



**BC Cancer Agency**

CARE + RESEARCH

*An agency of the Provincial Health Services Authority*

## Resource Guide for Chinese Cancer Patients

(Lower Mainland)

# 卑詩癌症局 華語癌症病人資源手冊 (低陸平原)



English - Chinese

中英文雙語版

2<sup>nd</sup> Edition (2011)

第二版 (2011年)

Compiled & Translated

輯錄及翻譯

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鄭秀虹 社會工作碩士

Resource Guide for Chinese Cancer Patients (Lower Mainland)

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# Resource Guide for Chinese Cancer Patients (Lower Mainland)

English-Chinese Bilingual Version

## Compiled and translated

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First edition 2007

Second edition 2011

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# 華語癌症病人資源手冊 (低陸平原) 中英文雙語版

## 輯錄及翻譯

卑詩癌症局 (溫哥華中心)  
病人及家屬輔導部 社會工作員  
鄭秀虹 社會工作碩士 註冊社會工作員

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「資源手冊」修訂版蒙卑詩癌症局輔導部主任Gina MacKenzie 女士、護士黃林欣欣女士、癌症局華語互助小組成員及多位社區人士協助審核內容；省衛生局多媒體服務、西溫哥華Mulgrave 學校學生童天欣及香港大學實習社會工作員關孝龍協助設計及內文排版，謹此致謝。

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## Using the Resource Guide for Chinese Cancer Patients

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.

Some services or 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 information in English-language supportive programs, you may contact the Patient and Family Counselling Services at BC Cancer Agency, community oncology clinic or hospital unit at the regional hospital.

For the most updated version of this Resource Guide, please visit the BC Cancer Agency's website:  
[www.bccancer.bc.ca/PPI/copingwithcancer](http://www.bccancer.bc.ca/PPI/copingwithcancer)  
<http://teamsites.phsa.ca/sites/TranslatedPatientEddocs/>

To purchase hardcopies of this Resource Guide, please visit the online bookstore and look under "For Family" and "Cancer":  
<http://edreg.cw.bc.ca/bookstore/public/bookstore>

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 67.2194 (English) or local 67.2375 (Chinese)  
[skwong@bccancer.bc.ca](mailto:skwong@bccancer.bc.ca)

## 華語癌症病人資源手冊使用說明

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。

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；你可找其他人協助你展開聯繫，並向服務提供者查問能否安排一位能說華語的職員、義工或翻譯員協助你。

有關其他以英語提供的支援服務，你可向卑詩癌症局或地區醫院癌症部的病人及家屬輔導部查詢。

如欲要最新版或下載「華語癌症病人資源手冊」，請瀏覽卑詩癌症局網站。  
[www.bccancer.bc.ca/PPI/copingwithcancer](http://www.bccancer.bc.ca/PPI/copingwithcancer)  
<http://teamsites.phsa.ca/sites/TranslatedPatientEddocs/>

如欲購買請瀏覽以下網站，並在左欄選「For Family」及「Cancer」。  
<http://edreg.cw.bc.ca/bookstore/public/bookstore>

如欲對此「資源手冊」提出意見或查詢，請聯絡：  
卑詩癌症局 (溫哥華中心)  
病人及家屬輔導部  
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)



## UNDERSTANDING DIAGNOSIS & TREATMENT

### 認識癌病與治療



#### SECTION 1

#### UNDERSTANDING DIAGNOSIS & TREATMENT

Many cancer patients want to know more about their disease and treatments so they can plan and manage their lives. Here are some sources that you may contact for more cancer information and related support resources.

#### 第一章

#### 認識癌病與治療

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

## Your Cancer Care Team

- Whether you are a cancer patient at the BC Cancer Agency, or an Oncology Clinic or hospital unit at Burnaby Hospital, Lions Gate Hospital, Richmond Hospital, Royal Columbia Hospital, Vancouver General Hospital (Bone Marrow Transplant Program), Surrey Memorial Hospital, Abbotsford Hospital or another regional hospital, a team of cancer care professionals is managing your cancer care, providing you with treatment and supportive care.
- Your cancer care team may include: Oncologists (radiation, medical), surgeons, pain & symptom management specialists, dentists, psychiatrists, other physician specialists, nurses, social workers / counsellors, dietitians, pharmacists, radiation therapists, genetic counsellors and others.
- If you need the assistance of an interpreter to talk to your team, you may ask your health care provider to arrange it.
- Contact the switchboard at your cancer centre or community oncology unit for the direct phone number of the department that you want to talk to, or visit the department for enquiry or to request an appointment.

## Your Family Doctor and Specialists

- Effective cancer care involves you, your family doctor, cancer specialists and other health care professionals. Although you will see different health care professionals, your family doctor remains your primary doctor and continues to play a major role in your ongoing care. Your family doctor will receive regular reports regarding your cancer and care from your treatment team.

