

Centering Access,
Dignity and Pleasure

Sex: It's For
Every-body

Sexual Services and
Intimacy Support

transition

The Magazine of Disability Alliance BC

SEX AND DISABILITY

identity * connection * pleasure * choice * intimacy

SUMMER 2026



A PRACTITIONER'S GUIDE TO THE DISABILITY TAX CREDIT



[DOWNLOAD THE BOOKLET](#)

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.



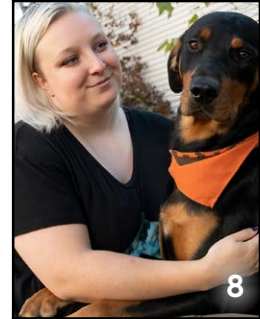
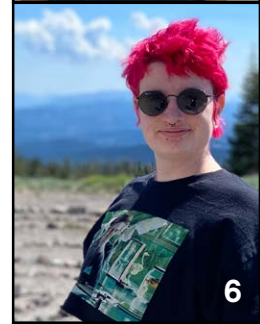
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editorial

Sex and Disability: Centering Access, Dignity and Pleasure | by Ashleigh Turner

Disability is not a singular experience. It can be experienced many ways, spans visible and invisible conditions, and physical and cognitive realities.

Any meaningful conversation about sex and disability has to begin with that understanding. There is no one-size-fits-all approach. Sexual health services, education and care that are genuinely supportive are grounded in flexibility, accessibility and a commitment to meeting people right where they are.

It's true, there has been progress. Increasingly, conversations around disability are beginning to acknowledge a truth that should never have been overlooked: people with disabilities have sex, and they deserve pleasure, autonomy and fulfilling sexual lives. Services, resources and education are evolving, but they remain uneven and often inaccessible.

Events like SIXpo (Sexuality, Inclusion and Exploration), last held in 2023, offer a glimpse of what is possible. This was a sex-positive, inclusive gathering shaped through collaboration of people living with disabilities, service providers and community organizations. SIXpo specifically focused on individuals with cognitive disabilities, but the broader message resonates across the disability spectrum: awareness, inclusion and support need to expand for everyone.



Increasingly, conversations around disability are beginning to acknowledge a truth that should never have been overlooked: people with disabilities have sex, and they deserve pleasure, autonomy and fulfilling sexual lives.

Invisibility

When people living with a disability look for sexual health services and clinical care, one of the challenges is invisibility.

At Options for Sexual Health, when we are asked whether services are reaching people with disabilities, the answer is often "we're not sure." Why?

Many people choose not to disclose their disabilities. They have real concerns about stigma, discrimination or how they will be treated within healthcare and educational systems. And this silence comes at a cost—preventing people from accessing the care and support they need and deserve.

We need environments where disclosure around sexuality is safe, respected and met with appropriate, informed care.

Myths and Beliefs

Transition readers won't be surprised to hear that harmful beliefs also persist. Bodies that move, function or respond differently are

too often treated as problems to be corrected, rather than expressions of human diversity. This stigma can even extend to those who experience some discomfort or pain during sex, particularly for those living with disabilities. Sexual health includes a commitment to reducing pain, as well as shame and stigma, adapting experiences and prioritizing pleasure and well-being.

Consent

For individuals with cognitive disabilities, the barriers are compounded by assumptions about capacity and consent.

Concerns about exploitation are real and need to be addressed, but they cannot justify blanket restrictions or the denial of agency.

The important question is whether people are being given accessible, meaningful information that supports their ability to make informed decisions. Consent is not about exclusion. It is about empowerment through understanding.


Lived Experience

A guiding principle in this work is clear: nothing about us, without us. People with disabilities need to be actively involved in shaping the programs, services and policies that affect them. Their lived experiences provide essential insight that cannot be replicated from the outside. At the same time, this involvement must be ethical, supported and free from exploitation. Many organizations are not yet equipped to fully embrace this approach which allows barriers to persist.

Breaking these barriers means rethinking systems, investing in inclusive education and ensuring that sexual health services are accessible, adaptive and affirming.

Living with a disability does not diminish a person's right to intimacy, sexual expression, sexual identity or autonomy.

These are not privileges; they are fundamental aspects of being human. It's up to all of us, those with disabilities and those without, to celebrate diversity and embrace the right to an enjoyable, pleasurable and healthy sexual experience!

ASHLEIGH TURNER IS THE COMMUNICATIONS AND COMMUNITY ENGAGEMENT DIRECTOR FOR OPTIONS FOR SEXUAL HEALTH, AND HAS WORKED IN THE FIELD OF SEXUAL AND REPRODUCTIVE HEALTH FOR ALMOST TWO DECADES. DURING HER WORK WITH OPTIONS, ASHLEIGH HAS WORKED WITH THE SIXPO TEAM ON THE CONFERENCES HELD IN 2021 AND 2023 AND HAS EXPERIENCED FIRSTHAND THE NEED FOR MORE INCLUSIVE CARE FOR FOLKS WITH DISABILITIES. SHE LIVES WITH AN INVISIBLE DISABILITY. 

