



**BC Cancer Agency**

CARE & RESEARCH

An agency of the Provincial Health Services Authority

# BC Cancer Agency 卑詩癌症中心

## Resource Guide for Chinese Cancer Patients (Lower Mainland)

## 華語癌症病人資源手冊 (低陸平原)

English – Chinese  
英文 - 中文

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Cancer can have an impact on many aspects of our lives, including our emotions, finances, child care. This Resource Guide is meant as a guide to assist you in finding supportive resources. Contact the resource directly for the most current information about services available.

For information in other English – language supportive programs, you may contact the Patient and Family Counselling Services at your treatment centre / hospital.

Some services / programs may not have Chinese-speaking agents available at your initial contact. However, do find help to start the connection and ask the providers if they have any Chinese-speaking staff / volunteers / interpreters available to help you.

For the most updated version of this Resource Guide, please visit the BC Cancer Agency's website: [www.bccancer.bc.ca](http://www.bccancer.bc.ca).

For suggestions and enquiries about this Resource Guide, please contact:

**BC Cancer Agency (Vancouver Centre)  
Patient & Family Counselling Services**  
600 West 10<sup>th</sup> Ave, Vancouver BC, V5Z 4E6  
1.800.663.3333 or 604.877.6000  
local 2194 (English) or local 2375 (Chinese)  
[skwong@bccancer.bc.ca](mailto:skwong@bccancer.bc.ca)

當患有癌病時，我們多方面的生活都可能受到影響，包括情緒、經濟及子女照顧等。此「資源手冊」是給你在尋求援助時作為參考之用。若要最新詳細資料，請直接聯絡有關機構。

有關其他以英語提供的支援服務，你可向癌症治療中心或醫院內的病人及家屬輔導部查詢。

你在聯絡此「資源手冊」列舉的服務時，不一定會有說華語的代表接待你；但你需找其他人協助你展開聯繫，並向服務提供者查問能否提供一位能說華語的職員、義工或翻譯員協助你。

如要最新版的「華語癌症病人資源手冊」，請查閱卑詩癌症中心網頁 [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

如你想對此「華語癌症病人資源手冊」提出意見或查詢，請聯絡：

**卑詩癌症中心 (溫哥華診所)  
病人及家屬輔導服務部**  
溫哥華 西十街 600 號  
1.800.663.3333 或 604.877.6000 內線 2194  
(英語) 或 內線 2375 (華語)  
[skwong@bccancer.bc.ca](mailto:skwong@bccancer.bc.ca)

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卑詩癌症中心 (溫哥華診所)  
病人及家屬輔導服務

2007 年 8 月



## Table of Contents

## PAGE 頁 目錄

Section A: Understanding Diagnosis & Treatment	2	第一章 認識癌症與治療
Section B: Getting Emotional Support	6	第二章 情緒支援
Section C: Taking Care of Yourself	10	第三章 自我護理
Section D: Financial Assistance	13	第四章 經濟援助
Section E: Homecare & Continuing Care Support	19	第五章 居家及延續護理服務
Section F: Transportation Services	21	第六章 交通援助
Section G: Nutrition Information & Meal Services	24	第七章 營養資訊及送餐服務
Section H: Childcare Support	27	第八章 托兒援助
Section I: Accommodation	29	第九章 住宿援助
Section J: Other Support	31	第十章 其他資源



## Section A Understanding Diagnosis & Treatment

## 第一章 認識癌症與治療

Many cancer patients want to know more about their diseases and treatments that allow them to plan and manage their lives. Here are some sources that you may contact for more information.

很多癌症病人想多了解有關他們所患的癌症及其治療，以便更能夠計劃及安排他們的生活。你可聯絡以下人仕或機構，獲取更多資料。

## Your family doctor and specialists.

### Your cancer care team includes

- Oncologists (Surgical, Radiation, Medical, Pain & Symptom Management Specialists)
  - Nurses
  - Social Workers / Counsellors
  - Nutritionists
  - Pharmacists
  - Radiation Therapists
  - Dentists
  - Psychiatrists and others
- ✓ If you need interpretation service, you may contact your health care provider to arrange it.
- ✓ Contact the switchboard at your treatment centre for direct phone number of different care unit / department that you want to talk with.

### BC Cancer Agency Library and Information Centre

- ✓ The Library and Information Centre have many books, audios, videos and other materials on cancer, its treatment and coping strategies that can be loaned out. Some materials are written or recorded in the Chinese language.
- ✓ The Librarians can assist you to find information by using different resources, including electronic information sources and Internet searches.
- ✓ BCCA Library / Information Centre (Vancouver Centre) is located at 675 West 10th Ave, Vancouver.  
Tel: 604.675.8001 or 1.888.675.8001 ext 8001.
- ✓ For locations and service hours of other BCCA Libraries at other cancer centres, please contact the Vancouver Cancer Centre Library.
- ✓ You can go to our website: [www.bccancer.bc.ca](http://www.bccancer.bc.ca) for more information as well.

## 你的家庭醫生及專科醫生。

### 為你治療癌症的專業人員包括

- 腫瘤專科醫生 (包括外科、放射科、內科、病徵及痛症控制科)
  - 護士
  - 社會工作員 / 輔導員
  - 營養師
  - 藥劑師
  - 放射治療師
  - 牙醫
  - 精神科醫生及其他護理人仕
- ✓ 如你需要翻譯服務，你可請醫護人員代為安排。
- ✓ 你可向你接受癌症治療中心的詢問處，查問你想聯系護理部門的電話號碼。

### 卑詩癌症中心圖書館及資料中心

- ✓ 圖書館內有很多關於癌病、治療、應付癌症方法的書籍、錄音帶、錄影帶、光碟等，可供借閱參考；部份資料是以中文編寫的。
- ✓ 館內有圖書管理員可協助你以不同途徑尋找資料，包括從電子資料庫及互聯網。
- ✓ 卑詩癌症中心 (溫哥華診所) 圖書館及資料中心位於溫哥華西十街675號，電話：604.675.8001 or 1.888.675.8001內線8001。
- ✓ 有關卑詩癌症中心位於其他地區診所的圖書館地址及服務時間，可向溫哥華診所圖書館查詢。
- ✓ 你亦可查閱卑詩癌症中心的網頁 [www.bccancer.bc.ca](http://www.bccancer.bc.ca) 以獲取更多資料。

## BC Cancer Agency website: [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

- ✓ Provides information about the cancer disease, its treatment, symptoms management, nutrition, and support services.
- ✓ Provides information on specific and regional cancer care services.
- ✓ “Recommended Links” to websites of cancer and health in different languages including Chinese. The “Recommended Link” to other websites on cancer and health are evaluated and compiled by the Agency’s librarians and experts.

## Canadian Cancer Society – Information Service

- ✓ A national toll-free service offering information about cancer and community resources (604.675.7148 or 1.888.939.3333).
- ✓ Printed pamphlets about cancer, its treatment, nutrition and other support, in Chinese and other languages are available.
- ✓ Interpretation services are available.
- ✓ You can go to the Canadian Cancer Society website [www.bc.cancer.ca](http://www.bc.cancer.ca) for more information.

## BC HealthGuide Program

- ✓ The Program includes online, video, telephone helpline services to provide health information and advice in different languages. Visit [www.bchealthguide.org](http://www.bchealthguide.org) for details.