## 治理你的癌病護理團隊

- 無論你是卑詩癌症局或其他地區醫院 (如本那比醫院、獅門醫院、列治文醫院、皇家哥倫比亞醫院、溫哥華總醫院骨髓移植部、素里紀念醫院、阿博斯福醫院) 的病人，一隊癌症專業護理人士負責治理你的癌病，為你提供治療和援助。
- 治理你的癌症護理團隊包括：癌症醫生 (放射科、內科)、外科醫生、舒緩病徵及控制痛症醫生、牙醫、精神科醫生、其他專科醫生、護士、社會工作員／輔導員、營養師、藥劑師、放射治療師、遺傳科輔導員及其他護理人士。
- 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的中心或地區醫院癌症科的詢問處，查問你想聯繫護理部門的電話號碼；或親自到該部門安排約見。

## 家庭醫生及專科醫生

- 有效的癌症護理是需要你、你的家庭醫生、癌症醫生和其他專業醫護人員的參與。雖然你會見到不同的醫護人員，你的家庭醫生仍然是你的首要醫生。家庭醫生定期收到癌症護理團隊有關你癌症治療的報告，繼續為你提供持續治理。

## BC Cancer Agency Library and Information Centre

- The Library and Information Centre has 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. A Bilingual (English-Chinese) Library Resource Checklist is available at the Library to help you access the Library Service.
- The BCCA Library / Information Centre (Vancouver Centre) is located at 675 West 10<sup>th</sup> Ave, Vancouver. Tel: 604.675.8001 or 1.888.675.8001 local 678001
- For locations and service hours of other BCCA Cancer Information Centres at other cancer centres, please contact the Vancouver Centre Library.
- Visit the Agency's website at [www.bccancer.bc.ca](http://www.bccancer.bc.ca) for more information.

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

- The website provides information about types of cancer, treatment and coping with cancer (such as symptom management, nutritional, practical, emotional and palliative support).
- It also provides information on prevention and screening programs, information for new patients, regional cancer care services, and research.

## 卑詩癌症局圖書館及資料中心

- 癌症局圖書館及資料中心藏有很多關於癌症、治療及面對癌症方法的書籍、影音數碼碟等，可供公眾借閱參考；部份資料是以中文編錄的。
- 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。中英對照的「資源借閱表」可幫助你使用圖書館服務。
- 卑詩癌症局 (溫哥華中心) 的圖書館及資料中心位於溫哥華西十街675 號 (604.675.8001 或1.888.675.8001 內線8001)。
- 有關癌症局位於其他中心的圖書館地址及服務時間，你可向溫哥華中心圖書館查詢。
- 瀏覽卑詩癌症局網站可獲取更多資料。[www.bccancer.bc.ca](http://www.bccancer.bc.ca)

## 卑詩癌症局網站 [www.bccancer.bc.ca](http://www.bccancer.bc.ca)

- 卑詩癌症局網站提供有關各類癌病、治療及面對癌症資料，包括病徵處理、營養、生活支援及舒緩護理的資料。
- 網站亦提供癌症預防、普檢、新病人須知、研究及各地區癌症服務資料。



- The website includes the Library Catalogue and Recommended Websites on cancer topics. “Recommended Websites” have been compiled and evaluated by the Agency’s Librarians. It does include websites in Chinese and other languages.

### BC Cancer Agency – Complementary Medicine Education & Outcomes Program (CAMEO)

- CAMEO provides access to evidence-based databases and resources related to complementary medicine for cancer patients and family members.
- The program also provides one-on-one complementary medicine decision support to cancer patients and their family members and ongoing patient education workshops on complementary medicine and cancer.
- For more information, call 604.707.5960, or visit [www.bccancer.bc.ca/cameo](http://www.bccancer.bc.ca/cameo) or email [cameo@bccancer.bc.ca](mailto:cameo@bccancer.bc.ca)

### BC Cancer Agency – Hereditary Cancer Program

- Most cancer is NOT hereditary, but some patients may want to know more about this. For more information, visit [www.bccancer.bc.ca/hereditarycancer](http://www.bccancer.bc.ca/hereditarycancer)
- Tell your doctor about any history of cancer in your family. Your doctor may refer you to the Hereditary Cancer Program to learn more about whether your family may have a higher risk to have cancer.

- 網站上亦可找到圖書館目錄冊及聯繫至其他以多種語言(包括中文)提供癌症及健康資訊的網站(Recommended Websites); 連繫的網站是經癌症局圖書管理員評核及集錄的。

### 卑詩癌症局 - 輔助醫學教育及成果研究計劃 (CAMEO)

- 這研究計劃為癌症病人及其家屬提供具證據基礎的輔助療法資料庫和資源。
- 這計劃提供一對一式的支援以助病人及其家人就輔助療法能自行作決定, 並舉辦與癌病相關的輔助療法教育活動。
- 查詢詳情可致電 604.707.5960 (中、英文), 電郵至[cameo@bccancer.bc.ca](mailto:cameo@bccancer.bc.ca)或瀏覽網站。[www.bccancer.bc.ca/cameo](http://www.bccancer.bc.ca/cameo)

### 卑詩癌症局 - 癌病遺傳部

- 大多數癌症是沒有遺傳性的; 但有些病人可能想了解更多遺傳性癌症, 你可瀏覽網站以獲取更多資料。[www.bccancer.bc.ca/hereditarycancer](http://www.bccancer.bc.ca/hereditarycancer)
- 你可告知醫生有關家屬患癌症的情況, 你的醫生可能轉介你到遺傳部, 以了解你的家人是否有較高患癌病的風險。

## Canadian Cancer Society – Information Services

- The Cancer Information Line is a national toll free service offering information about cancer and community resources (604.675.7148 or 1.888.939.3333).
- You may be able to receive printed pamphlets about cancer, its treatment, nutrition and other support, in Chinese and other languages.
- Interpretation services are available upon request.
- Visit the Canadian Cancer Society website [www.cancer.ca](http://www.cancer.ca) (English) and [www.cancerasian.com](http://www.cancerasian.com) (Chinese) for more information or download their publications.

