## transition

The Magazine of Disability Alliance BC

## **Travelling with a Disability**

Experiences and Insights





Being there for people we care about is one of the most gratifying things in life.

Regardless of our means, legacy giving is a great way to extend our generosity beyond our lifetime. No matter our age, there's no time like the present to set good intentions in motion.

Wherever you are in your planning, let us know if you're considering a legacy gift to Disability Alliance BC (DABC). We are glad to support your decision every step of the way.

Your Planned Giving support to DABC will protect the dignity and independence of people living with a disability.

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There are many benefits to Planned Giving. By writing down your wishes, you will have increased peace of mind and control over your finances. You can also provide a significant future donation without reducing your income today.

A gift in your will to DABC will help us to be here in the future for those who need us.

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#### We're Here to Help

Our donors are important to us and we'll work with you to be recognized in the way that you'd prefer.

If you would like more information about Planned Giving, please contact us at 604-875-0188 or **feedback@disabilityalliancebc.org**. We will send you DABC's Planned Giving information to review with your financial planner, lawyer, family or friends.

#### Learn More Online

disabilityalliancebc.org

Planned Giving Brochure

https://tinyurl.com/33cvw83s

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or most of us, the whole point of "getting away" is to relax and take a break from the stresses of day-to-day life. However, for someone with a disability, just planning a trip or vacation can cause anxiety about the challenges of travel.

Let's face it, we've all heard the horror stories: wheelchairs being wrecked on airplane flights, taxis that won't allow service animals, a lack of knowledge of invisible disabilities, hotel rooms with high beds and narrow bathroom doors, and more. Finding reliable information about your specific accessibility needs at each stage is not an easy task when planning a journey.

If you have friends with similar disabilities who have been to a particular destination that can be a big

## editorial

by Mike Prescott

## To Travel or Not to Travel: What are the Questions You Should Ask?

help. Or, a more simple trip closer to home can sometimes be a better choice.

In fact, this is one thing you can do if you're considering a trip: rethink some of your assumptions about what "travel" means. There may be lots of affordable and enjoyable destinations nearby that you haven't thought of (please see Staying Close to Home: A Green and Budget-friendly Choice on page 21).

As a manual wheelchair user who has travelled all around the world, I've experienced a lot of hits and misses during my travels.

Because, on top of all the accessibility issues we can face, the cost of most long-distance travel options puts them out of reach for many of us. Whether you decide to travel close to home or far away, experience makes all the difference—either your own or other travellers with disabilities. Experience will help you prepare for known, and

even unknown, challenges that may present themselves. You can get some tips from other travellers in this *Transition*.

If you imagine the journey like a game with a series of tests, you can anticipate the information you'll need to have a safe and enjoyable trip.

The main parts of the game are knowing how you will get to your destination, where you will stay, how you will get around and the accessibility requirements you have for doing all these things safely.

As a manual wheelchair user who has travelled all around the world, I've experienced a lot of hits and misses during my travels. Iceland and New Zealand were glorious experiences I will never forget.

Trips to Morocco and Greece were unfulfilling, and trips to Spain, Hawaii, Cuba and Chile landed somewhere in between.

While not the only key to success, comprehensive and trustworthy information played a pivotal role in how enjoyable my trips were.

For example, I was able to find websites that catered to people

Disability Alliance BC

In this Transition you'll read about the travel experiences and insights of a writer with invisible disabilities, a couple with disabilities, a person living with autism, and more.

with disabilities when planning the trip to Iceland. Hotel and car rental websites described the accessibility of key features (bed, bathroom, pathways) that met my accessibility needs. I was able to email back and forth with these organizations to confirm details just before leaving.

In addition, I was lucky to find a tour operator who had a disability themself and knew which attractions were accessible (and amazing).

On the other hand, the accessibility information available during trips to Greece and Morocco turned out to be questionable. For example, one hotel that advertised as "accessible" only had rooms with steps from the bedroom to the washroom. One car rental company's only vehicle with hand controls was not in operation when I arrived.

In Spain, many attractions were accessible if you knew where to go, but trying to get assistance was difficult because of the language differences.

Coming home from a trip to Phoenix, the Calgary airport didn't coordinate the retrieval of my wheelchair and the porter dropped me off at the gate three hours early with

no wheelchair. This kind of systemic issue should never happen and will only be addressed when people with disabilities inform the design of transportation procedures and communications.

There is a lot you can't control, but you can do research, ask questions and do your best to gather accurate information about your travel needs.

In this *Transition*, you'll read about the travel experiences and insights of a couple with disabilities, a writer with invisible disabilities, a person living with autism, and more.

Any kind of travel may seem daunting or even unrealistic to you, for many reasons. We hope the stories, tips and resources in this edition will help you envision some travel possibilities. Bon voyage!

MIKE PRESCOTT, PHD, IS THE PROJECT MANAGER OF DABC'S ACCESSIBLE ORGANIZATIONS PROJECT (HTTPS://BCACCESSIBILITYHUB.CA). HE IS A SOCIAL SCIENTIST WHO HAS FOCUSED ON THE MOBILITY CHALLENGES PEOPLE WITH DISABILITIES FACE. HE SERVED AS THE MANAGER OF ACCESSIBLE TOURISM PRIOR TO THE 2010 OLYMPIC AND PARALYMPIC GAMES. HE CURRENTLY WORKS WITH COMMUNITIES ACROSS BC TO DEVELOP ACCESSIBILITY STRATEGIES THAT PROMOTE PARTICIPATION BY RESIDENTS AND VISITORS.

#### I Transition

Turnbull

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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#### Subscriptions and Ads

Transition is published three times a year by Disability Alliance BC. Any advertising in Transition is for readers' benefit and does not constitute an endorsement by Disability Alliance BC.

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Articles and creative work are very welcome for consideration from individuals and organizations. Publication and editing of submissions are at our discretion. *Transition* content may be reprinted without prior permission, when accompanied by this citation: "From *Transition* magazine, Disability Alliance BC, [edition date]."

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#### Planning for Travel with Invisible Disabilities

BY LISS CAIRNS

"Travelling" can be a short trip around your community or a longer journey for fun, work, medical support for yourself or others, and more. For folks like me who have invisible disabilities, it can be extra challenging to manage everything that travel requires.

When I was growing up, my family had to travel regularly to the nearest city from my small rural community for medical appointments and treatments. We also went on annual road trips, often with up to nine people in one vehicle for several hours each day!

As an adult, travelling short distances has been an almost-daily task, and I'm at least an annual flyer or road tripper myself. Some of my biggest challenges when travelling have been intense motion sickness, severe anxiety and panic attacks, and sensory overload—not to mention cost.

I'm no travel expert, but I've learned a lot, and hope some of my strategies can help you feel more comfortable and prepared in your own travels. It's also a great idea to connect with other people who have invisible disabilities to see what they recommend.

I'm no travel expert, but I've learned a lot, and hope some of my strategies can help you feel more comfortable and prepared in your own travels.

#### Pack for Comfort

I often get teased about being overprepared! But this is something I've decided to do so I have a better, safer and more affordable experience. If you have room (in your suitcase, vehicle, to-go bag, etc.) pack what you need and want. This includes snacks, fidget/sensory/ comfort tools, medications, a water/refillable bottle, ear plugs, pain management products, clothing for all weather and entertainment options.