## 卑詩癌症中心網站 [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

- ✓ 提供有關癌病、治療、病徵處理、營養及支援服務的資料。
- ✓ 介紹有關特殊及區域性的癌症服務。
- ✓ 卑詩癌症中心網站可連系至其他以多種語言(包括中文)提供癌症及健康資訊的網站“Recommended Link”；連系的網站是經中心的圖書管理員及專家評核及整理的。

## 加拿大防癌協會 - 癌症資訊服務

- ✓ 以免費國內長途電話服務 (604.675.7148 或 1.888.939.3333) 提供癌病及社區服務的資料；
- ✓ 印備多種語言(包括中文)的資料單張可供索取。
- ✓ 可安排翻譯服務方便與資訊服務員溝通。
- ✓ 你亦可查閱加拿大防癌協會的網頁 [www.bc.cancer.ca](http://www.bc.cancer.ca) 以獲取更多資料。

## 卑詩健康指南計劃

- ✓ 以網站、錄影帶、電話專線等途徑，提供多種語言的健康資訊和查詢服務；請上網 [www.bchealthguide.org](http://www.bchealthguide.org) 查閱詳情。



## BC NurseLine (nurse, pharmacist)

- ✓ Provides confidential health information and advice (604.215.4700 or 1.866.215.4700).
- ✓ Speak to a registered nurse 24-hours a day or a pharmacist from 5 p.m. to 9 a.m. every day.
- ✓ Interpretation services are available in over 130 languages.

## S.U.C.C.E.S.S. – Health and Wellness Centre

- ✓ Provides education resources and library, health workshops and courses.
- ✓ Located at: #207 – 28 West Pender St, Vancouver; Tel: 604.408.7274 local 2071
- ✓ Visit the website [www.success.bc.ca](http://www.success.bc.ca) for more details.

## Local Public Libraries

## 卑詩護士熱線(護士與藥劑師)

- ✓ 提供保密健康電話查詢服務 (604.215.4700 或 1.866.215.4700)。
- ✓ 每天24小時可致電與當值護士聯繫；每天下午五時至翌晨九時可致電與藥劑師聯繫。
- ✓ 可要求翻譯服務方便與護士或藥劑師溝通。

## 中僑互助會 - 健康資訊中心

- ✓ 設有健康資訊圖書館，提供社區健康資料、講座及課程。
- ✓ 位於：#207 – 28 West Pender St, Vancouver；電話：604.408.7274 內線 2071
- ✓ 可上網[www.success.bc.ca](http://www.success.bc.ca)查詢詳情。

## 各區公共圖書館



## Section B Getting Emotional Support

It is common for cancer patients experience emotional distress throughout the cancer journey. Here listed are some supports that can help you better cope with cancer.

## 第二章 情緒支援

在癌症歷程上，病人感到憂慮是頗為普遍的現象。此章節列出一些支援人仕及機構，可為你提供情緒支援，助你應付癌症。

## Your family and friends.

### Your cancer care team.

#### BC Cancer Agency – Patient & Family Counselling

- ✓ Professionally trained counsellors and social workers provide counselling to patients and their support persons.
- ✓ The Vancouver Cancer Centre provides counselling in English, Mandarin and Cantonese. Interpretation service can be arranged for you to speak to an English-speaking counselor or social worker.
- ✓ Provides information and assistance to connect with community resources, such as finances, community care.
- ✓ Offer supportive programs, including:
  - Chinese Support Group
  - Vocational & Rehabilitation Counselling
  - The Children’s Club
  - Mindfulness Meditation Program
  - Relaxation Support Program
  - Brain Tumour Support Group
  - Support Group for Women with Recurrent or Metastatic Cancer
  - Support Group for Lesbian / Bisexual Transgendered Women
  - Young Women Networking Group
  - Lymphoma Networking / Support Group
  - Colorectal Support Group
  - Group for Men whose Partner has Cancer
- ✓ Contact the Patient & Family Counselling Services for appointments or more program information:
  - Vancouver Centre : 1.800.663.3333 or 604.877.6000 local 2194 (English) or local 2375 (Chinese)
  - Fraser Valley Centre: 1.800.523.2885 or 604.930.4000
- ✓ Visit the Agency website for more information: [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

## 你的家人及朋友

### 為你治療癌症的專業護理人員

#### 卑詩癌症中心 - 病人及家屬輔導服務

- ✓ 由專業社會工作人員及輔導員為病人及其家人提供輔導，以協助面對癌症。
- ✓ 溫哥華診所所有說英語、粵語及國語的輔導員。另可安排翻譯服務，方便你與說英語的輔導員溝通。
- ✓ 提供或協助聯繫其他社區資源，例如經濟、社區護理服務。
- ✓ 提供支援活動，包括：
  - 華語互助小組
  - 康復輔導
  - 兒童組
  - 打坐訓練班
  - 鬆弛練習班
  - 腦腫瘤互助小組
  - 復發或擴散癌病婦女互助小組
  - 同性戀人仕支援小組
  - 年青婦女網絡小組
  - 淋巴癌病人網絡支援小組
  - 直腸癌病人支援小組
  - 伴侶患癌病男仕小組
- ✓ 如要預約或查詢活動詳情，請聯絡病人及家屬輔導部：
  - 溫哥華診所 1.800.663.3333 或 604.877.6000 內線2194 (英語) 或 內線2375 (華語)
  - 菲沙河谷診所：1.800.523.2885 或 604.930.4000
- ✓ 查詢詳情：[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

**If you receive treatment at another hospital, you may contact its Patient and Family Counselling Services for their supportive programs.**

### **BC Cancer Agency – Chinese Cancer Support Group**

- ✓ Conducted in Cantonese, meet on the second Thursday of each month at the Vancouver Cancer Centre.
- ✓ Facilitated by a social worker, the group provides a safe place to share feelings and thoughts on emotions and coping with cancer and its treatment; speakers are invited to share educational information.
- ✓ Facilitator: Sandy Kwong 1.800.663.3333 or 604.877.6000 local 2194 (English) or local 2375 (Chinese).

### **Canadian Cancer Society – Chinese Cancer Program**

- ✓ Monthly group meeting, conducted in Cantonese with Mandarin translation, meet at CCS Vancouver office.
- ✓ Publish quarterly Chinese Peer Support Newsletter.
- ✓ Other Chinese cancer programs held at different locations.
- ✓ Chinese Program Coordinator: Mrs. Irene Chan (604.215.5204)

**如你在其他醫院接受癌症治療，你可向該處的病人及家屬輔導服務查詢其支援服務。**

### **卑詩癌症中心 - 華語互助小組**

- ✓ 小組以粵語進行；每月第二個星期四在溫哥華診所舉行。
- ✓ 由社會工作人員負責帶領討論，組員可安心分享感受及應付癌症的方法；並會邀請講員分享教育資訊。
- ✓ 小組負責人：鄺秀虹 Sandy Kwong 1.800.663.3333或604.877.6000 內線2194 (英語) 或 內線2375 (華語)

### **加拿大防癌協會 - 華語活動**

- ✓ 每月在加拿大防癌協會之溫哥華辦事處舉行會議，會議以粵語進行，並提供國語翻譯。
- ✓ 編印「同舟共濟」季刊。
- ✓ 另有其他華語活動在不同區域舉行。
- ✓ 華語活動統籌員：陳太 Mrs. Irene Chan (604.215.5204)

## Taiwanese Canadian Cultural Society (TCCS) – Mandarin-speaking Cancer Support Club in BC

- ✓ Self-help support group conducted in Mandarin; meet on the third Wednesday of each month at TCCS in Vancouver.
- ✓ Group Leader: Mrs. Shou-Fang Hu-Moore ( 604.604.267.0901 )

## Chinese Christian Mission (CCM) – Cantonese Cancer Support Group

- ✓ Group conducted in Cantonese with Mandarin translation; meet on the second Saturday of each month at CCM in Burnaby.
- ✓ Volunteers can provide visits and practical assistance.
- ✓ Group Leader: Ms Helena Luo (604.877.8606)

## Canadian Cancer Society – CancerConnection

- ✓ A trained volunteer who has had a similar cancer experience will be matched with you to provide you support (604.675.7148 or 1.888.939.3333).
- ✓ Interpretation services are available.
- ✓ Visit the website [www.bc.cancer.ca](http://www.bc.cancer.ca) for details.