Meet Options for Sexual Health

Options for Sexual Health is a BC-based non-profit providing inclusive, sex-positive and pro-choice sexual health care and education. They operate over 40 sexual health clinics across BC, offer sex-ed in schools, as well as a Sexual Health Educator Certification.

They conduct outreach through both digital and physical spaces, and offer free confidential phone and email support through their Sex Sense program. Sex Sense answers questions about sex, sexual health and sexuality from an evidence-based perspective.

As an organization, Options recognizes and supports the importance of access to nonjudgmental inclusive care and information, provided through an intersectional lens. Options' mission is to champion and celebrate the sexual health of all people in BC by supporting, providing and promoting inclusive and accessible health care and education.

Questions? Reach Out to Sex Sense



Phone and email service
Monday to Friday, 9 am to 9 pm
1-800-739-7367
sexsense@optbc.org
OptionsForSexualHealth.org

Sex: It's for Every-body! | by Kaylan van der Marel

Why don't we reframe the word "sex" away from this single act? It could be much more broadly defined as "any consensual form of intimacy or connection which brings about pleasure."

Folks with disabilities are not or cannot be sexual, right?

Uh, wrong! But many of us, living with disability or not, tend to believe it. The reality is that people with disabilities are as capable of feeling and identifying with sexuality as anyone else.

Sexuality is a part of life for most people, including those with disabilities. So why is it that folks with disabilities are often labelled as asexual, when so many do not identify that way?

I think it's from the discomfort with sexuality in general, and especially sexuality that may look different from what people typically think sex "should" look like. So let's talk about it!

First, let's be honest, this discomfort is pretty common. There are many experiences that form each person's beliefs, but there are some overarching ones that are part of discomfort around sex.

There's the culture that folks are raised within, plus their family's beliefs and values. Religions can also

play a role in beliefs around sexuality, such as abstinence as a moral expectation until marriage.

Also, society broadly impacts us at many levels including who we interact with and become friends with, our schooling and education (including what sex education we receive), work experience, media and more.

So what does all this have to do with disability specifically?

Thinking about each of these ways individuals learn about sexuality, how many of them include any consideration of people who live with a disability?

Unfortunately, there is very little sexual "representation" that isn't someone who is thin, white and able-bodied.

If we don't see people with a disability being sexual, it's not possible, right? No, it just means that representation needs to be broader so more and more of us are included and visible.

And, another thing. What is sex and how is it currently represented?

The most common act people think of when they hear or say the word "sex" is penis in vagina penetrative sex. This is a very limited way of describing all the ways people of



various genders and combinations can come together to experience pleasure.

Why don't we reframe the word "sex" away from this single act? It could be much more broadly defined as "any consensual form of intimacy or connection which brings about pleasure."

Doesn't that make sex so much more accessible, personally-defined and pleasure-focused?

With our new expanded definition, it becomes easier to see how folks living with disabilities are capable of experiencing fulfilling sex. This can include all kinds of intimacy as well as practical "accommodations" like different physical positions, equipment or toys, and more.

Of course, consent still remains a fundamental part of expressing sexuality. Individuals need to be able to fully grasp what it is they are consenting to.

Unfortunately, there is very little representation within sexuality of anyone that isn't thin, white and non-disabled. If we don't see people with a disability being sexual, it's not possible, right?

The ways we approach that communication may change depending on who it is we'd like to have sex with (for example, whether it needs to be verbal or something else), but the fundamentals of consent remain the same.

As long as folks are able to give an authentic, enthusiastic "Yes," they should not be barred from having sex. This is the business of only

those consenting individuals and people they may require help from.

The barriers for people with disabilities come from all of these factors, but there's another aspect too.


There is discomfort with the idea that sex is an important part of disability support care.

Pleasure is for everyone, folks with disabilities included. Talk with your

partners. Come up with boundaries and explore the space within together. Get excited about sex and what it means for you.

Disabled or otherwise, take notes from folks who are and give yourself permission to get creative with sex.

After all, it's for every-body.

KAYLAN VAN DER MAREL (THEY/XE) IS A SEX EDUCATOR WITH A FOCUS ON ADULT SEXUALITY FOR THOSE WITH DISABILITIES. THEY VERY MUCH ENJOY GETTING TO SHARE XER KNOWLEDGE ON ALL THINGS SEX, SEXUALITY, GENDER, KINK, AND OTHERWISE TO HELP BRING MORE PLEASURE TO THE LIVES OF THOSE AROUND THEM. 

Check Out Kaylan's Resources

Here is a short list of resources around sex and disability, including positioning suggestions, guides for greater self-esteem and confidence work, disability justice, and other aspects of positive relationships and disability.

[PleasureABLE: Sexual Device Manual for Persons with Disabilities](#)

A comprehensive guide outlining products and how they can be adapted for use—anatomy, safety, lube, positioning and more.

[The Ultimate Guide to Sex and Disability](#)

This book is a complete guide for people about different kinds of disability, how they relate to sex and how to adapt sex for them. Written by a medical doctor, sex educator and disability advocate, it encourages and supports people living with disabilities.

[Come As You Are](#)

Originally a sex store in Toronto, this website offers a variety of information pamphlets on topics related to gender, sexuality and toy use, including a pamphlet on disability and sex.