## Cancer View Canada [www.cancerview.ca](http://www.cancerview.ca)

- Cancer View Canada is a website that links Canadians to a wide range of services, information and resources for cancer control.
- Its “Cancer View Finder” helps find cancer information and health organizations across Canada on a particular topic in cancer control.
- Its “Online and Telephone Supports Directory” helps connect patients with web-based cancer discussion groups, message boards and telephone support lines related to their cancer.
- Its “Community Service Locator” lists cancer-related services offered across the country in an online directory.

## 加拿大防癌協會 - 癌症資訊服務

- 「癌症資訊熱線」是一項免費國內長途電話服務提供癌症及社區服務的資料 (604.675.7148 或 1.888.939.3333)。
- 它備有多種語言(包括中文)的癌症資料可供索取，例如癌症的治療、營養及其他支援。
- 你可要求翻譯服務以方便與服務員溝通。
- 詳情或下載資料可瀏覽網站。  
[www.cancer-asian.com](http://www.cancer-asian.com)(中文)及  
[www.bc.cancer.ca](http://www.bc.cancer.ca)(英文)

## Cancer View Canada網站 [www.cancerview.ca](http://www.cancerview.ca)

- 這網站備有全國控制癌症的資料、服務和資源，方便加拿大人查閱及聯繫。
- 它的「搜索器」(Cancer View Finder)有助找尋某一癌症的資料和在加拿大各地相關的醫療機構。
- 它的「網上及電話支援目錄」(Online & Telephone Supports Directory)可助患者聯繫與其癌症相關的網上討論小組、留言板和電話支援。
- 它的「社區服務搜索器」(Community Service Locator) 可列出在全國各地與癌症相關的服務。

## Canadian Virtual Hospice [www.virtualhospice.ca](http://www.virtualhospice.ca)

- Virtual Hospice provides information on palliative and end-of-life care, loss and grief. Topics include symptoms, pain management, emotional health, caregiving, decision making and final days.
- A professional team including doctors, nurses and social workers can answer your online questions about terminal illness end-of-life care, loss and bereavement.
- It provides information on palliative resources and services offered across the country.

## HealthLinkBC

- HealthLinkBC is a 24 / 7 resource for nonemergency health information and referral. It includes phone access, a website and printed resources.
- Call HealthLinkBC at 8-1-1 to speak with a nurse (24 hours a day, every day), a pharmacist (5 p.m. to 9 a.m. every day) or a dietitian (9 a.m. to 5 p.m. weekdays) about your health concerns, medications, healthy eating recommendations, or assistance in finding health services and resources in your area. Interpreter services are available upon request.
- Visit the HealthLinkBC website, [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca), to learn about health topics and medications, symptoms, and to find services and resources in your area. Information is available in different languages including Chinese.

## Canadian Virtual Hospice 網站 [www.virtualhospice.ca](http://www.virtualhospice.ca)

- 這網站備有紓緩護理、善終照顧、喪親哀痛的資料，題目包括徵狀、疼痛處理、情緒健康、家人親友的需要、如何決策及病人生命末段的日子。
- 一隊專業人員包括醫生、護士和社會工作員可以回答你在網上提出有關紓緩善終照顧及喪親哀痛的問題。
- 這網站可列出加拿大各地提供紓緩及善終護理資源和服務的資料。

## 卑詩健康結連

- 「卑詩健康結連」是一個電話號碼，又是一個互聯網址，也有印製健康刊物；在每天任何時間為省民提供非緊急健康資訊和服務轉介。
- 你可致電「卑詩健康結連」(撥8-1-1) 與護士(全日24小時當值)、藥劑師(每天下午5時至翌日上午9時)或營養師(星期一至五上午9時至下午5時)聯繫，查問你關於健康及藥物的疑問、健康飲食的建議，或協助你尋找在你所住區域的醫療服務和資源。你可要求翻譯服務以方便與卑詩健康結連的護士、藥劑師或營養師溝通。
- 你可在結連網站([www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)) 認識不同健康主題和藥物、檢查你的徵狀、或尋找在你所住區域的醫療服務和資源。部份資料備有多種語言翻譯(包括中文)。

- The BC HealthGuide Handbook has comprehensive information on how to recognize and cope with common health concerns. It is available in different languages including Chinese. Call 8-1-1 for a copy or download it from [www.healthlinkbc.ca/healthguide.stm](http://www.healthlinkbc.ca/healthguide.stm)

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

- SUCCESS provides education resources, health workshops and courses. It is located at 207-28 West Pender St, Vancouver; Tel: 604.408.7274 local 2071.