When you have limited space, ask yourself what helps you feel most comfortable and see if you can find a smaller version of it to take with you. You can also ask others you're travelling with to pack things on your behalf, if they have room.

#### Look into Accessibility Supports Everywhere

You can also find lots of supports along the way. For example, did you know that over 150 airports around the world (including YVR) participate in a program called the Hidden Disability Sunflower?

Through the Sunflower program, people with invisible disabilities can go to any information or customer

service desk at a participating airport to request a sunflower lanyard and sticker for their boarding pass.

You don't have to explain why you're requesting it or provide proof of anything. The sunflower lanyard and sticker let staff know you might need extra help or time. They are meant to provide you with a bit more support or patience, without the pressure of having to ask for it. You can also enter the priority security line in the airport.

For other accessibility supports at hotels and other venues, search their website or contact their customer service team to see if they offer any accommodations or support for people with invisible disabilities, like sensory hours.

#### Plan Ahead and Have Outside Support

What will you be doing each day? Who is going to be with you? Are your disabilities and symptoms known by others you'll be travelling with? What stressors and possible triggers might occur? Are there occasional non-prescription medications you might need that could be hard or expensive to find?

Asking yourself questions like these can help you prepare for meltdowns

and flares in your condition, and plan what to do if that happens.

It can be extremely helpful, for example, to have a person or a helpline available that you can contact if you need support outside of the people you're travelling with. If you're travelling alone or with people who might not be fully safe or supportive to be around, it is really helpful to know who you can contact in times of crisis, high stress and discomfort.

This might be your partner(s), friends, family members, a mental health or other medical professional, a crisis or distress helpline, or another person or service you feel comfortable with. They could provide support by text, email, phone call, video call or in person.

If you can, I suggest having contact information for two or three people or emergency services, so you will hopefully always be able to access help and safe support.

With some planning, you can set yourself up for a safe, fun and more stress-fee experience, wherever your travels take you.

LISS CAIRNS IS A NONBINARY PERSON WHO HAS HAD LIFELONG DISABILITIES AND IS CURRENTLY THEIR WIFE'S CAREGIVER. OUTSIDE OF BEING ON THE BOARD OF DIRECTORS FOR DABC, LISS IS ONE OF THE CURRENT PROGRAM MANAGERS FOR PLAN INSTITUTE AND IS HOPING TO PARTICIPATE IN A SECOND TERM OF THE UBC INTERPROFESSIONAL HEALTH MENTORS PROGRAM AS A MENTOR.



Through the Sunflower program, people with invisible disabilities can go to any information or customer service desk at a participating airport to request a sunflower lanyard and sticker for their boarding pass.

## Empowering Youth with Disabilities in the Workplace

The Youth Leadership Initiative (YLI) team is happy to announce the official launch of an expanded YLI Toolkit. The free, online kit is a collection of empowering resources designed to support and empower young Canadians with disabilities.

What's included in the Toolkit?

- Building Self-Confidence
- Coping with Work Stress
- Dealing with Discrimination
- Disclosing Disability
- Increasing Accessibility in the Workplace

Whether you are a job seeker, a young professional or an employer, these resources are tailored to address attitudinal barriers and provide practical guidance and tips. YLI is committed to continuously updating and enhancing the toolkit with new information and insights to meet your evolving needs.

You can learn more about the initiative at <a href="https://disabilityfoun-dation.org/yli/">https://disabilityfoun-dation.org/yli/</a> or reach the YLI team at <a href="mailto:yli@disabilityfoundation.org">yli@disabilityfoundation.org</a>.



## November is Indigenous Disability Awareness Month

ndigenous peoples of Canada experience a disability rate significantly higher than that of the general population.

Indigenous Disability Awareness Month (IDAM) brings awareness to the barriers and issues that Indigenous peoples living with disabilities and their families face every day.

In spite of these barriers, IDAM also celebrates the achievements of Indigenous peoples living with disabilities. It recognizes the significant and valuable contributions they make to our communities socially, economically and culturally.

IDAM was created by British Columbia Aboriginal Network on Disability Society (BCANDS) in 2015.

Since then, IDAM is now annually declared and recognized by the Provinces of British Columbia, Saskatchewan and Manitoba, the Assembly of First Nations, BC First Nations Summit, Métis Nation of BC, Council of Yukon First Nations, the Town of Inuvik, and hundreds of other organizations and communities across Canada.

IDAM is the only Indigenous disability-specific awareness initiative of its kind in the world.

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Awareness Month
(IDAM) brings awareness
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families face every day.

In 2017, the United Nations International Committee on the Rights of Persons with Disabilities recommended Canada officially declare November as Indigenous Disability Awareness Month.

You Can Proclaim IDAM
By working together in compassion
and respect, we can work toward a
Canada that is inclusive, equitable
and accessible for everyone. Show
your personal, organizational or
community support by recognizing
and proclaiming IDAM each year.

Join countless supporters across Canada by filling out a proclamation statement, sending it to us at <u>bcands@bcands.bc.ca</u> and sharing it widely!

Download your proclamation at <a href="http://www.bcands.bc.ca/indige-nous-disability-awareness-month-idam/">http://www.bcands.bc.ca/indige-nous-disability-awareness-month-idam/</a>

Learn more about BCANDS at <a href="http://www.bcands.bc.ca">http://www.bcands.bc.ca</a> and follow them at <a href="https://twitter.com/BCANDS1">https://twitter.com/BCANDS1</a>. <a href="https://twitter.com/BCANDS1">https://twitter.com/BCANDS1</a>.



Yes, I'd Like to Donate to DABC

Your support will help us continue our advocacy and frontline support of people living with a disability.

- ☐ \$50 will contribute toward the cost of matching a disabled family with accessible housing
- ☐ \$100 will help fund disability education workshops for doctors and social workers
- ☐ \$500 will support legal representation for a person with a disability who has experienced discrimination

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#### **How to Donate**

You can donate by cheque or online by credit card. You can choose to make a one-time or monthly donation. We will send a charitable tax receipt for any donation over \$10.

Cheque donations can be sent to our office, along with this tear off donor form. You can make a secure online credit card donation in seconds at <u>CanadaHelps.com</u>. Or, call us at 604-875-0188 and we will help you make your donation.

You can also support our work with an annual membership fee. Memberships are \$15 for individuals and \$25 for groups. Join at <u>disabilityalliancebc.org/</u> support-us.

Thank you for your support.

#### Travel Restrictions for PWD Recipients

| BY CELIA ARRUDA AND LEANNE ALBERT

People with disabilities have the right to live as equal and full participants in our communities. At DABC, we believe this includes the right to travel.

Many disability advocates like us want the Ministry of Social Development and Poverty Reduction (MSDPR) to change the legislation restricting the travel rights of people receiving the Persons with Disabilities (PWD) benefit. We see it as an infringement of their human right to freedom of movement.

Currently, MSDPR requires advance notice and documentation justifying travel outside of BC that will last more than 30 days. To receive PWD, you also cannot be absent from BC for more than 30 days in a calendar year.