[Ro.co Health Guide](#)

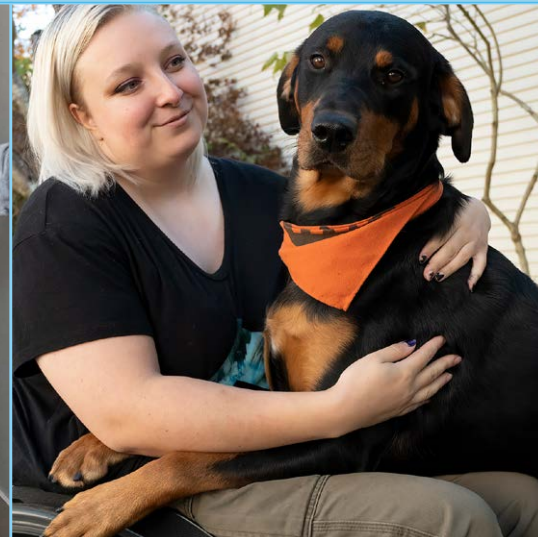
A guide for some specific positioning suggestions.

[Sieccan.org Info Sheets](#)

While specifically aimed at youth, these information sheets on physical disabilities, sex and relationships are helpful for all ages.

[Sieccan.org Info Sheets for People with Autism](#)

Also primarily aimed at youth, these information sheets cover sex and relationships for individuals living with autism.



PROGRAM FUNDING CUT

In March 2026, DABC learned that our federal Reaching Home funding for the **Right Fit Program** would not be renewed, after six years of continuous support. This decision was unexpected and placed the future of our program at immediate risk.

This program supports wheelchair users in finding accessible housing, preventing homelessness, institutionalization and unsafe housing situations for people with disabilities. Since its launch, the program has helped **373 individuals** secure stable, accessible housing.

After some concerted advocacy, we have now secured partial funding from Reaching Home. However, it **covers only 38% of the annual costs** required to operate the Right Fit Program in Vancouver. As a result, we cannot continue operating at full capacity and the long-term future remains uncertain.

If you have the financial capacity to make a donation to our Right Fit program, we would be grateful for your support during this time. This will directly help to ensure that we continue operating while we work to advocate for stable, long-term funding.

- ➔ [Donate to the Right Fit Program](#)
- ➔ [See the Media Coverage](#)
- ➔ [Watch a Video of our Press Conference](#)

Please stay tuned to our blog and socials for up-to-date news on this crucial program.

Sex Work and Living with Disability | by Anonymous

My body was often framed by others, and sometimes by myself, as something fragile, something to manage, less capable of being sexy, and something separate from pleasure.

For much of my life, my relationship to my body was shaped by limitation. I live with fibromyalgia and there were years when being able to walk a single block felt uncertain, where pain and fatigue dictated the boundaries of my world.

My body was often framed by others, and sometimes by myself, as something fragile, something to manage, less capable of being sexy, and something separate from pleasure.

Even when they weren't said out loud, these ideas show up in absence: in the lack of representation, in cultural discomfort, and in how sexuality and disability are rarely discussed together. This narrative does not reflect reality.

Providing accessible services for people with disabilities doesn't stop at ramps.

Access needs exist around intimacy, too. What does that look like? It includes clear communication, ongoing consent and adapting experiences to each body. These aren't limitations, they are skills.

In my work providing services and intimacy support, I work with people who use wheelchairs or other mobility aids, or have cerebral palsy, autism or other kinds of disability. They have fetishes or fantasies rarely acknowledged in mainstream spaces.

I've found that disability does not diminish sexuality. In fact, it often deepens it through more intentionality, communication and trust.

We need to discuss access needs carefully and make personal amendments to what non-disabled people often take for granted. We alter things to work with different mobility issues or assistive devices. Because of this, things often slow down and become more intentional.

For me, intimacy work is also sustainable in a way traditional jobs weren't. Short sessions replace eight-hour days, plus commutes. I control my schedule. The income supports me, allowing me to work part-time which is vital for many of us whose disabilities make full-time work difficult.

This work has allowed me to manage my condition in ways that other types of work don't even come close to. I am able to afford the medications, physical therapies and counselling that have helped me improve my conditions astronomically.

My symptoms are much more manageable with the time I am able to dedicate to my health. Many sex workers I know share these kind of experiences.

Every day, I see the truth: sexuality is inherent for most people. The limitation is in how narrowly society defines it. When we expand that


definition, allowing for variation, access and care, we create a more honest and truthful understanding of intimacy.

Disability is not outside sexuality. It reveals how expansive sexuality can be.

In my work providing services and intimacy support, I work with people who use wheelchairs or other mobility aids, or have cerebral palsy, autism or other kinds of disability.

When we break the silence around disability and sexuality, we dismantle assumptions that limit everyone. Recognizing that all bodies are worthy of pleasure creates a world where diversity in intimacy is expected, not marginalized. When we welcome these conversations, we move toward a more equitable and compassionate society—one where everyone's humanity, desires and needs are seen and honoured.

Please note: Although some progress has been made toward decriminalization, many aspects of sex work are still criminalized in Canada, including purchase of sexual services.