- 「卑詩健康指南」(BC HealthGuide Handbook) 有不同語言版本 (包括中文), 提供全面的資料, 教你如何識別和處理常見的健康問題。你可撥電 8-1-1 索取指南或從網站下載。  
[www.healthlinkbc.ca/healthguide.stm](http://www.healthlinkbc.ca/healthguide.stm)

### 中僑互助會 - 健康資訊中心

- 中僑健康資訊中心提供社區健康資料、講座及課程。中心位於片打西街 28 號207 室(604.408.7274 內線2071)。



### SECTION 2 EMOTIONAL SUPPORT

It is natural to experience emotional distress throughout the cancer journey. The following are some supports that can help you 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士及機構，可為你提供情緒支援，助你應付癌症。



## Your Family and Friends

- Family can be a great source of emotional support. Regular and open communication within the family can help to reduce anxiety and distress, bring members up to date with each other, increase understanding about the diagnosis & treatment, facilitate decision making, redefine family roles, and plan for changes.
- Sometimes, cancer patients and / or their families may need additional professional counselling to cope. You may contact Patient & Family Counselling Services at your treatment centre.
- Some patients may feel comfortable sharing their feelings with some of their friends or relatives. Sometimes, they could offer practical help (e.g. help with cooking, drive kids to school, accompany for treatment) and be a relief to you and your family when family members are not available.

## Your Cancer Care Team

- Tell your cancer team about your distress or practical concerns. They can direct or refer you to the appropriate professionals.

## BC Cancer Agency – Patient & Family Counselling Services

- Professionally trained counsellors and social workers provide counselling to patients and their support persons to help manage their distress. They also provide information and assistance to connect you with community resources, such as finances and community care.

## 你的家人及朋友

- 家庭是情感精神支援的重要來源。病人和家人定期及坦誠溝通，可以減低焦慮和精神困擾，互相交換近況，又可加深對診斷及治療的了解，促進決策及重新界定家庭角色和責任，並可就變化作出相應改變。
- 有時，癌症病人和家人可能需要一些專業輔導協助應付癌症，你或家人可聯絡治療中心的病人及家屬輔導部。
- 有些病人向親友抒發感受可能覺得較舒服。親友有時亦可提供實質的生活幫助(如幫助做飯、接送小孩上學、陪伴到治療中心)。當家人未能陪伴或幫助時，親友亦可暫代協助。

## 治理你的癌症護理人員

- 告訴你的癌症護理團隊你的困擾或生活問題，他們可以轉介你到相關的專業人士尋求協助。

## 卑詩癌症局 - 病人及家屬輔導部

- 專業輔導員和社會工作員協助病人及其家人處理情緒困擾，提供社區資料和協助聯繫社區資源，例如經濟及社區護理服務。

- The Patient & Family Counselling Services also has cancer support groups, stress reduction programs, education forums and online support for patients and their caregivers.
- The Vancouver Centre provides counselling in English, Mandarin and Cantonese, and offers a monthly Chinese Support Group.
- A Bilingual (English-Chinese) Service Request form is available at the Counselling Office to help you access counselling services. Interpreters can be arranged for you to speak to an English speaking counsellor.
- Contact the Patient & Family Counselling at your local cancer centre for an appointment or for program details:
  - Vancouver Centre: 1.800.663.3333 or 604.877.6000 local 67.2194 (English) or local 67.2375 (Chinese)
  - Fraser Valley Centre: 1.800.523.2885 or 604.930.4000
  - Abbotsford Centre: 1.877.547.3777 or 604.851.4710 local 64.4733
- Visit the Agency websites for more information:  
[www.bccancer.bc.ca/PPI/copingwithcancer](http://www.bccancer.bc.ca/PPI/copingwithcancer)  
[www.cancerchatcanada.ca](http://www.cancerchatcanada.ca) (online groups)

### Community Oncology Clinics and Hospital Units – Patient & Family Counselling

- If you receive treatment at the community oncology clinic or hospital unit such as Burnaby Hospital, Lions Gate Hospital, Richmond Hospital, Royal Columbia Hospital, Vancouver General Hospital (Bone Marrow Transplant Program),

- 輔導部亦為病人及其照顧者舉辦支援小組、減壓鬆弛班、教育講座和網上支援小組。
- 卑詩癌症局的溫哥華中心提供英語、粵語和國語輔導，以及每月舉辦華語互助小組。
- 中英對照的「要求服務表格」可助你聯繫輔導部；另可安排翻譯服務，方便你與說英語的輔導員溝通。
- 如要預約或查詢活動詳情，請聯絡癌症局的病人及家屬輔導部：
  - 溫哥華中心：  
1.800.663.3333 或 604.877.6000  
內線2375(華語)或內線2194(英語)
  - 菲沙谷中心：  
1.800.523.2885 或 604.930.4000
  - 阿博斯福中心：  
1.877.547.3777 或 604.851.4710  
內線644733
- 詳情可瀏覽網站：  
[www.bccancer.bc.ca/PPI/copingwithcancer](http://www.bccancer.bc.ca/PPI/copingwithcancer)  
[www.cancerchatcanada.ca](http://www.cancerchatcanada.ca)(網上支援小組)

### 地區醫院癌症科 - 病人及家屬輔導部

- 如果你在地區醫院癌症科接受癌症治療，如本拿比醫院、獅門醫院、列治文醫院、皇家哥倫比亞醫院、溫哥華總醫院骨髓移植部、素里紀念醫院、阿博斯福醫院等，

Surrey Memorial Hospital, Abbotsford Hospital, or others, you may contact its Patient and Family Counselling Program for counselling and information on their supportive programs.

- Let them know if you need an interpreter to help you communicate with the counsellors / social workers there.

### BC Cancer Agency – Chinese Cancer Support Group

- The group is conducted in Cantonese and meets on the second Thursday of each month at the Vancouver Centre.
- It is facilitated by a professional social worker. The group provides a safe place to share feelings and thoughts on 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 67.2194 (English) or local 67.2375 (Chinese).