Many people think this means 30 days in a row, but it means 30 days total in the calendar year. Because of this misunderstanding, recipients have been denied benefits—they were away too long or without proper justification.

Even though the regulations say that exceptions can be made to avoid undue hardship, we have found many people find it difficult to provide documentation the Ministry finds suitable. For example, the requirement to provide substantial documentation can cause undue hardship for recipients who need to leave the province suddenly for emergency reasons.

One client, "Mark," told one of our advocates that, after struggling to

take care of himself due to a serious physical health flare-up, he wanted to be with relatives in his hometown in Alberta who could help with his care. Mark did not have the mental capacity to report his absence to the Ministry and couldn't cope with the possibility of losing his benefits for any length of time. To avoid this undue hardship, he simply did not report his decision.

Like Mark, the upset from a sudden death or illness of a family member, or a person's own sudden illness, becomes compounded by the fear of losing benefits. Our clients tell us the Ministry often requires people with disabilities to provide so much documentation that it creates an increased amount of hardship at an already difficult time.

Not only do we feel that the rules are too rigid, but we believe the 30-day total for the year policy precludes the person with a disability's freedom of movement. PWD recipients should be free to travel, as long as they have an established residence in BC which they plan to return to within a reasonable period of time.

As Canadians, PWD recipients should have the right to their basic income when they leave the province or the country for personal reasons. We believe that the right to travel is a human right.

CELIA ARRUDA AND LEANNE ALBERT ARE ADVOCATES WITH DABC'S ADVOCACY ACCESS TEAM. ①

Mark did not have the mental capacity to report his absence to the Ministry and couldn't cope with the possibility of losing his benefits for any length of time. To avoid this undue hardship, he simply did not report his decision.

#### **BC Employment and Assistance Regulations**

Regulation 3 (17) The family unit of a recipient who is outside of British Columbia for more than a total of 30 days in a year ceases to be eligible for income assistance or hardship assistance, unless the minister has given prior authorization for the continuance of income assistance or hardship assistance for the purpose of:

- (a) permitting the recipient to participate in a formal education program,
- (b) permitting the recipient to obtain medical therapy prescribed by a medical practitioner, or
- (c) avoiding undue hardship.

#### **HIGHLIGHTS**

#### 2022/23 Accessibility Projects Grants

With generous support from the Ministry of Social Development and Poverty Reduction (MSDPR), Disability Alliance BC announced a Call for Proposals for funding community-based Accessibility Projects on August 15, 2022. Ultimately, 12 projects were selected for funding.

The following are some examples of the many ways these projects are promoting greater accessibility and inclusivity for people with disabilities across BC.

#### **Greater Vancouver Association of the Deaf**

IBPOC Deaf Interpreter Training for BC

The Greater Vancouver Association of the Deaf recognizes the growing demand for interpretation, translation services, and safe spaces and environments for Deaf Indigenous, Black and People of Colour (IB-POC) individuals in settings such as the airport, immigration services offices, hospitals, counselling and education. This project is working to address the current shortage by providing fast-track Deaf Interpreting training exclusively for IBPOC individuals.

#### Sacred Wolf Friendship Centre

Accessible Emergency Plan & Response Essentials

Through the Accessible Emergency Plan and Response Essentials project, Sacred Wolf Friendship Centre is providing people with disabilities from the IBPOC and 2SLBGTQIA+ communities with education, training, equipment and space to



ensure access to services and care during emergencies in the rural area of Port Hardy. This will happen through the creation of an accessible emergency response plan, emergency relief stations, an education/training toolkit and workshops, demonstrations on how to use and prepare supplies, and transportation support.

## Powell River Educational Services Society (PRESS)

**ROAR Social Network** 

The goal of PRESS is to create and test drive a working model for a social network designed to promote supportive and safe online relationships between people with developmental disabilities. The intention is to create a transferrable prototype website that can be used by "connected rural and remote communities" across BC or anywhere in

Canada – areas that, though isolated, have previously sponsored or hosted events that provide relationship opportunities for people with developmental disabilities. The pilot website can be found at ROAR – Respectful Online Affirming Relationships.

#### Nidus Personal Planning Resource Centre Association

Learn, Access, and Plan through Visual Storytelling

Nidus is developing high quality videos that incorporate storytelling elements to make personal planning information and resources more accessible. The videos will include self-advocates with disabilities sharing their personal experiences. When completed, they will be used to offer in-person and/or webinar training sessions to community partners.

Disability Alliance BC disabilityalliancebc.org

#### Yarrow Intergenerational Society for Justice

Intergenerational Chinatown
Disability Advocacy through Arts
跨代唐人街藝術助力身障人士計畫

This project has created a mutual aid care group, and a series of advocacy and arts workshops by and for Chinese seniors and youth with disabilities in Vancouver's Chinatown and Downtown Eastside. Eight monthly workshops are alternating between art, Chinese cultural dances and discussion based advocacy. The series will culminate in a showcase to share artistic projects with the broader community. Yarrow Intergenerational Society for Justice says, "Artistic, Chinese cultural, and dance spaces have been traditionally exclusionary of disabled folks. Offering tailored workshops with accessibility in mind is serving as a medium, to voice and combat ableist barriers that participants are facing."

#### Centro Italian Cultural Centre

**Amplified Voices Exhibition** 

The "Amplified Voices" exhibition celebrated the voices of 23 artists with disabilities working in glassworks, painting, textiles, film, sculpture, illustration and print media at II Museo Gallery in Vancouver. It also included public programming, such as a two-day panel talk with artists with disabilities, performances by All Bodies Dance, a Curator's Talk, and two disabilityled workshops centered around comfort and creative access. It also incorporated a low-sensory space, audio descriptions and Braille text,

access guides, an online shop, and a celebratory, soft opening with artists and their community members. This exhibition highlights the artists' stories about healing, sharing and connecting, in controlling their own narrative and challenging ableist methods of creating.

#### **BC Wildlife Federation**

Fishing Forever

The Fishing Forever program facilitates events that provide people with physical and developmental disabilities and their caregivers with a fun, educational day outdoors. Participants learn about the importance of conserving fish and their habitats, and experience a day

of fishing. The Accessibility Projects grant was used to expand the program by supporting new clubs to host events, marketing the program throughout BC, improving accessible infrastructure on event sites, and developing a toolkit to provide updated resources and materials for clubs.

DANIELLE GAULD IS ACCESSIBILITY PROJECTS GRANTS COORDINATOR AT DABC (https://disabilityalliancebc. Org/program/accessibility-projects). She has worked in the non-profit sector for over 30 years. She lives with chronic pain and illness, and is excited to be working in and with the disability community to promote accessibility.



#### My Journeys as a Person with Autism I BY JAKE ANTHONY

Unpredictability, excess sensory stimulation and the confines of air travel are challenges for some people on the spectrum.

Travelling can be rewarding and a lot of fun in many ways, but it can also be a tiring, stressful experience for anyone.

This is especially true for people like myself on the autism spectrum. Many people with autism thrive on routine, sticking to set plans and knowing what's coming next. But travel is unpredictable!

Sometimes schedules get thrown off, plans have to be changed at the last minute and you don't always know what to expect. For many people living with autism, "playing things by ear" does not come naturally.