THE AUTHOR WISHED TO REMAIN ANONYMOUS. 



transition MAGAZINE podcast

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Do you prefer audiobooks and podcasts to print media? Are you already a fan of [Transition magazine](#) or have you been meaning to check it out? You're in luck!

We're excited to announce that Transition is now also available as a podcast on [Spotify](#) and [Substack](#), starting with the Fall/Winter 2025 Edition.

Check it out on your favourite platform (search: Transition Magazine Podcast or visit the links above) and be sure to follow us so you don't miss future episodes.

You can now keep up with DABC, and the engaging disability conversations we want to share via Transition PDF, text-only documents and podcasts.

Thank you for listening!

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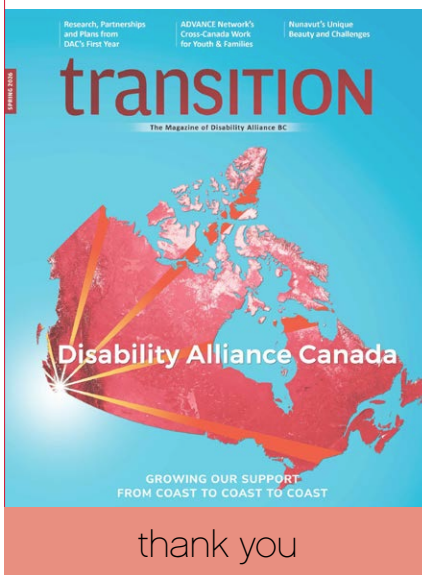
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- organization (if applicable), and
- a phone number (optional).

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become a member

You can also receive Transition and support DABC by becoming a member. Visit our [Membership Page](#) to learn about your membership benefits and what your membership means to us.



thank you

Clinic Supports Women with Complex Care Needs

BC Women's Hospital, Access Clinic provides gynecological and sexual health care for people who cannot access these services in their primary care provider's office due to complex care needs.

This includes women and gender diverse people assigned female at birth (AFAB), ages 16 and over, living with physical or intellectual disabilities; people with previous traumatic pelvic exams; people with a history of sexual abuse/assault; or people with obesity who require specialized equipment such as a ceiling lift.

The clinic is currently run by two female nurse practitioners. They accept self-referrals, but encourage anyone who is considering their services to discuss it with their health care provider and ask for a referral.

One Woman's Story


Born with spastic quadriplegia cerebral palsy, Kurstyn Froud has handled all sorts of health challenges.

She has found one area often neglected by health professionals is her sexual health. That changed when she discovered BC Women's Hospital's Access Clinic.

"For the first time, I had my questions answered," she says. "People with disabilities have the same

"For the first time, I had my questions answered," she says. "People with disabilities have the same desires as any other individual."

desires as any other individual. But I would never bring that up with other doctors because when I tried, they wouldn't sit down and explain things to me about what would happen if I got pregnant."

Learn more about the [Access Clinic](#) and read Kurstyn's [full story](#). 

WHAT WOULD YOU LIKE TO
KNOW MORE ABOUT?

Sexuality, Choice & Intimacy

Disability Visibility

Disability Intimacy: Essays on Love, Care, and Desire

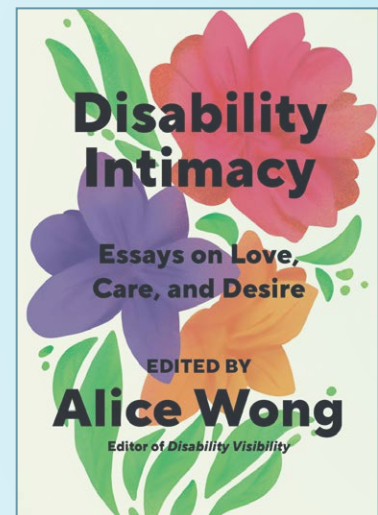
The book, which the author organizes partially around the central value of "tenderness," delves into topics such as love, creativity, care, and power, all while treating intimacy as a vast and multifaceted concept that can be applied to individuals just as easily as collectives.

The contributions include a photo essay about care work, a poem about kissing, and a hybrid essay about "Bondage, Domination / Discipline, Service / Submission, Sadism and Masochism" also known as BDSM.

Just like Editor Alice Wong's introduction, which includes both a confession about her romantic history and a gloriously poetic description of her sexual desire, most contributions are intensely confessional, inviting readers into the writers' lives with radical, compassionate love and encouraging them to rethink their traditional views of everything from sex to love to care.

A poignant anthology about ability and intimacy that espouses a gorgeously original worldview.

Excerpted from book webpage.



💧💧 A poignant
anthology
about ability
and intimacy
that espouses
a gorgeously
original
worldview.

Spinal Cord Injury BC Sexual Health Centre

Check out Spinal Cord Injury BC's (SCI BC) sexual health centre and library for people living with spinal cord injury.



The main audience is people living with spinal cord injury, but there are many resources for anyone interested in disability-related sexual conversations and information.

Here are just a few of the resources you can find on [their site](#).