### BC Cancer Agency – Chinese Peer Navigator Service

- A Peer Navigator is a cancer survivor who volunteers at the Vancouver Centre to provide new patients and their families with conversational support, to assist with practical information and to help them find Chinese resources or services of the Agency.
- For more information or to contact a Peer Navigator, leave a brief message with your name and day-time contact number at the voice mail for the Peer Navigator Service (604.877.6000 local 67.3063).

你可聯絡該醫院的病人及家屬輔導部預約或查詢其支援活動。

- 你可以註明你需要翻譯服務，方便你與輔導員或社會工作員溝通。

### 卑詩癌症局 - 華語互助小組

- 小組以粵語進行；每月第二個星期四在卑詩癌症局(溫哥華中心)舉行。
- 小組由社會工作員負責帶領討論，組員可安心分享感受及應付癌症的方法。
- 小組負責人：鄭秀虹 Sandy Kwong 1.800.663.3333 或 604.877.6000 內線2194(英語)或2375(華語)。

### 卑詩癌症局 - 華語導航員服務

- 華語導航員是在癌症局溫哥華中心服務的義工，他們亦是癌症康復者。導航員為新病人及其家人在癌症局內引領路向、協助找尋支援服務和中文資源，並與病人傾談給予鼓勵及支持。
- 查詢服務或聯絡華語導航員，可致電導航員服務留言信箱(604.877.6000 內線3063)留下簡單口訊(包括你的姓名及日間聯絡電話)。

## BC Cancer Agency – Children’s Web site: [www.cancerinmyfamily.ca](http://www.cancerinmyfamily.ca)

- This site is designed to help children who have a family member with cancer explore their feelings; and to help parents support their children. It also includes a section for parents, including a parent guide and examples of an activity booklet, “Time for Me”, for children.

## Canadian Cancer Society – CancerConnection

- A trained volunteer who has had a similar cancer experience will be matched with you to provide you with support.
- Call 604.675.7148 or 1.888.939.3333 to connect with volunteers. Interpretation services are available upon request.
- Visit the website for details  
[www.bc.cancer.ca](http://www.bc.cancer.ca) (English) and  
[www.cancer-asian.com](http://www.cancer-asian.com) (Chinese).

## Canadian Cancer Society – Chinese Cancer Program

- CCS publishes a quarterly Chinese Peer Support Newsletter and offers Chinese cancer programs at different locations. Contact the Chinese Program Coordinator at 604.215.5204 for program information.

## 卑詩癌症局 - 兒童網站 [www.cancerinmyfamily.ca](http://www.cancerinmyfamily.ca)

- 這網站協助有家庭成員患癌症的兒童了解自己的感受，及協助家長支援子女。這網站亦載有「父母指引」及「兒童活動手冊 (Time for Me)」供家長參閱。

## 加拿大防癌協會 - 癌症關懷

- 「癌症關懷」為病人配對近似其病況的康復者；康復者已受訓練並以義工身份透過電話關懷病人。
- 查詢或要求服務可致電604.675.7148 或 1.888.939.3333。你可要求翻譯服務以方便與服務員或義工康復者溝通。
- 詳情可瀏覽網站。  
[www.cancer-asian.com](http://www.cancer-asian.com)(中文)或  
[www.bc.cancer.ca](http://www.bc.cancer.ca)(英文)

## 加拿大防癌協會 - 華語活動

- 編印「同舟共濟」季刊及在不同區域舉辦華語活動。查詢服務:604.215.5204 華語活動統籌員(華語)。

### Chinese Christian Mission – Chinese Cancer Support Program

- A faith-based organization provides a support program at its Burnaby and Richmond offices. The support program is facilitated by volunteers. Visitations, phone contacts and practical assistance by volunteers could be arranged.
- Contact Program Coordinator at 604.877.8606 for program information.

### 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. Call 604.608.8802 for details.

### 中信中心 - 粵語癌症活動

- 中信中心是一個宗教組織。義工每月在其本那比及列治文辦事處舉行活動。義工亦可提供家訪及生活上援助。
- 查詢可致電604.877.8606(華語)。

### 中僑互助會 - 善寧義工探訪

- 有受訓練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。查詢可致電604.608.8802(華語)。



## TAKING CARE OF YOURSELF

### 自我護理



#### SECTION 3 TAKING CARE OF YOURSELF

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

#### 第三章 自我護理

你可考慮使用以下資源，讓你更能妥善護理自己。

Please refer to Section 2 “Emotional Support” about supportive programs offered at your cancer centre and the community oncology clinics.

### BC Cancer Agency’s Bilingual Navigation Guide

- This Guide is bilingual, Chinese – English, and provides information about services and their location at the Vancouver Cancer Centre.
- It also provides tips for communication with health care providers, finding support, preparing for medical appointments; and information about practical resources which are useful for BCCA and non-BCCA cancer patients.
- Contact the Agency’s Peer Navigator Service 604.877.6000 local 67.3063 for information or download it from the Agency’s website:  
[www.bccancer.bc.ca/PPI/copingwithcancer](http://www.bccancer.bc.ca/PPI/copingwithcancer)

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

- Volunteers of the Help Lines provide information on community resources and telephone support to the Chinese community. It opens 7 days a week from 10 a.m. to 10 p.m.
- Call the Help Lines at 604.270.8222 (Mandarin), 604.270.8233 (Cantonese)