When I vacationed on Vancouver Island each summer with the rest of my family as a child, I found it difficult to enjoy my time because there wasn't a set schedule for everything.

Even though vacations are supposed to be pretty laid back in terms of making plans, I often had a very hard time. It was difficult to relax and have fun when I didn't know what to expect each day.

#### Learning Strategies

As I got older, I learned how to be a lot more flexible dealing with a change in plans, as well as being able to relax and have a good time on a trip without needing everything to be pre-planned. It was



Even though vacations are supposed to be pretty laid back in terms of making plans, I often had a really hard time. It was difficult to relax and have fun when I didn't know what to expect each day.

really just a matter of accepting that a lot of things are out of my control, as well as focusing on being "in the moment," enjoying and paying attention to whatever is in front of me. Then I'm not constantly thinking of what's next or what I'm going to be doing during the rest of the day.

I also have some calming strategies to deal with anxiety while travelling which help me if I'm feeling stressed out. They range from deep breathing exercises to mindful meditation to going for walks. Challenges Around Air Travel Navigating airports and flying on airplanes can be challenging for folks on the autism spectrum, too, due to sensory sensitivities.

People who struggle with these sensitivities tend to find certain sounds, lights, textures and general surroundings difficult to deal with. Since both airport terminals and airplanes themselves are incredibly noisy, crowded and unpredictable, these environments can cause a lot of anxiety.

When I was travelling to a conference in Nashville, Tennessee, a 9:30pm flight was delayed until 12:45am because of bad weather. I was already tired after being in transit all day and now I was surrounded by a large group of people who, like me, were agitated about the wait. The airport was also put on tornado watch!

On top of all this, at some point when I was getting something to eat, I dropped my wallet. It wasn't until I was about to board the plane that I realized it was missing. Already overwhelmed and exhausted, I had a complete emotional breakdown in the middle of the boarding line.

Thankfully, I was travelling with my mother and a friend who were able to explain to the airport staff what I was going through. Eventually, I calmed down enough to be able to board the plane.

#### Consider Cruises

Vacations on cruise ships can be ideal for people with autism because so many of the activities and excursions, as well as the all-round daily schedule, are arranged ahead of time (please see *Cruises: A Comfortable, Accessible Way to Travel* on page 16).

You can choose to follow the itinerary of planned events on the ship, go ashore for all the excursions or enjoy a mix of both.

I went on a week-long Caribbean cruise with my family a number of years ago. I found the combination of "scheduled" and "relaxed" days during the trip provided me with enough structure, while still allowing me to enjoy everything along the way. The size of the ship also allowed me to find some space to be on my own when I was experiencing sensory overload.

#### Supporting Travellers on the Spectrum

When you're travelling with a person on the spectrum, it's important to remember that our emotional reactions to certain situations are in many ways a response to our surroundings. They are not directed at you personally. There are also times when our need for personal space in order to absorb what's going on around us and to self-regulate needs to be respected.

I also have some calming strategies to deal with anxiety while travelling which help me if I'm feeling stressed out.

They range from deep breathing exercises, mindful meditation or going for walks.

For those of us who still struggle with a sudden change in plans, it's also important to recognize that these changes can cause many people with autism to go into "fight or flight" mode, where their anxiety may reach a level of panic.

In those situations, take the time to help them calm down as you would with any other friend or family member in distress and remember that resistance to change isn't just the person "being difficult."

JAKE IS A DISABILITY RIGHTS ADVOCATE, MOTIVATIONAL SPEAKER AND ACCESSIBILITY CONSULTANT. HE HOLDS HIS PROFESSIONAL DESIGNATION AS A CANADIAN CERTIFIED INCLUSION PROFESSIONAL (CCIP) FROM THE CANADIAN CENTRE FOR DIVERSITY AND INCLUSION. AS AN ADVOCATE, JAKE IS PASSIONATE ABOUT WORKING TO CREATE A SOCIETY THAT IS BARRIER-FREE, INCLUSIVE AND WELCOMING FOR PEOPLE OF ALL ABILITIES. HE WAS ALSO A PROFESSIONAL ACTOR FOR MANY YEARS, IN THEATRE, FILM, TV AND COMMERCIALS.

## Remembering Dale MacCalder

DABC is very sad to report that Dale MacCalder, a longstanding member of the DABC reception team, passed away on September 20, 2023.

Dale was an important part of our organization, and he will be greatly missed. For those of you who came

into our office or called the main phone line, you may have spoken to him when calling to speak with our advocates, or in



person at our office. He was a calm and reassuring presence for our clients, staff and volunteers alike.

Dale often dyed his hair bright purple, and would wear T-shirts with jokes and puns on them. Here at DABC, we have fond memories of Dale that we will take with us to remember him by.

We are so grateful to have known him, and wish his family peace during this tough time.



#### **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.

Services and Programs Our Advocacy Access Program provides one-on-one assistance with provincial and federal (Canada Pension Plan Disability) income supports and other benefits. The Disability Law Clinic provides free legal advice to people with disabilities about human rights and discrimination. We also offer advice to people having problems with their disability benefits. Tax AID DABC helps people with disabilities living on low incomes to file their income taxes year-round. Access RDSP

helps people with the Disability Tax Credit and with opening a Registered Disability Savings Plan (RDSP). The Right Fit Program helps to match affordable wheelchair-accessible homes in the Vancouver region with people who need them.

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

Growing Partnerships We stay 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 help sheets in readerfriendly language. Resources are provided free of charge, either by mail or download.

You can support our work by:

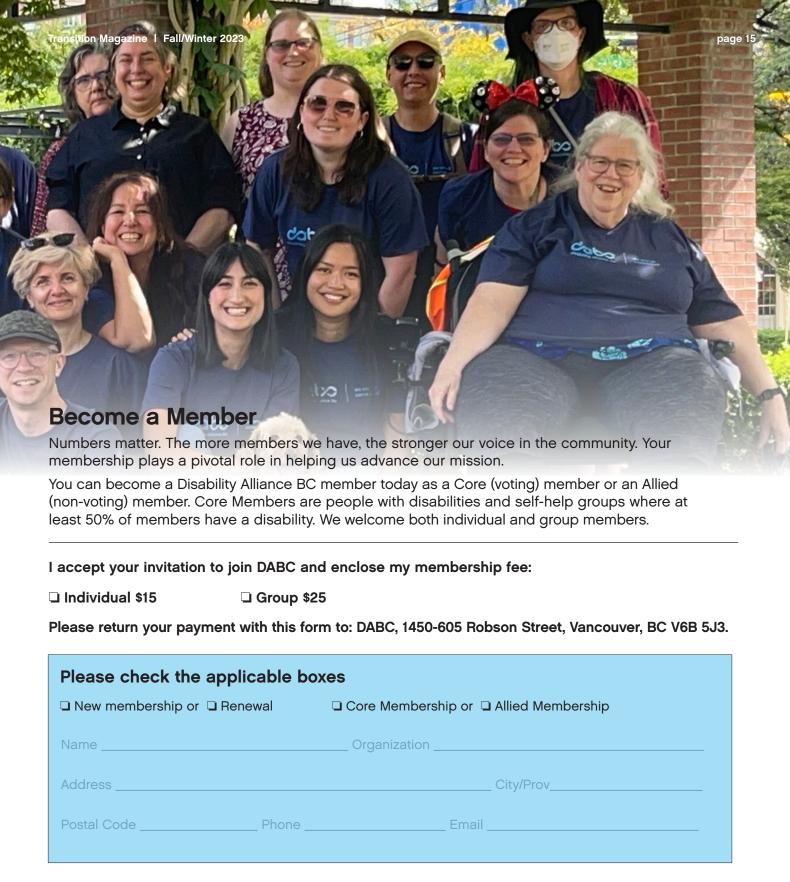
- becoming a member
- making a one-time or monthly donation
- advertising your business or organization in Transition magazine or our e-newsletter, or
- considering a planned giving legacy to DABC.