- Videos
- Social Life and Sex
- Debunking Sexual Myths
- Redefining Sex
- Sex Life and Well Being
- Talking to your Doctor
- Adaptive Devices

- Peer Stories
- How I Overcame the Stigma of my Wheelchair–Man Repeller blog
- Picture This: Sex Disabilities and Queerness–National Film Board

GF Strong Rehab Centre Sexual Health Rehabilitation Service

The Sexual Health Rehabilitation Service is a team of rehabilitation nurses who specialize in sexual health and disability. Working alongside a doctor and other community resources, they offer confidential education and support to improve sexual wellness.

Community-Based Research Centre (CRBC) Sex and Disability Resource list

Discussions of sex and disability don't get the attention they deserve and people can't find resources they need. This list focuses on disability justice, accessibility and the vibrant sexual possibilities open to people with disabilities.

Inclusion BC Love, Dating and Disability

Love is for everyone.

Whether it's romance, friendship or any deep connection, we all deserve relationships that make us happy. For people with intellectual and developmental disabilities, stigma and a lack of sex education make this much more complicated than it should be.



Whether it's romance, friendship or any deep connection, we all deserve relationships that make us happy.

Real Talk

Real Talk is a sexual health initiative aimed at people living with cognitive disabilities that offers events, workshops, trainings and social groups. Their videos show real-life situations and honest conversations. People of all ages, all genders, all orientations and all abilities get together and speak openly about everything to do with dating, love, relationships and sex. Videos cover a range of topics, including:

- Consent • Dating • Love and intimacy • Pleasure • Rights • Risk • Safer Sex • Sexual identity • Surviving and Thriving • Information for Supporters



Contact Tax AID DABC for free income tax assistance and other tax-related issues.

We can file multiple years and self-employment taxes.

We offer drop off services and one-on-one appointments in-person, over the phone, through video conference, by email or by mail.

CONTACT US

- Call or text 236-477-1717
- Email taxaid@dabc.ca
- Book your appointment online <https://www.taxaid.janeapp.com>
- Visit <https://taxaid.dabc.org>



Tax Assistance & InFormation For People with Disabilities



CONTACT THE TAX AID REGIONAL PARTNER NEAREST YOU FOR LOCAL SUPPORT

- LOWER MAINLAND (AND ALL OF BC) | 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 people with disabilities with income below \$35,000 and those with family incomes below \$42,000.

What if I Haven't Filed Taxes for Years?

We can help people file their taxes for up to 10 previous years.

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

Don't worry! We will help you locate tax slips that the government already has on file.

My Income is Low. Why Should I File Taxes?

There are many advantages to filing your income taxes! Our clients usually receive \$500 to \$900 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 Credit
- Canada Workers Benefit
- Canada Child Benefit
- 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.

Drop Off Service

Have all of your tax slips ready? If you are living in Vancouver and your tax situation is straightforward, you can 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 FOR LOCAL SUPPORT

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

Vancouver Service Helps Clients Connect with Their Senses

For years, Spencer Williams felt he was missing something in his love life.

The 26-year-old Vancouver university student and freelance writer has cerebral palsy. He says he meets lots of potential sex partners, but had trouble finding what he was looking for.

“I thought, if something didn’t happen now, I was going to die a virgin.”

Then, he Googled “sexual services for people with disabilities.” That’s how Williams found a clinical sexologist and intimacy coach at Sensual Solutions in Vancouver.

“I answer a lot of anatomy questions,” the coach said. “I answer a

lot of questions about intercourse, about different ways that we might be able to help a client access their body.”

Each session is different, depending on the person’s level of comfort and experience. She said that some people with disabilities are touched often by care aids or loved ones who are assisting with everyday activities such as getting dressed or eating.

But her clients tell her that despite that frequent physical contact, the lack of “intimate touch” can leave them feeling isolated, depressed or even “less human.”

Highlights of Sensual Solutions' Mission

- To assist clients to explore deep intimacy and their sexual identity through ethical service.
- To enhance overall health in the lives of men, women, and couples with physical challenges or impairments, including LGBTQ2S nation wide.
- To help demystify sex and disability for an ableist world.
- To be a catalyst for sexual health and education for those who serve the disabled community, and much more.

Excerpted from an [online article](#) at CBC Radio.

1-604-836-6484
sensualsolutions.ca



Free Employment Support for People with Disabilities

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www.neilsquire.ca/creativeemployment



Funded in part by the Government of Canada's Opportunities Fund for Persons with Disabilities



transition

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

Planning Team Helaine Boyd, Liss Cairns, Sarah Grindlay, Chloe Krause, Cynthia Minh, Nilofaur Samadi, Lauren Stinson, Ann Vrlak

Editor | Designer Ann Vrlak

Cover Designer Fiona Gamiet

Administrative Assistant Livia Turnbull

Proofreaders Chloe Krause, Danielle Gauld

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Contact Us

Disability Alliance BC
1450-605 Robson Street,
Vancouver, BC V6B 5J3
T: 604-872-1278 F: 604-875-9227
transition@dabc.ca

Traditional, ancestral, and stolen Territories of the Musqueam (x^wməθk^wəyəm), Tsleil-Waututh (Səlilwətaʔ/Selilwitulh) and Squamish (Skwxwú7mesh Úxwumixw) Peoples.

Visit the Transition Library



Become an ADVOCAT!

In March of this year, Disability Alliance BC officially launched our monthly donor club, the Advocats.