請同時參閱第二章「情緒支援」以了解卑詩癌症局或地區醫院提供的支援服務。

### 卑詩癌症局 - 導航指南

- 「導航指南」以中英文雙語編寫，介紹癌症局 (溫哥華中心) 設有的服務及所在位置。
- 「導航指南」亦列出多項提示，讓病人在見醫生前作更好準備、與醫護人員更有效地溝通及更能尋找合適支援協助。這些提示對卑詩癌症局及地區醫院的病人都有用。
- 查詢可致電華語導航員服務留言信箱 (604.877.6000 內線3063) 留下簡單口訊 (包括你的姓名及日間聯絡電話) 或瀏覽網站下載「導航指南」。  
[www.bccancer.bc.ca/PPI/copingwithcancer](http://www.bccancer.bc.ca/PPI/copingwithcancer)

### 中僑互助會 - 中僑心理熱線

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

## Canadian Cancer Society – Wig & Prosthesis Banks

- CCS 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 at 604.675.7148 or 1.888.939.333 to make arrangements to obtain a donated prosthesis and bras.
- Call the Wig Banks directly to obtain a donated wig or head cover. They are located at:
  - Jean Barber Lodge: 575 West 10<sup>th</sup> Ave, Vancouver (604.879.9131)
  - Richmond Office: 285-7000 Minoru Blvd, Richmond (604.279.7150)

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

- The Association provides information on Chinese mental health programs in Vancouver, Burnaby and Richmond (e.g. support group on depression, Parkinson's disease, Schizophrenia).
- It also provides emotional health support groups and programs in Cantonese and Mandarin.
- Contact the Education Program (Chinese Outreach) at 604.872.4902 local 235.

## 加拿大防癌協會 - 假髮及義乳庫

- 防癌協會為省內未能支付假髮，或曾接受手術而未能支付義乳的人士免費提供捐贈的假髮、永久性義乳及胸罩。
- 你可致電防癌協會安排索取捐贈的假髮、永久性義乳及胸罩(604.675.7148 或 1.888.939.3333)。
- 你亦可直接往假髮庫索取捐贈的假髮或頭巾。假髮庫位於：
  - Jean Barber 旅舍：  
溫哥華西十街575 號(604.879.9131)
  - 列治文辦事處：  
285-7000 Minoru Blvd(604.279.7150)

## 加拿大心理衛生會 (溫哥華 / 本那比分處)

- 心理衛生會提供有關在溫哥華、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、柏金遜症、精神分裂症等支援小組)。
- 衛生會亦舉辦華語情緒健康支援小組。
- 查詢服務: 華語活動聯絡員604.872.4902 內線235。

## HeretoHelp [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

- This website helps individuals and families understand more and learn skills to better manage mental health issues such as stress, anxiety, and depression. Mental health information and related resources / tools are available in different languages including Chinese.
- Visit website [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca) for information. For Chinese information, click “Other Languages” on the menu bar.

## Changeways Clinic

- It provides online self help resources in Chinese and other languages, such as the Self-Care Depression Program. To download the resources, visit [www.changeways.com](http://www.changeways.com).

## HeretoHelp 網站[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

- 這網站備有多種語言(包括中文)的精神健康資料和相關工具，幫助個人和家庭更了解心理健康問題，如壓力、焦慮、抑鬱；及學習技能以更好地處理精神健康。
- 在網站[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)選Other languages(其他語言)便可看到已翻譯成中文的專題文章。

## 新思力行心理健康診所

- 在網上提供多種語言 (包括中文) 的精神健康自助資料，例如抑鬱症自助手冊。下載資料可瀏覽網站。[www.changeways.com](http://www.changeways.com)。

## FINANCIAL ASSISTANCE

### 經濟援助



#### SECTION 4 FINANCIAL ASSISTANCE

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.

#### 第四章 經濟援助

患上癌症會給病人帶來經濟困擾。這章節列出的服務可給你補助收入，資助處方藥物和醫療的額外開支。



## Ministry of Health Services – Medical Services Plan (MSP)

- Premium Assistance: Canadian 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.
- For details, contact Health Insurance BC at 604.683.7151 or 1.800.663.7100.
- To download an application form, visit the Ministry website:  
[www.health.gov.bc.ca/insurance/bcreidents.html](http://www.health.gov.bc.ca/insurance/bcreidents.html)

## 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).
- For more information or online registration, visit [www.health.gov.bc.ca/pharmacare](http://www.health.gov.bc.ca/pharmacare) or call Health Insurance BC at 604.683.7151, 1.800.663.7100.

## 省政府的醫療保險計劃(MSP)

- 保險金資助：凡在過去十二個月居住於卑詩省的低收入加拿大永久居民或公民，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士，可申請臨時保險金資助。
- 查詢詳情可致電Health Insurance BC 604.683.7151 或1.800.663.7100。
- 你可瀏覽網站下載表格。  
[www.health.gov.bc.ca/insurance/bcreidents.html](http://www.health.gov.bc.ca/insurance/bcreidents.html)

## 省政府的公平藥物補助

- 所有卑詩省內居民必須登記公平藥物資助計劃，才可獲得省政府提供的藥物補助。
- 省政府為省內已登記醫療保險計劃(MSP)的居民，按照兩年前的家庭淨收入評定藥物自付額，及提供處方藥物及醫療物品資助 (如造口袋、義乳)。
- 查詢詳情可致電Health Insurance BC 604.683.7151 或1.800.663.7100。你亦可覽網站下載表格或登記公平藥物補助計劃。  
[www.health.gov.bc.ca/pharmacare](http://www.health.gov.bc.ca/pharmacare)

- For pre-recorded health service information in Chinese, call SUCCESS Multilingual Information Line at 604.687.6300, press 1-5-1-6 for Cantonese, press 2-5-1-6 for Mandarin.