## S.U.C.C.E.S.S. – Chinese Hospice Visiting Program

- ✓ Provides Chinese-speaking volunteer support for Chinese speaking palliative or hospice care patients and their families in Greater Vancouver.
- ✓ Hospice Volunteer Training Coordinator: Ms Marisa Ku (604.608.8802)

## 台加文化協會 - 國語癌症俱樂部

- ✓ 自助小組以國語進行；每月第三個星期三在溫哥華台加文化協會舉行。
- ✓ 小組組長：胡守芳女士(604.267.0901)

## 中信中心 - 粵語互助小組

- ✓ 小組以粵語進行並提供國語翻譯；每月第二個星期六在本那比中信中心舉行。
- ✓ 義工可提供家訪及生活上援助。
- ✓ 小組組長：羅小姐 Helena Luo (604.877.8606)

## 加拿大防癌協會 - 癌症關懷

- ✓ 由受訓癌症康復義工透過電話提供關懷 (604.675.7148 或 1.888.939.3333)；
- ✓ 可安排翻譯服務方便與服務員或義工溝通。
- ✓ 你亦可查閱加拿大防癌協會的網頁 [www.bc.cancer.ca](http://www.bc.cancer.ca) 以獲取更多資料。

## 中僑互助會 - 善寧義工探訪

- ✓ 有受訓的華語義工探訪居於大溫地區、處於紓緩護理或善終階段的癌症病人及其家屬。
- ✓ 善寧義工培訓主任：辜淑琴小姐 Marisa Ku (604.608.8802)



## Section C Taking Care of Yourself

## 第三章 自我護理

You may want to know more about how to better take care of yourself. Here are some resources you may consider.

你可考慮使用以下資源，讓你更了解如何妥善照顧自己。

**Please refer to Section B “Emotional Support” about supportive programs offered at your treatment centre and community.**

**Check with your local community centre about programs on relaxation, meditation and physical exercise.**

### **BC Cancer Agency – Relaxation CD and tapes**

- ✓ The “Healing Light” Cantonese relaxation tape: Use of breath work and imagery to relax.
- ✓ Other English relaxation and music tapes & CD are available.
- ✓ On loan from the BCCA Library 604. 675-8001 or 1-888-675-8001 local 8001 or
- ✓ Purchase from the BCCA Patient & Family Counselling offices:
  - Vancouver Centre: 1.800.663.3333 or 604.8776000 local 2194;
  - Fraser Valley Centre: 1.800.523.2885 or 604.930.4000

### **Canadian Mental Health Association (Vancouver-Burnaby Branch)**

- ✓ Provides information on Chinese mental health programs in Vancouver, Burnaby and Richmond (e.g. support group on depression, Parkinson’s disease, Schizophrenia).
- ✓ Provides emotional health support groups and programs in Cantonese and Mandarin.
- ✓ Education Program, Chinese Outreach: Ms Stella Lee (604.872.4902 local 235)

**請參閱第二章「情緒支援」有關癌症治療中心及你居住社區提供的支援服務。**

**你可向附近的社區中心查問有關鬆弛練習、打坐及運動班的資料。**

### **卑詩癌症中心 - 鬆弛練習錄音帶及光碟**

- ✓ 「祥和之光」鬆弛練習粵語錄音帶：利用呼吸動作及想象，來放鬆身體各部位。
- ✓ 另有其他英語及音樂錄音帶及光碟。
- ✓ 可向卑詩癌症中心圖書館借用 (604.675-8001或1-888-675-8001內線8001) 或
- ✓ 向中心的病人及家屬輔導部購買：
  - 溫哥華診所：1.800.663.3333或604.877.6000 內線2194 ；
  - 菲沙河谷診所：1.800.523.2885 或604.930.4000

### **加拿大心理衛生會 (溫哥華 / 本那比分處)**

- ✓ 提供有關在溫哥華、本那比及列治文社區內不同機構舉辦的華語心理健康活動資料 (例如抑鬱症、帕金森症、精神分裂症等支援小組)。
- ✓ 以華語提供情緒健康支援小組。
- ✓ 華語活動聯絡員：李小姐 Stella Lee (604.872.4902內線 235)

## Changeways Clinic

- ✓ Offers private psychological services for the general public, including those experiencing depression, anxiety disorders, major life changes and long term disabilities.
- ✓ Online self help resources are available in Chinese and other languages, can be downloaded for free (such as the Self-Care Depression Program).
- ✓ For details: 604.871.0490 or visit the website at [www.changeways.com](http://www.changeways.com)

## S.U.C.C.E.S.S. – Changeways Stress Management Program (Mandarin)

- ✓ For details: 604.408.7266

## S.U.C.C.E.S.S. – Stress Management Men’s Support Group

- ✓ Program Coordinator: Mr. Ho  
For details: 604.377.5381

## S.U.C.C.E.S.S. – Chinese Help Lines

- ✓ Provides information on community resources and telephone support to the Chinese community. 604.270.8222 (Mandarin), 604.270.8233 (Cantonese)
- ✓ Open 7 days a week from 10 a.m. to 10 p.m.

## 新思力行心理健康診所

- ✓ 為公眾人士 (包括患有抑鬱、焦慮、生活巨變及長期傷殘人士) 提供心理治療私家服務。
- ✓ 在網上提供多種語言(包括中文)的自助資源，並可免費下載，例如抑鬱症自助手冊。
- ✓ 查詢詳情：604.871.0490 ；  
[www.changeways.com](http://www.changeways.com)

## 中僑互助會 - 新思力行壓力處理課程 (國語)

- ✓ 查詢：604.408.7266

## 中僑互助會 - 男仕壓力處理支援小組(華語)

- ✓ 活動聯絡員：何先生  
查詢：604.377.5381

## 中僑互助會 - 中僑心理熱線

- ✓ 由義工透過電話提供關懷及社區活動的資料。604.270.8222 (國語), 604.270.8233 (粵語)
- ✓ 服務時間為每週七天由上午十時至晚上十時。





## Section D Financial Assistance

## 第四章 經濟援助

A diagnosis of cancer can cause financial worries. Here are some programs that may provide you with income replacement, cover additional prescription and general medical costs.

癌症會令病人為經濟而擔憂。這章節列出的服務可為你補充收入，及資助額外的處方藥物及醫療開支。

## Medical Services Plan (MSP)

- ✓ **Premium Assistance:** For citizens and residents with low incomes and who have lived in BC for the last 12 months can apply.
- ✓ **Temporary Premium Assistance:** Available to persons who are unable to pay their premiums due to unexpected financial hardship and who do not qualify for Premium Assistance.
- ✓ Application Form is available at the BCCA Patient & Family Counselling offices or
- ✓ Download the application form from the Ministry of Health website: [www.healthservices.gov.bc.ca/msp](http://www.healthservices.gov.bc.ca/msp)
- ✓ Call Health Insurance BC (604.682.6849, 1.800.206.7218) for details.

## Ministry of Health Services – Fair Pharmacare

- ✓ All British Columbians have to register with the Fair Pharmacare plan in order to be covered.
- ✓ Based on the previous family net income, BC residents, who have enrolled with the Medical Services Plan, are provided with financial assistance for eligible prescription drugs and designated medical supplies (such as ostomy supplies and prosthetic appliances).
- ✓ Registration can be done online [www.healthservices.gov.bc.ca/pharme](http://www.healthservices.gov.bc.ca/pharme) or by phone (Health Insurance BC: 604.682.6849, 1.800.206.7218).