Learn more, donate or become a member at disabilityalliancebc.org/supportus. Or, fill out and return the form on the opposite page. Your support will help us continue our work on behalf of people with disabilities across BC.

#### Follow Us

Want to know more about our work? Check us out online.





#### We thank you for your support!

#### Cruises: A Comfortable, Accessible Way to Travel

by Laura Mackenrot

Have you ever been on a cruise? I have lived with moderate to severe disabilities all my life, and I have gone on over 25 cruises.

I've had severe arthritis since birth and, in my mid-twenties, I also lost all sight. Now in my forties, I am ambulatory, but need someone to push me in a wheelchair for long distances, such as in an airport or on a shore excursion.

A cruise ship is like a floating hotel that sails the seas. They have a vast variety of activities for passengers of all ages and interests, for singles, couples, families and elders.

You'll find casinos, stage shows, games, restaurants and entertainers. The cruise directors on board have planned for everyone to have a blast on their voyage!

As a person with disabilities, I am constantly astounded by the care and attention I receive from the ship's crew. For example, as soon as I enter a buffet restaurant, a hostess will ask if I would like to be shown around the food area, have the foods described and be walked back to my group with my choices.

If you aren't up for the buffet or any of the restaurants, you can have food service to your cabin pretty much any time of the day. Some ships provide different meals or drinks for cabin service depending on your cabin class and cruise line. Most of the food provided by room service is included or only modestly

priced. Staterooms are equipped with a mini fridge to store any leftovers, treats or medications.

Another plus: everything is nearby. A conventional vacation requires a lot of time dedicated to planning, sightseeing and commuting (often using taxis and buses).

A cruise offers amenities, activities and dining options near almost every point on the ship. As a traveller with disabilities, planning my energy throughout the day during a conventional vacation becomes quite the nightmare! Planning to rest during a day packed with activity is difficult at the best of times.

A cruise allows me to return to my cabin quickly if I need to rest, instead of enduring a possibly long and expensive commute to and from a hotel.

A cruise ship offers everything you might want on vacation. An array of stores for some retail therapy, a medical center staffed by an onboard physician, and spas that offer a range of beauty and wellness services, including therapeutic and relaxing massages.

If you use a fitness centre, there is a gym, pool, walking track and fitness classes led by crew members. If you feel more like relaxing, grab a pina colada and soak up some rays on the pool deck with some new friends!

Everything is conveniently situated near your room, if fatigue or pain set in. Personally, one of my favorite cruise days starts with a beautiful



Another plus:
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breakfast before relaxing on my balcony, listening to the waves crash and feeling the breeze caress my face. After a tasty dinner, I enjoy an evening comedy show or dancing.

And, cruises may be more affordable than you think. The price will depend on which cruise ship you choose and the length of the voyage. An upcoming three-day cruise along the West Coast will cost less than \$500 per person. I just completed a four-day cruise in the Caribbean which cost about \$1000 per person, not including gratuities or flights.

Some deals can be found at <u>www.</u> <u>vacationstogo.com</u>, a site that of-

And, cruises may be more affordable than you think. The price will depend on which cruise ship you choose and the length of the voyage.

fers discounts on cruises departing within the next 90 days.

However, you should always contact a travel agent or the cruise line directly if you have accessibility needs and would require a wheelchair accessible room. Accessible cabins are limited, so planning even one or even two years in advance is highly recommended. For most cruises, you can secure a cabin by paying a refundable deposit and completing payment a few months before your cruise.

Being a traveller with disabilities shouldn't stop you from answering your own call to adventure. Cruise ships are comfortable and convenient ways for travellers of all abilities and ways of life to experience the world and the joys of travel.

Don't let preconceived notions stop you from embarking on one of your bucket list destinations. Get out there and explore all the world has to offer!

LAURA IS A CERTIFIED EXECUTIVE
COACH WHO HAS FOCUSED HER
CAREER ON SUPPORTING PEOPLE
WITH DISABILITIES. HER BUSINESS,
BLIND AMBITION COACHING (WWW.
BLINDAMBITION.CA), FOCUSSES ON
HELPING LEADERS WITH DISABILITIES
REACH THEIR FULL POTENTIAL IN
ACHIEVING THEIR PROFESSIONAL AND
PERSONAL GOALS.

#### **UPDATE**

#### Canada Disability Benefit Act

n June 2023, after tireless advocacy from Canadians living with disabilities, Bill C-22, the Canada Disability Benefit Act, received Royal Assent.

This Act creates a new supplemental income for people living with a disability which aims to support financial security for a community that is twice as likely to live in poverty.

This is a momentous accomplishment that we can all celebrate. Advocacy organizations, led by Disability Without Poverty, will continue to keep the federal government's feet to the fire to deliver on the promise of the Canada Disability Benefit Act.

The Royal Assent does not implement the new Canada Disability Benefit. Cabinet must agree on a date when this legislation "comes into force" and then the regulatory process will begin.

It is this process that will determine important elements of the Canada Disability Benefit, such as eligibility, the application process, appeals process and the amount of the benefit.

Importantly, the federal government has committed to co-designing this program with the disability community and has pledged to do so in the legislation.

The expectations of the Canada Disability Benefit Act are high.

The Royal Assent does not implement the new Canada Disability Benefit. Cabinet must agree on a date when this legislation "comes into force" and then the regulatory process will begin.

For far too long, people with disabilities have relied on inadequate social assistance programs that trap them into poverty. These programs provide the bare minimum to survive and penalize those who are married or looking for employment. Support for people with disabilities is not universal across jurisdictions, placing many individuals at significant disadvantage.

People with disabilities need the Canada Disability Benefit up and running, now.

You can learn more about the Canada Disability Benefit and the work of Disability Without Poverty at <a href="https://www.disabilitywithoutpoverty.ca">www.disabilitywithoutpoverty.ca</a>.





The Right Fit is a multi-partner service designed to address the crisis in wheelchair accessible housing. We help match affordable, accessible homes and independent living supports with people who need them in the Vancouver region.

#### **Need a Vacant Accessible Unit?**

If you are a wheelchair user or an organization representing wheelchair users, please contact: Isabelle Groc, Right Fit Program Manager rightfit@disabilityalliancebc.org https://therightfitbc.org/

#### Have a Vacant Accessible Unit?

If you are a housing provider in the public or private housing market, and have an accessible vacant unit, or you would like to learn more about our Accessibility Checklist, please contact:

Dalton Finlay, Project Manager / Navigator
Individualized Funding Resource Centre Society

RightFit@IFRCSociety.org

604-777-7576

Disability Alliance BC (DABC) is the Right Fit's sponsoring organization and oversees the program. The Individualized Funding Resource Centre (IFRC) is responsible for client management.