## 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.health.gov.bc.ca/pharmacare](http://www.health.gov.bc.ca/pharmacare)
- For details, contact the Administrative Review at 250.952.2646 or 1.866.952.2646.

## Extended Health Plan

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

## Private Insurance

- If you have private insurance, check with your insurance company about the coverage.

- 選聽公平藥物補助華語錄音資料，可在任何時段致電中僑互助會「一線通」資訊服務604.687.6300；選聽粵語按「1-5-1-6」，選聽國語按「2-5-1-6」。

## 公平藥物資助 - 收入重估

- 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預計今年的家庭收入，重新調整藥物自付額及資助水平。
- 你可瀏覽網站以下載表格 [www.health.gov.bc.ca/pharmacare](http://www.health.gov.bc.ca/pharmacare)。
- 查詢可致電Administrative Review 250.952.2646 或1.866.952.2646。

## 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、假髮等開支，亦可能包括短期及長期殘障津貼。
- 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。

## 私營保險計劃

- 如你有購買私營保險，請向你的私營保險公司查詢保障範圍。

## BC Cancer Agency (BCCA) & Canadian Cancer Society (CCS) - Short Term Financial Support

- BCCA's Financial Support Drug Program and CCS's Financial Support Program provide cancer patients who have financial needs with short-term assistance for cancer-related symptom management drugs, transportation and accommodation expenses for patients that live far from the treatment centre.
- Call CCS directly at 1.888.939.3333 or 604.253.8470 for application. To download an application form, visit the website: [www.bc.cancer.ca](http://www.bc.cancer.ca)
- Interpretation services are available upon request.

## Employment Insurance (EI) – Sickness Benefit

- A maximum of 15-week 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 note indicating inability to work and employer's Record of Employment.
- For details, call Human Resources & Skills Development Canada at 1.800.277.9914 or visit website: [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)

## 卑詩癌症局及加拿大防癌協會 – 短期經濟援助

- 卑詩癌症局及加拿大防癌協會為有經濟困難的癌症病人提供短期經濟支援，資助舒緩癌症徵狀的藥費、從遠處到中心接受治療的交通和住宿費用等。
- 你可直接聯絡加拿大防癌協會申請 1.888.939.3333 或 604.253.8470。你亦可瀏覽網站下載申請表格。 [www.bc.cancer.ca](http://www.bc.cancer.ca)
- 你可要求翻譯服務，方便以華語與服務員溝通。

## 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士，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。
- 查詢詳情可致電加拿大人力資源及發展部 1.800.277.9914 或瀏覽網站。 [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)

### Application:

- Online at [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)
- In person at nearby Service Canada Centre 604.526.4511 local 230 (Cantonese & Mandarin); 1.800.622.6232 (English)
- Contact Strathcona Employment Assistance Services: 604.689.7594 (Chinese)

### Employment Insurance (EI) – Compassionate Care Benefit

- A maximum of 6-week benefit is paid to persons who have to be away from work temporarily to provide care or support a family member who is gravely ill with a significant risk of death within 26 weeks.
- Documents required: Social Insurance Number, Medical Certificate for Employment Insurance Compassionate Care Benefit, and employer's Record of Employment.
- For details, call Human Resources & Skills Development Canada at 1.800.277.9914 or visit website: [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)

### Application:

- Online at [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)
- In person at nearby Service Canada Centre 604.526.4511 local 230 (Cantonese & Mandarin); 1.800.622.6232 (English).
- Contact Strathcona Employment Assistance Services: 604.689.7594 (Chinese).

### 申請方法:

- 網上登記: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)
- 親臨附近的加拿大服務處登記 604.526.4511 內線230 (粵語及國語); 1.800.622.6232 (英語)。
- 聯絡士達孔拿就業服務處協助辦理 604.689.7594 (華語)。

### 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士，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。
- 查詢詳情可致電加拿大人力資源及發展部 1.800.277.9914 或瀏覽網站: [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)

### 申請方法:

- 網上登記: [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)
- 親臨附近的加拿大服務處登記 604.526.4511 內線230 (粵語及國語); 1.800.622.6232 (英語)。
- 聯絡士達孔拿就業服務處協助辦理 604.689.7594 (華語)。

## Ministry of Social Development – 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 Self Serve Assessment Tool ([www.iaselfserve.gov.bc.ca](http://www.iaselfserve.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 Enquiry 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).
- At the time of registration, you may request an interpreter for the assessment interview.
- Person 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 impacted 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: 1.888.338.6622 or [www.mcf.gov.bc.ca/childcare](http://www.mcf.gov.bc.ca/childcare)
  - Your local Child Care Resource & Referral (see Section 8)
  - Settlement workers in your child's school
  - Your local immigrant settlement services agency (see Section 10)