## 省政府醫療保險計劃 (MSP)

- ✓ **保險金資助：**凡在過去十二個月居住於卑詩省的低收入永久居民或公民，可申請保險金資助。
- ✓ **臨時保險金資助：**遇上突然經濟困難而未能支付醫療保險金，但又未符合保險金資助資格的人仕，可申請臨時保險金資助。
- ✓ 可向卑詩癌症中心 - 病人及家屬輔導部索取表格 或
- ✓ 從省健康服務廳網站下載表格 [www.healthservices.gov.bc.ca/msp](http://www.healthservices.gov.bc.ca/msp)
- ✓ 可致電Health Insurance BC (604.682.6849, 1.800.206.7218) 查詢詳情。

## 健康服務廳 - 公平藥物資助

- ✓ 所有省內居民必須登記公平藥物資助計劃，才可獲得資助。
- ✓ 按照家庭在兩年前的淨收入，省政府會為省內已登記醫療保險計劃的居民提供處方藥物及醫療物品資助(如造口袋、義乳)。
- ✓ 可致電Health Insurance BC (604.682.6849, 1.800.206.7218) 或上網 [www.healthservices.gov.bc.ca/pharme](http://www.healthservices.gov.bc.ca/pharme) 登記藥物資助計劃。

## Fair Pharmacare – Income Review

- ✓ You can request your financial assistance be adjusted for the current year if you have a significant reduction in family income.
- ✓ Forms can be downloaded from the Ministry of Health website [www.healthservices.gov.bc.ca/pharme](http://www.healthservices.gov.bc.ca/pharme).
- ✓ For details, contact the Administrative Review at 604.683.7157 or 1.800.663.7100.

## Extended Health Plan

- ✓ This is an optional coverage that may be offered by your or your spouse's employer. Extended health plan may cover some expenses such as ambulance, prescription medication costs, and may include short / long term disability benefit. Check with your or your spouse's employers if this is offered and details of the coverage.

## Private Insurance

- ✓ Check with your own insurance company about the coverage.

## Canadian Cancer Society (CCS) – Emergency Aid

- ✓ Provides short-term assistance towards cancer-related symptom management drug, and transportation and accommodation expenses for patients that live far from the treatment centre.
- ✓ Contact social worker / counsellor at your treatment center for referral or
- ✓ Call CCS directly at 1.888.939.3333 or 604.215.5201. (English) or 604.215.5204 (Chinese) for application.

## 公平藥物資助 - 重新評估收入

- ✓ 如你現時的家庭收入突然驟降，你可要求公平藥物資助計劃按你今年的家庭收入，重新調整藥物資助水平。
- ✓ 申請表格可在省健康服務廳網站下載 [www.healthservices.gov.bc.ca/pharme](http://www.healthservices.gov.bc.ca/pharme)
- ✓ 可致電Administrative Review (604.683.7157 or 1.800.663.7100) 查詢詳情。

## 伸延健康醫療保險計劃

- ✓ 有些僱主有為員工及其家屬提供伸延健康醫療保險計劃。這計劃可資助如救護車、處方藥物等開支，亦可能包括短期及長期傷殘津貼。你可向你或你配偶的僱主查詢有否提供這項保險計劃及其保障範圍。

## 個人保險計劃

- ✓ 請向你的保險公司查詢保障範圍。

## 加拿大防癌協會 - 緊急經濟援助

- ✓ 為病人提供短期經濟支援，援助範圍包括紓緩徵狀藥物費用、從遠處到中心接受治療的交通及住宿費用等。
- ✓ 你可聯絡癌症治療中心的社會工作員或輔導員代為轉介 或
- ✓ 直接聯絡加拿大防癌協會申請: 1.888.939.3333 或 604.215.5201 (英語) 或604.215.5204 (華語)

## Employment Insurance (EI) – Sickness Benefit

- ✓ A maximum of 15-weeks benefit is paid to those who are unable to work due to sickness.
- ✓ Apply as soon as you stop working.
- ✓ Documents required: Social Insurance Number, doctor's notes for inability to work and employer's Record of Employment.
- ✓ Submit an application on-line at [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) or
- ✓ In person to nearby Service Canada Centre: 604.526.4511 local 230(Cantonese & Mandarin); 1.800.206.7218 (English)

## Employment Insurance (EI) – Compassionate Care Benefit

- ✓ A maximum of 6-weeks benefit is paid to persons who have to be away from work temporarily to provide care or support to a family member who is gravely ill with a significant risk of death within 26 weeks.
- ✓ Apply as soon as you stop working.
- ✓ Documents required: Social Insurance Number, Medical Certificate for Employment Insurance Compassionate Care Benefit, and employer's Record of Employment.
- ✓ Submit an application on-line at [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca) or
- ✓ In person to nearby Service Canada Centre: 604.526.4511 local 230(Cantonese & Mandarin); 1.800.206.7218 (English)

## 就業保險金 (EI) - 患病津貼

- ✓ 為曾經支付就業保險金，但因患病而不能繼續工作的人仕，提供最多十五星期的津貼。
- ✓ 當你停止工作時，你即可申請。
- ✓ 所需文件為工卡、證明不宜工作的醫生信及僱主填寫的就業工時記錄。
- ✓ 或上網登記：[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)
- ✓ 你可親臨附近的加拿大服務處登記：604.526.4511 內線 230 (粵語及國語)；1.800.206.7218 (英語)

## 就業保險金 (EI) - 照顧家屬津貼

- ✓ 為曾經支付就業保險金，但因照顧患重病家屬 (可能於26星期內離世) 而不能繼續工作的人仕，提供最多六星期的津貼。
- ✓ 當你停止工作時，你即可申請。
- ✓ 所需文件為工卡、需要照顧家屬的醫生證明，及僱主填寫的就業工時記錄。
- ✓ 或上網登記：[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)
- ✓ 你可親臨附近的加拿大服務處登記：604.526.4511 內線 230 (粵語及國語)；1.800.206.7218 (英語)

## Ministry of Employment and Income Assistance – Income Assistance (IA)

- ✓ An income- and asset-tested program intended to assist people temporarily while they find work, and to assist those who are unable to fully participate in the workforce.
- ✓ Use the Income Assistance Estimator ([www.iaestimator.gov.bc.ca](http://www.iaestimator.gov.bc.ca)) to find out if you are eligible for the Income Assistance and estimate the amount of assistance you may receive.
- ✓ For details of the program and address of the Ministry's local office, call the Service BC at 604.660.2421, or 1.800.663.7867 or visit the Ministry website [www.eia.gov.bc.ca](http://www.eia.gov.bc.ca).
- ✓ If necessary, you may request an interpreter for the assessment interview.
- ✓ Person who is on Income Assistance and with a prolonged and severe disability, may request to apply for Persons with Disabilities (PWD) benefit.