Disability Alliance BC disabilityalliancebc.org

#### Air Travel with a Mobility Aid | BY SHAYNE DE WILDT

Managing the challenges to safety and dignity faced by travellers using mobility aids.

Air travel often presents challenges for people with disabilities, especially those of us who use mobility aids.

A core problem is the inconsistent accessibility protocols and features across airlines and airports. Some offer accessible facilities and services, but others don't, leaving passengers with disabilities uncertain and frustrated about what to expect. This really complicates travel planning and can lead to a disheartening and isolating experience.

If you've ever flown, you know that navigating through busy airports can also be very stressful.

Inadequate signage and long distances between terminals can make the journey physically and emotionally draining. Security procedures can be incredibly daunting, as well. People with mobility aids cannot go through security screening machines, so we are subject to invasive hand searches.

Plus, the unpredictability of flight schedules, delays or last-minute changes create another layer of stress, especially when specific accommodations or assistance are needed.

Airplanes have their own special problems! The confined space of airplane cabins is challenging. Seating arrangements may not accommodate specific needs which can make long flights an uncomfortable experience. Restrooms often lack proper accessibility features which has sometimes made it difficult

for me and other passengers with disabilities to travel with ease and dignity.

The risk of damage to or loss of your mobility aid during air travel is another ongoing concern and stressor. Mishandling these essential aids can completely disrupt the travel experience and hinder the autonomy people living with disabilities strive to maintain.

These issues and others pose challenges for those of us with mobility or sensory issues. And the insensitivity of untrained staff members, unfamiliar with the needs of passengers with disabilities, has sometimes made me feel vulnerable. The emotional toll of unmet needs and inadequate support, or even discrimination, can cast a long shadow over the travel experience.

To address these unfortunate realities, we need a collective effort. Airlines, airports, regulatory bodies and advocacy groups need to work together to establish and enforce universally accessible standards.

Imagine how comprehensive staff training, empathetic customer service and continual implementation of accessibility features would change air travel for people with disabilities. We would create an environment where air travel is genuinely accessible and accommodating. By working together, airports, airlines and staff could transform travellers' negative experiences into

Imagine how comprehensive staff training, empathetic customer service and continual implementation of accessibility features would change air travel for people with disabilities.

opportunities for empowerment and ensure that every individual can explore the world confidently and safely.

Recognition of the diversity of physical abilities and the importance of autonomy are crucial to creating a culture of empathy and understanding. By investing in accessibility solutions that encompass everything from booking to disembarking planes, the industry can pave the way for a seamless travel experience.

Involving people with disabilities in designing and evaluating travel accessibility will ensure that our unique perspectives are included and will help access to air travel become truly equitable for everyone, regardless of their abilities.

Until things get better, know your rights. Familiarize yourself with the Canada Transportation Act, Accessible Transportation for Persons with Disabilities Regulations <a href="https://lawslois.justice.gc.ca/eng/regulations/">https://lawslois.justice.gc.ca/eng/regulations/</a> SOR-2019-244/page-1.html.



## Spinal Cord Injury BC Travel Resources

A physical disability doesn't mean you can't travel. It does mean you need to be prepared for the unexpected and plan things a little bit differently.

Spinal Cord Injury BC (SCIBC) has created and compiled resources to help you fly with confidence, embark on your road trip with expertise or head out on your care-free weekend getaway, regardless of your level of ability.

This travel advice was collected from a community of travellers who have explored every single continent over several decades in their wheelchairs.

Your adventure is just beginning!

#### **Accessible Travel Guide**

SCIBC's Accessible Travel Guide will help you get the most out of your travel experience, regardless of your mobility level.

https://sci-bc.ca/info-centre/accessible-travel-guide-2018

#### **Access BC**

Learn more about the Access BC program. "Beautiful British Columbia" is a fact and SCIBC helps to make it accessible.

https://accessiblebc.ca

#### **Travel Stories**

Rekindle your passion for travel by reading these personal stories from members of the community. Discover accessible travel tips, recommendations and more.

https://sci-bc.ca/info-centre/accessible-travel/travel-stories

#### **Travel Videos**

From check-in to take-off, this accessible travel video series shows you everything you need to know about flying with a wheelchair.

https://sci-bc.ca/info-centre/accessible-travel/travel-videos

#### Know How You'll Go

Worried about taking care of your bathroom needs while on a flight? See this resource for tips and strategies for small spaces.

https://sci-bc.ca/wp-content/uploads/2019/10/know-how-youll-gohandout-2019 us-letter.pdf

Visit <a href="https://sci-bc.ca/info-centre/accessible-travel/">https://sci-bc.ca/info-centre/accessible-travel/</a> to find these resources and more.

#### Staying Close to Home: A Green and Budget-friendly Choice

Climate change is on a lot of our minds these days. So is wondering what we can personally do about it.

Choosing local travel over air travel to faraway places is one thing we can do that not only benefits the environment, but our savings, too.

Air travel is a major contributor to greenhouse gas emissions, so exploring close to home is an earth-friendly choice. It can also give you a deeper connection to your own region and community. You might find a park you didn't know about or a family business that makes one of your favourite foods!

Local travel is also more budgetfriendly. Longer trips by air or land mean more expenses like baggage Air travel is a major contributor to greenhouse gas emissions, so exploring close to home significantly reduces your carbon footprint and it can give you a deeper connection to your own community and region.

fees that all add up to an unaffordable option for many of us. Shorter, less expensive getaways may mean you're able to travel more.

Travelling close to home can be a lot less stressful, too. Long-distance travel often involves unexpected delays, jet lag and extended transit times that can be challenging when you live with a disability. Opting for nearby destinations means less opportunity for these big unknowns to disrupt your trip and more time to enjoy your destination.

The surge in eco-tourism and sustainable travel practices reflects an increased awareness of these kinds of choices. You can support local economies, contribute to a healthier planet and save money.

Most of us think "travel" and "vacation" mean going somewhere far from home. But, especially living here in "Beautiful British Columbia," there are many places nearby that could be your next inexpensive, rewarding getaway.



#### **KSW Lawyers**

Phone: 604-591-7321 Email: info@kswlawyers.ca

Surrey Office #220-7565 132 Street Surrey, BC V3W 1K5 South Surrey Office #206-15300 Croydon Drive South Surrey, BC V3Z 0Z5 Abbotsford Office #307-32615 South Fraser Way Abbotsford, BC V2T 1X8



#### Plan Institute Free Online Workshop

Becoming well-informed about wills, trusts and estate planning is necessary to secure the financial future of your loved one with a disability.

In this workshop, given by Plan Institute, you will learn how to arrange your estate, prepare a will, and understand the various ins and outs of setting up a trust for your loved one with a disability.

Because laws vary from province to province, this workshop may only be relevant to those within British Columbia.