Advocats are supporters of DABC who choose to give monthly.

Monthly donations sustain our disability rights work all year long and allow DABC to plan ahead, respond when it matters, and continue advocating for the rights and dignity of people with disabilities in our community. Any amount you choose to give makes a difference.

We invite you to become an Advocat and join a growing community committed to disability rights and justice.

As a token of our appreciation, monthly donors will receive an Advocats pin of their choosing!

- [Become An Advocat Today!](#)
- [See Our Pins!](#)

Once you have signed up to become an Advocat, we will contact you to confirm which of our amazing pins you would like! 



Notes from DABC HQ

Things You Should Know About the Disability Tax Credit

New research from the Canadian Tax Observatory finds that 84% of people with disabilities do not have Disability Tax Credit (DTC) certification and therefore can't access the other disability programs for which it is a prerequisite.

The Disability Tax Credit (DTC) is one of the most important gateway benefits for people living with a disability. It's a requirement for setting up your Registered Disability Savings Plan (RDSP), Canada Disability Benefit (CDB), and many other benefits.

Here are a few important updates about the DTC announced in Spring 2026.

New report on the limits of the Disability Tax Credit

New research from the Canadian Tax Observatory finds that 84% of people with disabilities do not have Disability Tax Credit (DTC) certification and therefore can't access the other disability programs for which it is a prerequisite. Their new report, authored by Dr. Gillian Petit, explores the barriers to accessing the DTC.

Read the report and learn more here: [Broken Links: Poverty and the limits of the Disability Tax Credit.](#)

New Paper on Increasing Access to the Disability Tax Credit

Momentum, in partnership with other organizations, has published a paper titled *Increasing Access to the Disability Tax Credit: Establish-*

ing Alternative Pathways to Confirm Disability Tax Credit Eligibility.

This paper proposes another way to grant automatic Disability Tax Credit eligibility to people already receiving disability benefits through provincial or territorial social assistance programs.

Read the full report and a plain language summary at [Momentum.org](#).

Canada's Economic Update 2026

In April this year, the federal government released its [Spring Economic Update](#), and DABC has compiled some key proposals relevant to people with disabilities. Many of these proposals relate to the Disability Tax Credit and are set to apply to DTC certifications from 2027 onwards.

Changes to the Home Buyer's Plan and Labour Mobility Deduction for Tradespeople were also announced.

For more details about the announced changes, please [visit our blog](#).

Reach Out to Access DTC

Please contact DABC's Access DTC Program to make an appointment with an advocate to learn more about the DTC application process:

Local tel: 604-923-8136

Toll Free 1-800-663-1278

dtc@dabc.ca



We're Moving!

May 5, 2026 marked a major milestone for Disability Alliance BC! Vancouver City Council has officially approved our appointment as Lead Tenant for the new non-profit office space at **41st and Cambie in Vancouver**.

We are overjoyed to have been selected, alongside our valued partners [Seniors First BC](#) and [Vancouver Black Therapy and Advocacy Foundation](#). We have lots of work to do as we prepare for the move later this year.

This move will provide us with much-needed **additional space** to better support our staff, volunteers and clients. We are excited for the opportunity to collaborate with our new partners to create a **welcoming space** where individuals with disabilities, seniors and members of the Black community can access necessary and specialized supports.

The new office space will be easily accessed by **public transportation** and will be **designed with accessibility top of mind**. All three of our organizations are guided by **trauma-informed principles**, ensuring that the new space will be intentionally **inclusive and welcoming**.

Thank you to the City of Vancouver for providing us with this opportunity to grow as an organization.

We look forward to sharing on the progress of our move through our e-newsletter, blog and social media.



Thank you
for helping
us grow.

Program and Project Funders

- BC Community Gaming Grants
- Canada Mortgage and Housing Corporation
- Canadian Medical Association
- Capital Regional District
- Catherine Donnelly Foundation
- City of Vancouver
- Employment and Social Development Canada
- 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
- Prosper Canada
- Real Estate Foundation of BC
- Vancouver Foundation

Dedicated Funders

- Alacanastu Family Foundation
- BC Hydro Employees Community Services Fund
- Canada Helps Giving Fund
- PayPal Giving Fund
- Provincial Employees Community Services Fund
- TELUS Employees Charitable Giving Program

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





disability alliance canada

Now supporting people
with disabilities coast
to coast to coast.

Call

(604) 606-4160

Email

General

info@disabilityalliancecanada.ca

CPP-D Assistance

cppd@disabilityalliancecanada.ca

DTC Assistance

dtc@disabilityalliancecanada.ca

Online

<https://disabilityalliancecanada.ca>

Instagram

<https://www.instagram.com/disabilityalliancecanada>

Facebook

<https://www.facebook.com/DisabilityAllianceCanada>

LinkedIn

<https://www.linkedin.com/company/disability-alliance-canada>

Looking for Information on Benefits?

DABC's most downloaded publications are our **free** self-help sheets on various BC disability benefits and related topics.

Learn about benefits, your rights, and how to apply and appeal. All of the help sheets below are available in English, Arabic, Persian, Punjabi and Spanish.