## Ministry of Children and Family Development – Child Care Subsidy

- ✓ If your ability to care for your child is interfered by a medical condition, you may apply for a monthly payment to assist with the child care expenses.
- ✓ For details and application, contact:
  - Ministry of Children and Family Development at 1.888.338.6622, visit the Ministry website [www.mcf.gov.bc.ca/childcare](http://www.mcf.gov.bc.ca/childcare) or
  - Your local Child Care Resource & Referral (Section H) or
  - Immigrant settlement services agency, such as:
    - MOSAIC (Burnaby) 604.292.1275
    - S.U.C.C.E.S.S. (Coquitlam) 604.936.5900
    - S.U.C.C.E.S.S. (Richmond) 604.279.7180
    - S.U.C.C.E.S.S. (Surrey) 604.588.6869
    - MOSAIC (Vancouver) 604.254.9626
    - S.U.C.C.E.S.S. (Vancouver) 604.324.1900
    - S.U.C.C.E.S.S. (Chinatown) 604.684.1628

## 就業及入息補助廳 - 入息補助金

- ✓ 為在找尋工作或暫時性不能全面投入工作的人仕，經評估其收入及資產而提供的臨時補助計劃。
- ✓ 你可使用網上的入息補助金估計工具 (Income Assistance Estimator: [www.iaestimator.gov.bc.ca](http://www.iaestimator.gov.bc.ca))，了解你可能會得到的入息補助金額。
- ✓ 如要查詢此計劃的詳情或附近省就業及入息補助廳的地址，你可致電Service BC 604.660.2421, 1.800.663.7867或查閱補助廳網頁 [www.eia.gov.bc.ca](http://www.eia.gov.bc.ca)。
- ✓ 如有需要，你可請職員在評估面談時安排翻譯服務。
- ✓ 正在領取入息補助金的人仕，如有長期及嚴重傷殘，可向就業及入息補助廳職員要求申請省政府傷殘補助 (Persons with Disabilities Benefit)。

## 兒童及家庭發展廳 - 托兒補助金

- ✓ 為因健康理由不能照顧年幼子女的人仕，每月提供托兒補助金。
- ✓ 如需申請或了解詳情，請聯絡：
  - 兒童及家庭發展廳 1.888.338.6622, [www.mcf.gov.bc.ca/childcare](http://www.mcf.gov.bc.ca/childcare)；或
  - 兒童托管資源及轉介 (請參閱第八章)；或
  - 移民安頓服務機構，例如：
    - 務適 (本那比)：604.292.1275
    - 中僑互助會 (高貴林)：604.936.5900
    - 中僑互助會 (列治文)：604.279.7180
    - 中僑互助會 (素里)：604.588.6869
    - 務適 (溫哥華)：604.254.9626
    - 中僑互助會 (溫哥華)：604.324.1900
    - 中僑互助會 (華埠)：604.684.1628

## Canada Pension Plan (CPP) – Disability Benefit

### Eligibility:

- ✓ 4 out of the last 6 years of contribution to the CPP.
- ✓ With a prolonged and severe illness.
- ✓ Loss of working abilities at any job on a regular basis.
- ✓ Check the application guide or website [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca) for details.

### Application:

- ✓ Application forms are available at the BCCA Patient & Family Counselling offices (Vancouver Centre: 1.800.663.3333 or 604.877.6000 local 2194 (English); Fraser Valley Centre: 1.800.523.2885 or 604.930.4000) or
- ✓ Download forms from the Human Resources and Social Development Canada website: [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)
- ✓ Call 1.800.277.9914 to request the forms be mailed to you.
- ✓ For assistance to fill out the forms, you may contact Patient & Family Counselling Services at your treatment centre; or
- ✓ Contact your local Service Canada Centre: 604.526.4511 local 230 (Cantonese & Mandarin); 1.800.622.6232 (English).

## BC Coalition of People with Disabilities – Advocacy Access Team

- ✓ Help people with disabilities apply / appeal for BC Employment & Assistance for Persons with Disabilities (PWD), and CPP Disability Benefits.
- ✓ For details, contact: 604.875.0188 or visit the Coalition website [www.bccpd.bc.ca](http://www.bccpd.bc.ca)

## 加拿大退休金計劃 (CPP) - 傷殘津貼

### 申請資格：

- ✓ 在過去六年內有四年供款給加拿大退休金計劃；
- ✓ 患有長期及嚴重疾病；
- ✓ 喪失所有工作能力。
- ✓ 請查閱申請手冊或上網 [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca) 了解詳情。

### 申請方法：

- ✓ 可向卑詩癌症中心 - 病人及家屬輔導服務部索取申請表格(溫哥華診所：1.800.663.3333 或604.877.6000 內線2194；菲沙河谷所：1.800.523.2885 或 604.930.4000)，或
- ✓ 從加拿大人力資源及發展部網站下載申請表格[www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)，或
- ✓ 致電1.800.277.9914要求郵寄表格給你。
- ✓ 如需協助填寫申請表格，你可聯絡治療中心的病人及家屬輔導部；或
- ✓ 聯絡就近的加拿大服處：604.526.4511 內線 230 (粵語及國語)；1.800.622.6232 (英語)

## BC Coalition of People with Disabilities - Advocacy Access Team

- ✓ 協助辦理或上訴入息補助金 (傷殘補助) 或加拿大退休金計劃 (CPP)-傷殘津貼的申請。
- ✓ 查詢詳情：604.875.0188；[www.bccpd.bc.ca](http://www.bccpd.bc.ca)



## Section E Homecare & Continuing Care Support

Sometimes cancer patients may not be able to take care of their daily living activities, such as bathing themselves. Some may need more nursing help in managing their illness or symptoms. Here are some options that may be useful in these areas.

## 第五章 居家及延續護理服務

有些時候，癌症病人未能照顧自己的日常生活，例如洗澡；有些則可能需要多些護理服務以協助處理其病症或病徵。下列的服務可能對你有用。

## Health Authority – Home and Community Care Services

- ✓ To help seniors and adults with significant health problems live independently in their own home as a first option.
- ✓ Referral for service made by doctor and assessment is done by home care nurse of the local health unit.
- ✓ Services include the provision of or referral for:
  - Home care nursing
  - Home support
  - Home safety assessment
  - Medical equipment
  - Community Palliative Care Team
  - Residential care home
  - Hospital Palliative Care unit
  - Hospice
  - Caregivers Support Program
- ✓ For details, contact:
  - Nurses at your treatment centre
  - Local health unit
  - Vancouver Coastal Health Authority (North Shore, Vancouver, Richmond and other communities along the Coast) : 604.736.2033 or 1.866.884.0888 or visit website [www.vch.ca](http://www.vch.ca)
  - Fraser Valley Health Authority (Burnaby, Coquitlam, Pt Moody, Surrey & other communities in the Fraser Valley): 604.587.4600 or 1.877.935.5669 or visit website [www.fraserhealth.ca](http://www.fraserhealth.ca)

## Canadian Red Cross – Medical Equipment Loan Services

- ✓ Loan medical equipment such as wheelchair, walker, bathing chair etc.
- ✓ For details, contact:
  - Vancouver Centre: 604.301.2566
  - Chinatown Centre: 604.688.6318
  - Richmond Centre: 604.278.4011
  - Burnaby Centre: 604.522.7092
  - North Vancouver Centre: 604.988.7115
  - Surrey Centre: 604.588.5858

## 衛生局 - 居家及社區護理服務

- ✓ 為長者及患有嚴重疾病的成年人提供協助，首選為讓他們能在家中生活。
- ✓ 由醫生轉介及社區護士家訪評估服務需要。
- ✓ 提供或協助聯系以下服務：
  - 社區護理
  - 居家支援
  - 家居安全評估
  - 醫療用具
  - 社區紓緩護理人員
  - 護理院
  - 醫院紓緩護理病房
  - 善終護理院
  - 家屬支援活動
- ✓ 查詢詳情，請聯絡：
  - 治療中心的護士
  - 區域衛生局
  - 溫哥華沿岸衛生局 (北溫、溫哥華、列治文區及其他沿岸社區) : 604.736.2033 或 1.866.884.0888 或上網 [www.vch.ca](http://www.vch.ca)
  - 菲沙河谷衛生局 (本那比、高貴林、滿地寶、素里及其他菲沙河谷社區) : 604.587.4600 或 1.877.935.5669 或上網 [www.fraserhealth.ca](http://www.fraserhealth.ca)

## 加拿大紅十字會 - 醫療器材借用服務

- ✓ 可免費借用醫療器材，例如輪椅、步行架、沐浴坐椅。
- ✓ 查詢詳情，請聯絡以下借用站：
  - 溫哥華：604.301.2566
  - 華埠：604.688.6318
  - 列治文：604.278.4011
  - 本那比：604.522.7092
  - 北溫：604.988.7115
  - 素里：604.588.5858





## Section F Transportation Services

## 第六章 交通援助

Sometimes you may not feel well enough to drive to cancer-related treatment appointments, and your friends and family may not be available. Here are some options on how to get to your appointments.