What you'll learn:

- Why and how to write and update a will
- Ways to ensure your loved one is protected when family passes
- The types of trusts available for people with disabilities
- The various tax rate differences between trusts
- The roles and responsibilities of executors and trustees
- Tips for finding the right lawyer for you and your family

This is a pre-recorded version of the in-person workshop. It also features a live Q & A session with an expert

disability lawyer and a parent who will be available to answer your questions directly. The workshop can be viewed online from anywhere in BC.

The next workshop is December 7 from 7-8:15pm. You can register at https://planinstitute.ca/learningcentre/wills-trusts-and-estate-planning/.

This workshop was developed by Plan Institute, with the generous support of the Law Foundation of BC.







#### A free online program for people with disabilities to improve their digital literacy

Work one-on-one with an instructor in a virtual classroom from the comfort of your home. Cover topics based on your needs. Resources are available for basic digital literacy hardware and software.

#### Contact us today!

**T** 1 877 673 4636 **E** info@neilsquire.ca

www.neilsquire.ca/digitaljumpstart







#### Travelling as a Couple with Disabilities

BY STACEY FRANCIS

ravelling the world has been my dream for as long as I can remember. However, travelling by plane with a power wheelchair always seemed like a big ordeal, so I put aside my dreams—until I met my partner who's an experienced traveller.

Over the years, we've travelled to many places, including Las Vegas, Toronto, San Francisco, Seattle, Paris, Rome, Barcelona and London.

As you might guess, travelling with a partner who also has a disability and uses a mobility aid has its benefits and challenges!

One of the benefits is that researching destinations' accessibility is a no-brainer.

All along the way, we're both making sure everything we want to do and see is accessible—as much as possible, anyway. We can avoid a lot of the stress that comes from being excluded from activities that have been planned without accessibility in mind.

Other personal challenges come from travelling with my partner who has a speech impediment.

People often treat him differently because of it. They seem to think people with speech impediments are less capable.

When we were boarding a plane to New York City recently, one airline staff person said to another assisting my partner that my partner could not use his legs.

Once we were seated, I asked my partner if he had said this to the staff person. He hadn't told them anything like that!

My experience boarding the plane was entirely different. I guess because I don't have a speech impediment they didn't make any assumptions about me.

In spite of this kind of challenge and some uneducated views about disabilities, we've found travelling as a couple with disabilities rewarding and worthwhile.

We're always looking out for each other and our access needs are never forgotten. Neither of us are ever left out of activities and experiences in our travels.

STACEY ENJOYS GARDENING AND SPENDING TIME WITH SIMBA THE CAT.



In spite of this kind of challenge and some uneducated views about disabilities, we've found travelling as a couple with disabilities rewarding and worthwhile.

From all of us at DABC, we wish you a wonderful holiday season and a very Happy New Year.



## Support Programs for Medical Travel

#### Hope Air

For many Canadians facing serious health issues, getting the care they need isn't easy. Vital medical appointments and treatments are often far from home.

How do patients get there and how do they afford the costs? People experiencing an illness shouldn't have to worry about these things when they're trying to focus on their health.

Hope Air believes that all Canadians should have access to the health-care they need, regardless of where you live or if you can afford to travel. They are committed to easing the stress of "getting there" by providing families with free flights and accommodations.

Hope Air supports patients throughout every stage of their journey to wellness with the generous help of donors, partners and volunteers.

To alleviate the stress of travelling long distances by car or train, the company provides free flights, often through the generous donations of airline partners and volunteer pilots. Direct donations account for 70% of covering costs.

To support you once you arrive, Hope Air makes transportation readily available between the airport and medical appointments. They also strive to provide all Hope Air patients with a home away from home where they can relax and restore before and after medical treatments.

To learn more about how to apply, go to <a href="https://hopeair.ca/about/">https://hopeair.ca/about/</a>.



To alleviate the stress of travelling long distances by car or train, Hope Air provides free flights, often through the generous donations of airline partners and volunteer pilots.

#### BC's TAP Program

The Travel Assistance Program (TAP) helps reduce some of the transportation costs for eligible BC residents who need to travel within the province for non-emergency medical specialist services not found in their own community.

TAP is a corporate partnership between BC's Ministry of Health and private transportation carriers who agree to waive or discount their usual fees.

Eligible medical specialist services include:

- Non-emergency medical specialist services available at the closest location outside the patient's community
- Diagnostic procedures, laboratory procedures, diagnostic radiology, nuclear medicine procedures, BC Cancer Agency, Transplant Units, HIV/AIDS treatment at St. Paul's Hospital,

specialty clinics at BC Children's Hospital and other tertiary care hospital services

The following services are not eligible for TAP:

- Patient transfer from one facility to another
- · GP to GP referrals
- Supplementary benefit practitioner services (e.g., acupuncturist, optometry, physical therapy)
- Non-insured services (e.g., cosmetic surgery, experimental procedures, clinical drug trials, preventative medicine)

There are some eligibility requirements, but income testing is not one of them. To learn more, go to <a href="https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc.">https://www2.gov.bc.ca/gov/content/health/accessing-health-care/tap-bc/travel-assistance-program-tap-bc.</a>









#### Contact Tax AID DABC for Free Income Tax Assistance

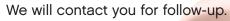
SPECIALIZING IN MULTIPLE YEARS OF RETURNS

Program Manager I Disability Alliance BC taxaid@disabilityalliancebc.org https://taxaiddabc.org

#### Book Your Appointment Online

You can book your appointment with DABC online at https://disabilityalliancebc.org/direct-service/file-income-taxes/tax-appointment/. We offer our services by phone, videoconference, email and mail.

Please send your tax slips and photo ID to taxaid@disabilityalliancebc.org.



Tax AID DABC helps people with disabilities in BC to file their income taxes. Please see details on the opposite page for our eligibility criteria.









#### CONTACT THE TAX AID REGIONAL PARTNER NEAREST YOU

- METRO VANCOUVER & FRASER VALLEY I VANCOUVER I DABC | 236-477-1717 | Toll Free 1-877-940-7797
- INTERIOR | KELOWNA | Ki-Low-Na Friendship Society | 250-763-4905 ext. 215

#### Yes, our income tax services are FREE.

#### Am I eligible for Tax AID DABC services?

We provide free tax-filing support to people receiving disability supports including: Persons with Disabilities (PWD), Persons with Persistent Multiple Barriers (PPMB), Canada Pension Plan Disability (CPP-D), WorkSafeBC (WCB) or the Disability Tax Credit (DTC). We also assist individuals with income below \$35,000 and those with family incomes below \$42,000.

#### What if I Haven't Filed Taxes for Years?

We help prepare simple income tax returns for the most recent tax year, as well as for previous years. One of our specialties is to help people who have multiple years of taxes to file.

#### What if I Don't Have All My Tax Documents (T5007, T4s)?

Don't worry! We'll contact government agencies to help you find them.

#### My Income is Low. Why Should I File Taxes?

There are many advantages to filing your income taxes! Our clients usually receive \$400 to \$600 in income tax credits for each year they file. People eligible for an income tax refund, and those with dependent children, often receive much more.

If you haven't filed your taxes for multiple years, your refunds may grow dramatically.