- The Persons with Disabilities (PWD) Application
- Checklist for the Persons with Disabilities (PWD) Benefit
- Monthly Nutritional Supplement (MNS)
- Appealing Denial of the PWD Benefit: The Reconsideration Request
- Appealing Denial of the PWD Benefit: The Appeal Tribunal
- The Persons with Persistent Multiple Barriers (PPMB) Benefit
- Health Supplements for People with Disabilities
- Trusts for People Receiving the PWD Benefit
- Employment, Education and Training for People with Disabilities
- People with Disabilities on Reserve: The PWD Designation
- Appealing Denial of the PPMB Benefit: The Request for Reconsideration
- Appealing Denial of the PPMB Benefit: The Appeal Tribunal
- Income Assistance Application Process for People with Disabilities
- Transition from PWD Benefits to Old Age Benefits
- Rate Amounts for PWD and PPMB Benefits
- The Disability Tax Credit
- The Registered Disability Savings Plan
- Guide to Filing Income Taxes for People Receiving PWD/PPMB
- Long-Term Disability Insurance
- What Can You Do if You Experience Discrimination in Health Care?
- The Duty to Accommodate Employees with Disabilities

➔ [DOWNLOAD OUR HELP SHEETS](#)



Planned Giving

Make generosity your legacy today.

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.

Why Consider a Planned Gift?

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.

Tax Savings

You can realize significant tax savings with Planned Giving. For example, stocks, bonds and mutual funds that you may have in a trust can be transferred through your Will to a charity and a tax receipt will be issued.

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 604-872-1278 or feedback@dabc.ca. We will send you DABC's Planned Giving information to review with your financial planner, lawyer, family or friends.

[Learn More About DABC](#)

[See our Planned Giving Brochure](#)

Connected and Curious: Want to Be Part of a Research Study?

A research team at the Bloorview Research Institute is doing a study to explore how youth with disabilities navigate online spaces for social connections and sexuality information.

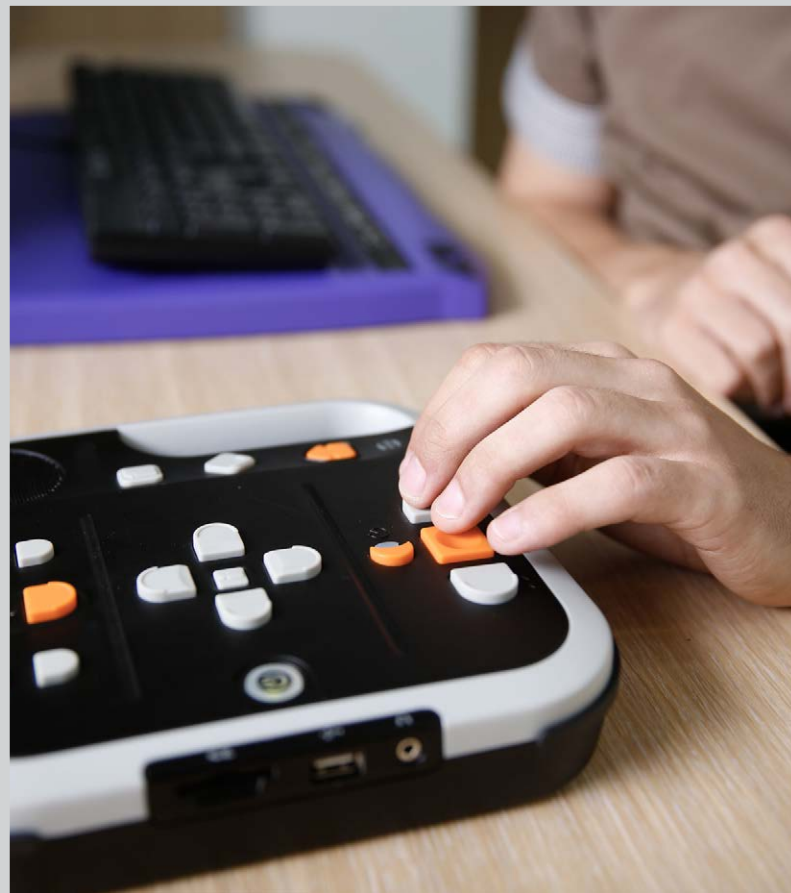
As part of this study, they are asking young people aged 15-24 who self-identify as having a disability to fill out an online survey. The team would like to know about their experiences using online spaces like social media, forums, and health websites for social connections and sexuality information. It will also ask for suggestions on how these spaces could be improved.

The survey will take about 30 minutes to complete.

Visit their website for more information or contact the Research Coordinator, Emily Cox.

PARTICIPATION DEADLINE

October 1, 2026 • [Learn More](#)



WorkBC Assistive Technology Services

Are you employed, self-employed, or seeking employment?

Funding is available now for hearing aids, vehicle modifications, ergonomics, and other assistive devices you may need for work!

1-844-453-5506
workbc-ats.ca



This program is funded by the Government of Canada and the Province of British Columbia.

Connect with DABC

Our vision is for people, with all disabilities, to live with dignity, independence, and as equal and full participants in the community. We envision a future where people with disabilities are recognized for their inherent worth as individuals, and as valued members of society.

We're proud to share our [Mission and Vision Statements, and Values.](#)

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 DTC** 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 reader-friendly language. Resources are provided free of charge, either by mail or download.