你有時可能感到不適而不能開車前往症病有關的醫療約會，而你的親友又未能幫助你，你可考慮使用以下服務。

## Freemason Volunteer Driver

- ✓ Provides free volunteer driver service for cancer-related appointments.
- ✓ Call to book the ride 2 days ahead; 604.872.2034 (Vancouver, Burnaby, Richmond, New West).

## Canadian Cancer Society – Volunteer Drivers

- ✓ Provides free volunteer driver service for cancer-related medical appointments.
- ✓ Leave message at the voice mail and a coordinator will return call within 12 hours. Contact numbers are:
  - 604.463.8277 (Coquitlam, Pt Coquitlam, Maple Ridge)
  - 604.574.2361 (Surrey, North Delta)
  - 604.904.2361 (North Vancouver)
  - 604.539.2316 (Langley)
  - 604.504.2361 (Abbotsford)
  - 604.536.2961 (White Rock)

## Canadian Cancer Society – Chinese Volunteer Drivers

- ✓ Provides free volunteer driver service for cancer-related medical appointments.
- ✓ Chinese Program Coordinator: Mrs. Irene Chan (604.215.5204).

## Freemason 義工司機

- ✓ 提供免費接載來回與癌症有關的醫療約會。
- ✓ 需提前兩個工作天致電預約；604.872.2034(溫哥華、列治文、本那比、二埠)。

## 加拿大防癌協會 - 義工司機

- ✓ 提供免費接載來回與癌症有關的醫療約會。
- ✓ 在電話錄音留下口訊，義工聯絡員會在十二個小時內回覆；約車電話為：
  - 604.463.8277(高貴林、高貴林港、楓樹嶺)
  - 604.574.2361 (素里、北三角洲)
  - 604.904.2361(北溫)
  - 604.539.2316(蘭里)
  - 604.504.2361(亞伯斯福)
  - 604.536.2961(白石)

## 加拿大防癌協會 - 華語義工司機

- ✓ 提供免費接載來回與癌症有關的醫療約會。
- ✓ 華語活動統籌員：陳太 Mrs. Irene Chan (604.215.5204)。

## HandyDART

- ✓ Offer public transit service to people with disabilities who are not able to use public transit without assistance.
- ✓ For information on registration, booking procedures and service hours, contact your local HandyDART office:
  - 604.430.2692 (Vancouver)
  - 604.980.3691 (North Vancouver)
  - 604.279.7090 (Richmond)
  - 604.596.1777 (Delta)
  - 604.629.5568 (Surrey)
  - 604.524.3655 (Burnaby / New West / Tricities)
  - 604.462.8522 (Maple Ridge)

## SPARC - BC – Parking Permits for People with Disabilities

- ✓ Issues parking permits enable people with disabilities to use designated accessible parking spaces.
- ✓ Application form must be filled and signed by a physician. There is a fee for the permit.
- ✓ Application form is available at the BCCA Patient & Family Counselling offices;
- ✓ Or download form from the SPARC website [www.sparc.bc.ca](http://www.sparc.bc.ca).
- ✓ For details, contact: 604.718.7744

## Wheelchair Taxi

- ✓ Vancouver Taxi: 604.255.5111
- ✓ Yellow Cab: 604.681.1111
- ✓ Surrey, Langley & White Rock areas: 604.534.5311
- ✓ Abbotsford: 604.859.1111

## 傷殘人士專用巴士

- ✓ 為有殘障或自己使用一般公共交通時有困難的人士，提供公共交通服務。
- ✓ 有關登記、預約巴士及服務時間等資料，可向附近傷殘人士專用巴士辦事處聯絡：
  - 溫哥華：604.430.2692
  - 北溫：604.980.3691
  - 列治文：604.279.7090
  - 三角洲：604.596.1777
  - 素里：604.629.5568
  - 本那比、二埠、三聯市：604.524.3655
  - 楓樹嶺：604.462.8522

## SPARC - BC - 傷殘人士專用泊車証

- ✓ 為有殘障人士發出專用泊車証，以便在特定方便上落的車位泊車。
- ✓ 申請表需由醫生簽署；並需繳付申請費。
- ✓ 可向卑詩癌症中心 - 病人及家屬輔導部索取申請表格；
- ✓ 亦可在SPARC — BC網站 [www.sparc.bc.ca](http://www.sparc.bc.ca) 下載申請表格。
- ✓ 查詢詳情，請致電：604.718.7744

## 可載輪椅的士 / 出租車

- ✓ 溫哥華的士：604.255.5111
- ✓ 黃的士：604.681.1111
- ✓ 素里、蘭里、白石區域：604.534.5311
- ✓ 亞伯斯福: 604.859.1111



## Section G Nutrition Information & Meal Services

Some people may want to know the nutrition guide for cancer patients. Some may want more information on healthy eating and resources on meals delivery services. Here listed some resources that you may consider.

## 第七章 營養資訊及送餐服務

有些病人想了解有關癌症病人的營養指引，有些則想了解更多健康飲食及送餐服務的資料。你可考慮這章節列舉的資源。

## Health & Home Care Society of BC – Chinese Meals on Wheels (Vancouver & Richmond)

- ✓ Chinese-speaking volunteers deliver hot lunches every weekday to the Chinese individuals, who because of their health and limited mobility, cannot prepare their own meals.
- ✓ For details, contact Shirley Pak at 604.733.9177 local 112 or 604.292.7200 (voice mail).

## S.U.C.C.E.S.S. – Chinese Meals on Wheels (Burnaby)

- ✓ Chinese-speaking volunteers deliver hot lunches every weekday to the Chinese individuals, who because of their health and limited mobility, cannot prepare their own meals.
- ✓ For details, contact 604.608.8811.

**Please refer to Section A  
“Understanding Diagnosis &  
Treatment” for sources with cancer-  
related nutrition information.**

## Dial – A – Dietitian

- ✓ Provides free confidential nutrition information & advice.
- ✓ Speak to a registered dietitian Monday to Friday from 9 a.m. to 5 p.m. every day: 604.732.9191 ; 1.800.667.3438.
- ✓ An oncology dietitian will be available soon.
- ✓ Interpretation services are available in over 130 languages.
- ✓ Website ([www.dialadietitian.org](http://www.dialadietitian.org)) provides linkage to other health websites.