Other benefits you may be eligible for include:

- **GST Credits**
- BC Sales Tax and Climate Action Tax Credits
- Canada Workers Benefit
- Child Tax Benefits
- Registered Disability Savings Plan Grants and Bonds

Income tax filing can also help you qualify for MSP Premium Assistance coverage, subsidized housing, and other income-tested benefits.

#### New Drop Off Service

Have all of your tax slips ready? If you are living in Vancouver and your tax situation is straightforward, you can now drop off your tax information to our advocates for faster support. Bring in your ID and tax slips to our office. You can pick up your package when your taxes are ready.

#### What Should I Do Next?

Contact Disability Alliance BC or one of our Regional Partners. We'll set up an appointment to meet with you. Call us today! We're here to help.

#### CONTACT THE TAX AID REGIONAL PARTNER NEAREST YOU

- VANCOUVER ISLAND I VICTORIA I Together Against Poverty Society I 250-361-3521
- NORTHERN | PRINCE GEORGE | Active Support Against Poverty Society | Toll-Free 1-877-563-6112

**Disability Alliance BC** disabilityalliancebc.org



HELAINE BOYD EXECUTIVE DIRECTOR

DABC has opened up our office, offering both in-person and remote appointments.

However, please note that in-person services are available by appointment only.

Here is the contact information for our core programs—to book your appointment or ask about the services and support we can provide.

Thank you for your patience and stay safe.

#### **How to Access DABC Services**

#### **Advocacy Access**

If you need help with provincial disability benefits or CPP Disability, contact Advocacy Access:

advocacy@disabilityalliancebc.org

604-872-1278 or 1-800-663-1278 (Toll-free)

#### Tax AID DABC

If you are a person with a disability who needs assistance filing your income taxes, contact Tax AID DABC:

taxaid@disabilityalliancebc.org

236-477-1717 or 1-877-940-7797 (Toll-free)

Book an appointment online at <a href="http://disabilityalliancebc.org/direct-service/file-income-taxes/tax-appointment/">http://disabilityalliancebc.org/direct-service/file-income-taxes/tax-appointment/</a>

#### **Access RDSP**

If you need help with the Disability Tax Credit or Registered Disability Savings Plan, contact Access RDSP:

604-872-1278 or 1-800-663-1278 (Toll-free)

rdsp@disabilityalliancebc.org

https://www.rdsp.com/supports-and-services/

#### **Disability Law Clinic**

Our Disability Law Clinic can help with legal issues related to disability rights:

236-427-1108

lawclinic@disabilityalliancebc.org

#### The Right Fit

If you are a wheelchair user looking for wheelchair accessible housing in the Lower Mainland, contact The Right Fit: 604-777-7576

rightfit@ifrcsociety.org or rightfit@disabilityalliancebc.org www.therightfitbc.org

#### **Learn More About Us**

disabilityalliancebc.org/

Programs and Services
disabilityalliancebc.org/programs/

Core Program Brochures

disabilityalliancebc.org/category/publications/brochures/

# A PRACTITIONER'S GUIDE TO THE DISABILITY TAX CREDIT



Created by Access RDSP in partnership with Island Health Authority, with thanks to our funders BC's Ministry of Social Development and Poverty Reduction and the Vancouver Foundation. Download the booklet at: <a href="https://disabilityalliancebc.org/1-a-practitioners-guide-to-the-dtc-rdsp.pdf">https://disabilityalliancebc.org/1-a-practitioners-guide-to-the-dtc-rdsp.pdf</a>







vancouver foundation



#### Program and Project Funders

**BC Community Gaming Grants** 

BC Housing

Canada Mortgage and Housing Corporation

City of Vancouver

ESDC, Lu'ma Native BCH Housing Society

Insurance Corporation of BC

Island Health Authority

Law Foundation of British Columbia

Ministry of Social Development and Poverty Reduction

SPARC BC

TD Bank

Vancouver Coastal Health

Vancouver Foundation

#### **Dedicated Funders**

BC Hydro Employees Community Services Fund

Canada Helps Giving Fund

PayPal Giving Fund

Provincial Employees Community Services Fund

TELUS Employees Charitable Giving Program

And generous donors like you!

We gratefully acknowledge the financial support of the Province of BC and BC Housing.





# transition

#### digital only advertising rates

DABC's quarterly magazine, *Transition*, has gone 100% digital! Along with this new format, we've reduced our advertising rates.

For full details or to make a booking for your organization or business, please reach out to <a href="mailto:transition@disabilityalliancebc.org">transition@disabilityalliancebc.org</a>.

All ads are still 35% off for not-for-profit organizations (minimum cost per ad \$50)!

Transition Publishes 3 Times Each Year   Prices Shown are Per Edition							
Ad size I position	Number of editions booked						
	1	2	3				
COVER PAGES							
Outside back cover I 7 3/8"W x 6 1/2"H	\$1,238	\$1,069	\$956				
Front inside cover I 7 3/8"W x 9"H	\$788	\$713	\$656				
Back inside cover I 7 3/8"W x 9"H	\$713	\$656	\$563				
INSIDE PAGES							
Full page I 7 3/8"W x 9"H	\$694	\$585	\$480				
Large Vertical   4 7/8"W x 9"H	\$514	\$431	\$360				
Large Horizontal I 7 3/8"W x 4 1/4"H	\$488	\$416	\$349				
Medium Horizontal I 7 3/8"W x 2 1/2"H	\$225	\$188	\$158				
Medium Vertical I 2 1/4"W x 9"H	\$255	\$210	\$184				
Box I 4 7/8"W x 4"H	\$150	\$131	\$113				
Small I 4 7/8"W x 2"H	\$105	\$90	\$86				
Mini   2 1/4"W x 2"H	\$75	\$68	\$60				

#### Other Benefits of The Disability Tax Credit (DTC)

You may know that being approved for the Disability Tax Credit (DTC) can enable you to open a Registered Disability Savings Plan (RDSP). But did you know about the other benefits and credits it can help you access?

Contact DABC's Access RDSP Staff at Local: 604-872-1278, Toll-free: 1-800-663-1278 or rdsp@disabilityalliancebc.org.

#### If you're employed

The DTC will allow you to claim:

Up to \$737 through the supplement to Canada Workers Benefit (CWB)



#### If you have children

The DTC can help you claim:



- The Disability Amount for Children
- The Child Disability Benefit amount of \$3,173
- Increased child care deductions
- Age limit extension to Children's Fitness and Art amount (no longer available after 2016, but may be claimed for the previous year)

#### If you have a trust

The DTC might help you save on the taxes you pay on your earnings through:

- · Eligibility for qualified disability trust status
- Preferred beneficiary election option

#### If you own a home

You may be eligible for:

- Home Buyer's Amount of up to \$10,000! People with DTC do not have to be first-time home buyers
- The Home Accessibility Tax Credit, which covers certain expenses concerning accessibility-related renovations



#### If you have medical or caregiver expenses

The DTC can allow you to claim:

- Certain medical expenses (can also claim a Disability Supports Deduction) e.g. Attendant Care Services
- Caregiver Credit: People with DTC do not have to provide another supporting document from medical practitioners

#### If you're a full-time student

The DTC can allow you to claim:

• Certain education-related benefits



www.rdsp.com

Access RDSP Change your tomorrow today





Disability Alliance BC