How to Support Us

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 dabc.ca/support-us. Or, fill out and return the form on the next 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.



Become a Member

Numbers matter. The more members we have, the stronger our voice in the community. Your membership plays a pivotal role in helping us advance our mission.

You can become a Disability Alliance BC member today as a Core (voting) member or an Allied (non-voting) member. Core Members are people with disabilities and self-help groups where at least 50% of members have a disability. We welcome both individual and group members.



Membership Fees

Individual \$15 | Group \$25

1. Sign up online at [Become a Member](#), or
2. Return your payment and form to: DABC, 1450-605 Robson Street, Vancouver, BC V6B 5J3.

Please check the applicable boxes

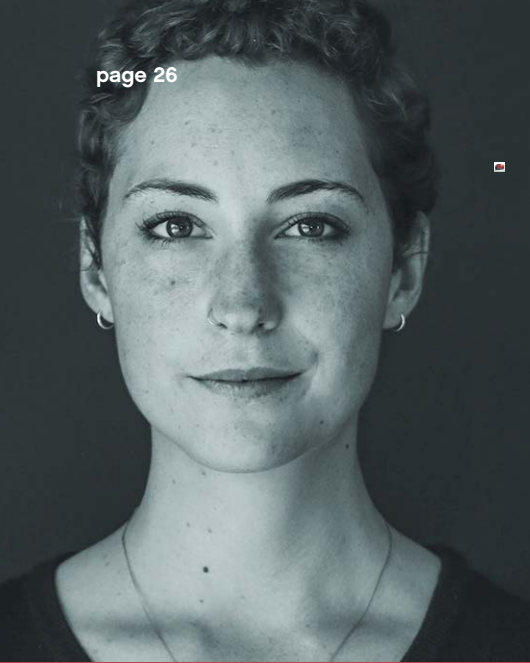
New membership or Renewal Core Membership or Allied Membership

Name _____ Organization _____

Address _____ City/Prov _____

Postal Code _____ Phone _____ Email _____

Thank you for your support!



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
- Other \$ _____

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 through [Keela](#). Or, call us at 604-872-1278 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 dabc.ca/support-us.

Thank you for your support.

Contact DABC Programs and Services

DABC offers in-person and remote appointments. However, please note that in-person services are available by appointment only. Below is the contact information for our core programs—to book your appointment or ask about the services and support we can provide.

Advocacy Access

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

advocacy@dabc.ca

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@dabc.ca

Call or text 236-477-1717 or call toll-free 1-877-940-7797

Book your appointment online at <https://www.taxaid.janeapp.com>

Access DTC

If you need help with the Disability Tax Credit and related benefits, contact Access DTC:

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

dtc@dabc.ca

<https://disabilityalliancebc.org/direct-service/help-with-the-rdsp-and-dtc/>

Disability Law Clinic

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

236-427-1108

lawclinic@dabc.ca

The Right Fit

For questions about the Right Fit Program and for media inquiries, please contact:

Isabelle Groc, Right Fit Program Manager

rightfit@dabc.ca <https://therightfitbc.org>

If you are a wheelchair user looking for wheelchair accessible housing in the Lower Mainland, please contact:

The Right Fit Navigation Team

navigation@therightfitbc.org 604-777-7576

Learn More About Us

Programs and Services dabc.ca/programs/

Core Program Brochures dabc.ca/category/publications/brochures/ 

Advertise with DABC

Choose Transition ads, E-news ads or both!

DABC's Flagship publication since 1977

From its early years in print, to its current form as a digital magazine, Transition has been an integral part of DABC's history and a hub for the disability community for over four decades.

With content ranging from policy news to personal stories, the pages of Transition provide a trusted platform where writers and readers with direct lived experience and other contributors working in the disability sphere share perspectives.

We publish three times a year, with each edition presenting a timely theme relevant to the community. Past editions have focused on topics such as Parenting With Disability, Disability Justice, Respecting Disability Language and Identity, and Healthcare: Navigating an Ableist System.

Readership

- Over 3,000 magazines emailed to subscribers
- Featured on our website
- Theme articles promoted through our blog and social media
- Distributed to libraries, community centres, MLA offices and other public facilities

Non-profit Discounts

We're glad to offer all Transition advertising, including ads bundled with our e-newsletter advertising, at a 25% discount to non-profit organizations and a 35% discount for non-profit organizations who are also DABC members (minimum cost per ad \$50).

Choose Bundled Ads

Combine Transition magazine and Our Voice e-newsletter advertising into a package bundle to amplify your message, while achieving savings for your ongoing support. Our Voice offers readers regular updates including news, events, opportunities and more.

Our current readership includes policy makers, healthcare and housing providers, organizations serving the disability community, and individuals spanning a wide range of lived experiences with all disabilities.

See our Media Kit for rates and details.

https://dabc.ca/wp-content/uploads/2024/04/DABC_MediaKit.pdf





we are all
connected

Suite 1450, 605 Robson Street, Vancouver, BC V6B 5J3
(604) 875-0188 • fax (604) 875-9227
transition@dabc.ca • dabc.ca



O V E R

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YEARS OF ADVOCACY