## 卑詩衛生及家居護理會 - 送中餐 服務 (溫哥華及列治文)

- ✓ 每週星期一至五，由華語義工為有健康或行動困難而不能煮食的華人，送上熱午餐。
- ✓ 查詢詳情，請致電白小姐Shirley Pak：604.733.9177 內線 112 或 604.292.7200 (留言)。

## 中僑互助會 - 送中餐服務 (本那 比)

- ✓ 每週星期一至五，由華語義工為有健康或行動困難而不能煮食的華人，送上熱午餐。
- ✓ 查詢詳情，請致電604.608.8811

**有關從何獲取癌症與營養的資  
料，請參閱第一章「認識癌症與  
治療」。**

## 卑詩營養師熱線

- ✓ 提供免費保密營養資訊及查詢服務。
- ✓ 每週星期一至五上午九時至下午五時，可與當值營養師聯繫：604.732.9191 ; 1.800.667.3438。
- ✓ 將會有腫瘤科營養師當值。
- ✓ 備有翻譯服務方便與營養師溝通。
- ✓ 網站 ([www.dialadietitian.org](http://www.dialadietitian.org)) 可連系至其他相關健康資訊的網站。

## BC Cancer Agency – Nutrition Services

- ✓ Registered dietitians offer nutrition consultation services to cancer patients. If necessary, interpretation service can be arranged for you to speak to an English-speaking dietitian.
- ✓ Vancouver Centre: 1.800.663.3333 or 604.877.6000 local 2013
- ✓ Fraser Valley Centre: 1.800.523.2885 or 604.930.4055
- ✓ Visit the Agency website for details of its services and nutrition information: [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

## Health Canada – Canada’s Food Guide

- ✓ Canada’s Food Guide is written in English and published by the Health Canada. It provides information on how much food you need, what types of foods are better for you and importance of physical activity in your day.
- ✓ Call Service Canada at 1.800. 622.6232 (English) or 604.526.4511 local 230 (Cantonese & Mandarin) to request a copy be mailed to you.
- ✓ Or download it from the Health Canada website: [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)

## 卑詩癌症中心 - 營養部

- ✓ 由註冊營養師為癌症病人提供營養諮詢。如有需要，可安排翻譯服務，方便你與說英語的營養師溝通。
- ✓ 溫哥華診所營養部：1.800.663.3333或604.877.6000 內線2013
- ✓ 菲沙河谷診所營養部：1.800.523.2885或604.930.4055
- ✓ 請上網[www.bccancer.bc.ca](http://www.bccancer.bc.ca)查閱服務詳情及營養資料。

## 加拿大衛生部 - 加拿大食物指引 (Canada’s Food Guide)

- ✓ 「加拿大食物指引」是以英文編寫，由加拿大衛生部出版。這指引提供有關你所需要食物份量及類別的資料，以及保持運動的重要。
- ✓ 你可親身到或致電加拿大服務處 1.800.622.6232 (英語) 或604.526.4511 內線 230 (粵語及國語) 要求郵寄「指引」給你。
- ✓ 或從加拿大衛生部網站 [www.hc-sc.gc.ca](http://www.hc-sc.gc.ca) 下載「指引」。



## Section H Childcare Support

## 第八章 托兒援助

If you need help with childcare or assistance with the childcare expenses, here are some resources you may consider.

如你需要協助照顧年幼子女，或需協助支付托兒費用，你可考慮以下資源。

## Child Care Resource & Referral

- ✓ Provides support, resources and child care referral services for parents in all communities in the province.
- ✓ Provides assistance in application for Ministry of Children and Family Development - Child Care Subsidy.
- ✓ Call the Child Care Help Line (250.356.6501 or 1.888.338.6622) or visit [www.mcf.gov.bc.ca/childcare/contact\\_list.htm](http://www.mcf.gov.bc.ca/childcare/contact_list.htm) for number of the nearest Child Care Resource and Referral
- ✓ Contact numbers for some of the Child Care Resource and Referral are:
  - 604.709.5661 (Vancouver)
  - 604.279.7020 (Richmond)
  - 604.294.1109 (Burnaby & New Westminister)
  - 604.931.3400 (Coquitlam, Port Coquitlam, Pt Moody)
  - 604.572.8032 (Delta, Surrey)

## Ministry of Children and Family Development - Child Care Subsidy

- ✓ Please refer to Section D "Financial Assistance".

## 兒童托管資源及轉介

- ✓ 為省內各區家長提供托兒服務的資料、支援、及轉介服務。
- ✓ 協助家長申請兒童及家庭發展廳的托兒補助金。
- ✓ 亦可致電托兒熱線 Child Care Help Line 250.356.6501或 1.888.338.6622 或 [www.mcf.gov.bc.ca/childcare/contact\\_list.htm](http://www.mcf.gov.bc.ca/childcare/contact_list.htm) 查詢附近的兒童托管資源及轉介辦事處的地址及電話。
- ✓ 一些兒童托管資源及轉介辦事處聯絡電話為：
  - 604.709.5661 (溫哥華)
  - 604.279.7020 (列治民)
  - 604.294.1109 (本那比、二埠)
  - 604.931.3400 (高貴林、高貴林港、滿地寶)
  - 604.572.8032 (三角洲、素里)

## 兒童及家庭發展廳 - 托兒補助金

- ✓ 請參閱第四章「經濟援助」。





## Section I Accommodation

## 第九章 住宿援助

Some people may want to reduce the cost in housing. And some people have to undergo cancer treatment but live away from the treatment centre. Here are some programs you may consider.

有些人想減低房屋開支；有些則居住遠離離治療中心而要另作短期住宿安排。你可考慮以下住宿援助。

## BC Housing – Subsidized Housing

- ✓ Offers subsidized housing to low income households.
- ✓ Provides information on other types of affordable housing in the province.
- ✓ Enquiry and application: BC Housing office: 4555 Kingsway, Burnaby; 604.433.1711 or 1.800.257.7756 or visit website [www.bchousing.org](http://www.bchousing.org)

## BC Housing – Rental Assistance

- ✓ Shelter Aid for Elderly Renters (SAFER): direct cash assistance to eligible BC residents aged 60 or over who pay rent for their own homes.
- ✓ Rental Assistance Program: rental assistance paid directly to eligible low-income, working families with children under 19 and a household income of less than \$28,000.
- ✓ Enquiry and Application: BC Housing office: 4555 Kingsway, Burnaby 604.433.1711 or 1.800.257.7756 or visit website [www.bchousing.org](http://www.bchousing.org)

## Canadian Cancer Society – Jean C. Barbar Lodge in Vancouver

- ✓ Provides accommodation at a reasonable rate for people undergoing cancer-related treatment but live away from the treatment centre.
- ✓ The Lodge is located at 575 West 10<sup>th</sup> Ave, Vancouver (604.879.9131).
- ✓ Meals, nursing supervision and volunteer support are included.
- ✓ To make a reservation: 604.879.9131 or visit the Society's website [www.bc.cancer.ca](http://www.bc.cancer.ca)

## 卑詩房屋 - 津貼房屋

- ✓ 為低收入的家庭提供廉價房屋。
- ✓ 提供省內其他類別廉價房屋的資料。
- ✓ 查詢及申請：卑詩房屋辦事處：4555 Kingsway, Burnaby；604.433.1711 或 1.800.257.7756；或上網 [www.bchousing.org](http://www.bchousing.org)

## 卑詩房屋 - 租金津貼

- ✓ 長者租金津貼 (SAFER)：為60歲或以上租住私人房屋的長者提供現金津貼。
- ✓ 租金津貼計劃：為租住私人房屋的低收入家庭，有成員在工作及有子女在19歲或以下、而家庭全年總收入少於28,000元，提供租金津貼。
- ✓ 查詢及申請：卑詩房屋辦事處：4555 Kingsway, Burnaby 604.433.1711 或 1.800.257.7756 或上網 [www.bchousing.org](http://www.bchousing.org)

## 加拿大防癌協會 - 旅舍

- ✓ 為居住遠離治療中心的人仕，在接受癌症治療期間，能租住價錢合宜的旅舍。
- ✓ 旅舍位於溫哥華西十街575號 (604.879.9131)
- ✓ 居住期間，有護士及義工支援，並有膳食供應。
- ✓ 如要訂房，請致電604.879.9131 或上網 [www.bc.cancer.ca](http://www.bc.cancer.ca)



## Section J Other Support

## 第十章 其他資源

Sometimes you or your family may need help in other areas of livings. These include settlement, career and legal services. Some may want to know more about different programs provided by the Provincial and Federal governments. Here are some resources you may want to connect.

