on a full-time basis. Providers offer a safe home and assist individuals to achieve their goals and be part of our community. Providers may be one of your neighbours, co-workers, relatives or friends.

There are approximately 2,700 Providers across BC, with about 200 in the Central Okanagan.

While sharing your home with a person with disabilities can be an extremely rewarding experience, it is not without its challenges. Most who provide this type of support agree that home sharing is more than a job. It is a lifestyle choice.

COPCS was formed to provide a support network for home share providers. We promote education and training opportunities, host social events and offer individual support to our members. By increasing professional skills and receiving individual support, Home Share Providers give better service to the people they support. COPCS fosters an inclusive community for adults living with disabilities.

We read with interest the last edition of *Transition* on social media. We are always making efforts to use social media to raise awareness about our society, and to support and recruit Providers. Internally, COPCS provides a community newsletter to reach out to Providers about resources they may be unaware of and circulates ongoing information via email to its members.

We also liaise with the Ministry of Social Development and Social Innovation (MSDSI) and work with the Minister to recognize the good work that Providers do across the province. This annual recognition takes place during October's community living month.

We connect with Providers in different areas of BC via Skype and spend a great deal of time talking to individuals by phone. Our website also benefits Providers who live in remote areas.

COPCS uses LinkedIn and values our colleagues' skills related to the field. LinkedIn is also a great resource to research new professional development opportunities for training purposes. Our use of social media is expanding as our society grows.

We appreciate this opportunity to tell *Transition* readers about our society. We are also thankful for the ongoing recognition and support we receive from the Southern Region CLBC office, our community and, most important, from home share providers. **T**

COPCS EXECUTIVE L TO R: COLLEEN BRAIDWOOD, DIANA COULTHARD, JACK SAWATZKY, COLLEEN ANDERSON, BRUCE HEDMANN AND MARGARET MILSOM



ABOUT COPCS

The Central Okanagan Professional Caregivers Society (COPCS) is a 154-member, non-profit society located in the Central Okanagan, with membership throughout the Okanagan Valley and surrounding areas.

COPCS has provided support to Community Living BC (CLBC) funded Home Share Providers, including Agency Supported Home Share Providers since June, 2008.

For additional information on the Central Okanagan Professional Caregivers Society, upcoming professional development opportunities or, if you are interested in becoming a Home Sharing Provider, please contact:

Central Okanagan Professional Caregivers Society

Margaret Milsom
Kelowna, BC
778-753-2625
adultcare@shaw.ca
copcs.ca

TRANSITION Ads and Sponsorships

COLOUR PAGES			
Ad size position	Number of editions booked		
	1	2-3	4
COVER PAGES			
Outside back cover	2200	1900	1700
Front inside cover	n/a	n/a	n/a
Back inside cover	n/a	n/a	n/a
INSIDE PAGES			
Full page	1235	1050	850
2 columns	915	770	650
3 column large	870	740	620
3 column small	455	375	325
2 column small	410	350	285
2 column mini	340	280	245
1 column	455	375	325
1 column mini	275	235	200

BLACK PAGES			
Ad size position	Number of editions booked		
	1	2-3	4
COVER PAGES			
Outside back cover	n/a	n/a	n/a
Front inside cover	1200	1020	850
Back inside cover	1000	850	660
INSIDE PAGES			
Full page	950	800	650
2 columns	700	600	510
3 column large	675	550	485
3 column small	350	300	250
2 column small	315	265	225
2 column mini	260	225	190
1 column	350	300	250
1 column mini	210	180	150

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For more information on advertising or sponsorships, please contact Ann at 604-875-0188 or transitionads@gmail.com.





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Thank you to the Province of BC for their continuing support.

