

How to use this tool

1. Print out the self-assessment and review the list of service providers and programs.
2. Check off resources that may apply now and note others that may be needed in the future.
3. For details about programs and services, search the internet. Take notes about application process, eligibility requirements and contact information.

Questions to think about

- Will a cancer diagnosis affect my ability to work now and in the future?
- What programs do I qualify for and when should I apply?
- What are the added “out of pocket” costs of having a cancer diagnosis?
- Who in my healthcare team, family and friends can I ask for help?
- Should I share my financial concerns with my healthcare team?
- Do I feel overwhelmed with worries and fears?

Service Providers	Programs & Resources	What I need
Stopping Work		✓
Employer benefits	Vacation, sick or special leave Short or long-term disability	
Service Canada: Employment Insurance	Regular benefits Sickness benefits	
	Family Caregiver benefits (caring for sick)	
	Caregiver Compassionate Care benefits (caring at end of life)	
Service Canada: Canada Pension Plan	Early retirement	
	Old Age Security (age 65 and over)	
	Guaranteed Income Supplement (GIS)	
	Post Retirement benefit	
	Disability (under age 65) A terminal illness application is available	
Ministry of Social Development and Poverty Reduction	Spousal/survivor benefits	
	Income Assistance Hardship benefits	
	Persons with Disabilities (PWD)	
	Persons with Multiple Barriers	
WorkSafe BC	Health supplements and Special Programs (e.g.: diet, medical travel and Life Threatening Health conditions)	
	WorkSafe BC claims related to work-related cancers (e.g.: mesothelioma)	

Planning for Returning to Work		✓
Cancer and Work	Website with Information and resources for returning to work planning	
BC Cancer, Vocational Rehabilitation Counsellor	Speak with a counsellor and/or register for a group session (contact Patient & Family Counselling)	
Health Care Coverage (insurance & services)		✓
Private or Workplace Benefits	Extended health benefit plans	
BC Health Insurance	Medical Services Plan (MSP) Pharmacare: <ul style="list-style-type: none"> • Special Authority Drugs • Medical Supplies (e.g.: breast prosthesis reimbursement) • Fair Pharmacare (income-based) • Income review (drop in income of more than 10%) • Palliative Care Benefits (physician referral needed) 	
Regional Health Authorities	Regional health authorities provide medical services and community care programs (ask your doctor about referrals)	
First Nations Health Authority	Medical benefit information, support and services for indigenous people (e.g.: medical travel)	
When Drugs and Supplies are Not Covered		
Drug Companies	Compassionate programs may be available. Speak with BC Cancer pharmacy or drug access navigator	
Canadian Cancer Society (CCS)	CCS has a wig and breast prosthesis bank and access to free head coverings	
Help for Additional Costs		✓
Community programs	List of financial assistance programs (find on BC Cancer website under Coping with Cancer - Practical Support)	
Private company programs	Banks, credit card and utility companies payment plans and payment deferrals life insurance/RRSP payouts	

Care at Home and in Community		✓
Health Authority Programs (doctor and/or program referral)	Community Care nursing Physiotherapy and Occupational therapy Medical equipment loans through palliative services	
Pathways Medical Care Directory	Get connected to a primary care physician in your community or virtually	
Community Programs – Better at Home programs	Community programs (e.g.: medical transportation and meals)	
Foodbank Canada	Find a food bank website	
Veterans Affairs	Independence Program	
BC Government	Affordable Childcare benefit	
Red Cross	Health Equipment Loan Program	
Debt Relief & Budgeting		✓
BC Credit Counselling	Credit Counselling in BC services	
Prosper Canada – debt assistance	Dealing with Debt Worksheets	
Financial Consumer Agency – budgeting	How to make a budget	
Travelling for Cancer Treatment		✓
BC Cancer Website – Practical Support	“Travelling for Cancer Treatment” handouts for lodging and travel information	
Volunteer drivers programs	“Travelling for cancer treatment” handouts for transportation options	
Canadian Cancer Society – Lodges and Travel Treatment Fund	Lodges in Kelowna, Prince George, Vancouver and Victoria Travel Treatment Fund (TTF) is available to qualified patients with low income (review criteria)	
Travel Assistance Program (TAP)	A government and private business partnership to help reduce transportation costs for eligible B.C. residents	
BC Government	BC Bus Pass Program (seniors and disability)	
BC Transit and Translink accessibility	HandiDart and Taxi saver coupons	
First Nations Health Authority (FNHA)	Medical travel funding and arrangements through bands for indigenous people with status	

Tax Programs		✓
Canada Revenue Agency	Claiming medical expenses on income tax	
	Disability credits	
	Home owners grant for people with a disability	
	Deferring property tax	
	Fuel tax rebate	
	Volunteer tax preparer clinics	
	BC Early Childhood Tax benefit Canada Child Tax benefit	
Housing and Shelters		✓
BC Housing Programs	Shelter Aid for Elderly Renters (SAFER)	
	Rental Assistance (RAP)	
	Housing Adaptations for Independence (HAFI)	
	Homelessness prevention support, housing rentals and shelters	
BC Rent Banks	Rent banks offer short-term crisis loans for housing rental to qualified individuals	
Planning for Incapacity and End of Life		✓
Nidus Personal Planning Resources and Services	Resources and tools for making healthcare decisions and incapacity (Wills, Representative Agreements etc.)	
BC Cancer: Advance Care Planning		
Medial Assistance in Dying (MAID)	Information about planning and referral process	
BC Government	Help for learning about: What to do when someone dies	
Ministry of Social Development and Poverty Reduction	Funding for funerals when there is no other source to pay for costs	
Public Guardian and Trustee of BC	Estate Administration and trustee services when someone is incapacitated without legal representative or dies intestate	

If you or a family member is struggling with practical, financial and emotional concerns because of a cancer diagnosis and need support, contact [Patient and Family Counselling](#) at your cancer centre.

If you attend a counselling appointment take your copy and your notes with you.