有些時候，你或你的家人可能需要其他生活上的幫助，例如移民安頓、工作或法律服務；有些則想了解更多些由省政府及聯邦政府提供的服務。你或會想聯以下資源。

## Canadian Cancer Society's Wig & Prosthesis Banks

- ✓ Provides a wide range of donated wigs, headwear, permanent prostheses and bras to cancer patients throughout BC who have undergone surgery and cannot afford the cost of a wig or prosthesis.
- ✓ Call CCS – Information Service for arrangement to obtain a donated prosthesis and bras: 1.888.939.3333.
- ✓ The Wig Bank is located at CCS – Jean Barbar Lodge (575 W. 10<sup>th</sup> Ave, Vancouver). Call the Lodge (604.879.9131) directly to obtain a donated wig or head cover.

## Free Headwear

- ✓ Donated headwear is available at BC Cancer Agency's Vancouver Centre, Patient & Family Counselling Services and the Chemotherapy Unit; and at the Fraser Valley Centre, 1<sup>st</sup> Level.

## Service Canada

- ✓ Service Canada is the Government of Canada's one-stop service delivery network. It gives Canadians easy access to a wide range of the federal programs and services (such as apply for Employment Insurance, CPP Disability Benefit, Old Age Security, passport) they need in one place.
- ✓ For details and local offices of Service Canada, call 1.800.O-Canada (1.800.622.6232) (English) or 604.526.4511 local 230 (Cantonese & Mandarin), or visit the website [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

## 加拿大防癌協會 - 假髮及義乳庫

- ✓ 為省內未能支付假髮，或曾接受手術而未能支付義乳的人仕免費提供捐贈的假髮、永久性義乳及胸圍。
- ✓ 致電加拿大防癌協會 - 癌症資訊服務，以安排獲取捐贈的假髮、永久性義乳及胸圍(1.888.939.3333)。
- ✓ 假髮庫位於加拿大防癌協會之旅舍內，位於溫哥華西十街575號，即卑詩癌症中心溫哥華診所對面；你可直接致電旅舍(604.879.9131) 以索取捐贈的假髮或頭巾。

## 免費頭巾

- ✓ 你可到卑詩癌症中心索取捐贈的頭巾：
  - 溫哥華診所輔導部
  - 溫哥華診所化療部
  - 菲沙河谷診所一樓

## 加拿大服務處

- ✓ 加拿大服務處是加拿大政府以一站式方法提供服務的網絡，讓加拿大人在一處地方便可方便獲取聯邦政府推行的服務，例如申請就業保險金、加拿大退休金計劃之傷殘津貼、養老金、護照等。
- ✓ 查詢服務詳情或附近加拿大服務處辦事處的地址，你可電1.800.622.6232 (英語) 或604.526.4511 內線 230 (粵語及國語)；或上網[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)。

## Ministry of Labours & Citizens Services – Service BC (previously named as Enquiry BC)

Service BC's call centre provides information on provincial government programs, program contacts etc. For information, call 604.660.2421 or 1.800.663.7867.

## Many immigrant settlement and family service agencies provide services to people in different languages.

- ✓ Services include:
  - Individual / family counselling on adjustment, family relationship, emotional problems.
  - Family life education
  - Support groups
  - Language programs
  - Career services
  - Interpretation & translation services
- ✓ Call the agency directly for locations of local service centres:
  - S.U.C.C.E.S.S.: 604.684.1628, [www.success.bc.ca](http://www.success.bc.ca)
  - MOSAIC: 604.254.9626, [www.mosaicbc.com](http://www.mosaicbc.com)
  - Chinese Christian Mission: 604.877.8606
  - Surrey Delta Immigrant Services Society: 604.597.0205
  - North Shore Multicultural Society: 604.988.2931
  - Family Services of Greater Vancouver: 604.731.4951

## 勞工及公民服務廳 - Service BC (Enquiry BC)

- ✓ 你可致電Service BC 604.660.2421或1.800.663.7867查詢有關省政府提供的服務及聯絡方法。

## 很多提供移民安頓或家庭服務的 機構，都以多種語言提供服務。

- ✓ 服務包括：
  - 就生活適應、家人關係、情緒問題等提供個人或家庭輔導
  - 家庭生活教育
  - 支援小組
  - 語言課程
  - 職業服務
  - 翻譯服務
- ✓ 你可聯絡這些機構查詢附近分會的地址：
  - 中僑互助會 604.684.1628, [www.success.bc.ca](http://www.success.bc.ca)
  - 務適 604.254.9626, [www.mosaicbc.com](http://www.mosaicbc.com)
  - 中信中心 604.877.8606
  - 素里三角洲移民服務協會 604.597.0205
  - 北岸多元文化協會 604.988.2931
  - 大溫哥華家庭服務中心 604.731.4951

## Ministry of Community Services – BC Seniors’ Guide & BC Seniors’ Information Line

- ✓ The Guide is available in Chinese and other languages.
- ✓ The Information Line is a free telephone line provides a one-stop source of information for BC seniors.
- ✓ Both the Guide and the Information Line provide information on programs and benefits available to seniors in BC.
- ✓ Call 1.800.465.4911 for information, or for a copy of the Guide, or visit [www.gov.bc.ca/seniors](http://www.gov.bc.ca/seniors) for details.

## Canadian Bar Association BC – Dial-A-Law

- ✓ Scripts of general information on laws in BC (e.g. Wills, Power of Attorney) are available in English and Chinese.
- ✓ To hear the scripts: call 604.687.4680 or 1.800.565.5297, press “2” for Chinese. (24 hours a day, 7 days a week).
- ✓ To view the scripts, go to [www.dialalaw.org](http://www.dialalaw.org). For Chinese, click “Dial-A-Law – Chinese” on menu bar.

## Canadian Bar Association BC – Lawyer Referral Service

- ✓ Provides lawyer referral service.
- ✓ For details, call 604.687.3221 or 1.800.663.1919 or visit [www.cba.org/bc](http://www.cba.org/bc)

## 社區服務廳「卑詩耆英指南」及「耆英熱線」

- ✓ 「指南」以多種語言(包括中文)印制。
- ✓ 「耆英熱線」為免費一站式電話查詢服務。
- ✓ 「指南」及「耆英熱線」是為卑詩省耆英提供有關長者活動及福利服務的資料。
- ✓ 你可致電「耆英熱線」1.800.465.4911查詢服務或索取指南；亦可上網查閱資料[www.gov.bc.ca/seniors](http://www.gov.bc.ca/seniors)。

## 卑詩省的加拿大律師公會 - 撥電查法律

- ✓ 備有卑詩省一般性的法律專題文章(例如有關平安書、授權書)，並翻譯成多種語言(包括中文)。
- ✓ 在任何時間撥電 604.687.4680 或 1.800.565.5297；選中文按「2」，便可透過電話錄音收聽專題。
- ✓ 在網頁 [www.dialalaw.org](http://www.dialalaw.org) 左欄選“Dial-A-Law – Chinese”，便可看到已翻譯成中文的專題文章。

## 卑詩省的加拿大律師公會 - 律師轉介處

- ✓ 可安排律師轉介服務。
- ✓ 查詢詳情，請致電604.687.3221 或 1.800.663.1919 或上網[www.cba.org/bc](http://www.cba.org/bc)