## 省政府的收入補助金

- 為正在找尋工作或暫時不能全面投入工作的人士，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[www.iaselfserve.gov.bc.ca](http://www.iaselfserve.gov.bc.ca) 的收入補助金自助評估工具(Self Serve Assessment Tool)，了解你是否符合資格及可能會得到的補助金額。
- 查詢詳情或附近補助廳的地址，你可致電 Enquiry BC 604.660.2421, 1.800.663.7867 或瀏覽補助廳網站。
  - [www.eia.gov.bc.ca](http://www.eia.gov.bc.ca)
- 你可在登記時請補助廳職員在日後評估面談時安排翻譯。
- 正在領取入息補助金的人士，如有長期及嚴重殘障，可向入息補助廳職員要求申請省政府提供的殘障補助(Persons with Disabilities Benefit)。

## 省政府的托兒補助金

- 為因健康理由而不能照顧年幼子女的人士，每月提供托兒補助金。
- 如需協助申請或了解詳情，請聯絡：
  - 兒童及家庭發展廳 1.888.338.6622 或瀏覽網站 [www.mcf.gov.bc.ca/childcare](http://www.mcf.gov.bc.ca/childcare)
  - 兒童托管資源及轉介(請參閱第八章)
  - 子女學校的安頓服務人員
  - 移民安頓服務機構(請參閱第十章)



## Canada Pension Plan (CPP) – Disability Benefit

### Eligibility Criteria:

- 4 out of the last 6 years of contribution to the CPP.
  - A prolonged and severe illness.
  - Loss of working ability for any job on a regular basis.
- For details, call Human Resources & Skills Development Canada at 1.800.277.9914 or visit website [www.hrsdc.gc.ca](http://www.hrsdc.gc.ca).
  - To get a copy of the application forms or assistance in application, contact your local Service Canada centre: 604.526.4511 local 230 (Cantonese & Mandarin); 1.800.622.6232 (English).
  - Download application forms from [www.servicecanada.gc.ca](http://www.servicecanada.gc.ca).

## BC Coalition of People with Disabilities

- Help for people with disabilities to apply / appeal for BC Employment & Assistance for Persons with Disabilities (PWD), and CPP Disability Benefit.
- For details, contact: 604.872.1278 or visit the Coalition website: [www.bccpd.bc.ca](http://www.bccpd.bc.ca)

## 加拿大退休金計劃(CPP) - 殘障津貼

### 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。
- 查詢詳情可致電加拿大人力資源及發展部 1.800.277.9914 或瀏覽網站。[www.hrsdc.gc.ca](http://www.hrsdc.gc.ca)
  - 如需協助填寫申請表格, 你可聯絡就近的加拿大服務處:
    - 604.526.4511 內線230(粵語及國語)
    - 1.800.622.6232(英語)
  - 你可瀏覽網站以下載表格。[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)

## 卑詩殘障人士聯盟

- 協助殘障人士辦理或上訴入息補助金-殘障補助(PWD)及加拿大退休金計劃-殘障津貼(CPP Disability Benefit)。
- 查詢詳情你可致電604.872.1278 或瀏覽網站。[www.bccpd.bc.ca](http://www.bccpd.bc.ca)



### SECTION 5 HOME & COMMUNITY CARE

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 for you and your family.

### 第五章 居家及社區護理

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

## Canadian Red Cross – Health Equipment Loan Program

- The Red Cross loans out basic health equipments, including wheelchairs, bath aids, toileting aids, walking aids, and aids to daily living.
- Referral from doctor / nurse / physiotherapist / occupational therapist is needed for all equipment loans.
- For details, depot location, operation hours and availability of equipment, visit [www.redcross.ca/lowermainland](http://www.redcross.ca/lowermainland) or call your local Red Cross Equipment Loan Service Depot at:
  - Vancouver 604.301.2566
  - North Vancouver 604.988.7115
  - Richmond 604.278.4011
  - Burnaby 604.522.7092
  - Langley 604.881.1113
  - Port Coquitlam 604.944.9042
  - Maple Ridge 604.465.5050
  - Surrey 604.501.4944
  - White Rock 604.536.7911
  - Abbotsford 604.556.3526

## Lifeline

- For a fee, a medical alarm service with a personal help button on a wristband or pendant and a phone communicator that enables people living alone to be linked to the response centre for help at a time of emergency.
- For service information, set up arrangement and cost involved, contact Providence Lifeline at 604.872.5433 or visit the website [www.lifeline.ca](http://www.lifeline.ca)

## 加拿大紅十字會 - 輔助生活器材借用

- 紅十字會借出基本器材以輔助日常生活，包括輪椅、沐浴椅、如廁輔助用具、步行輔架等。
- 借用器材需由醫生、護士、物理治療師或職業治療師轉介。
- 有關服務詳情和時間及可供借用的器材用具等，可瀏覽網站 [www.redcross.ca/lowermainland](http://www.redcross.ca/lowermainland) 或致電以下服務站：
  - 溫哥華：604.301.2566
  - 北溫：604.988.7115
  - 列治文：604.278.4011
  - 本那比：604.522.7092
  - 蘭里：604.881.1113
  - 高貴林港：604.944.9042
  - 楓樹嶺：604.465.5050
  - 素里：604.501.4944
  - 白石：604.536.7911
  - 阿博斯福：604.556.3526

## 平安專線

- 獨居人士在需要幫助的緊急時刻，可透過戴在手腕或頸鍊吊墜的求助按鈕，連接到平安專線應變中心。專線服務是收費的。
- 有關安裝平安專線醫療警報詳情及費用，可致電 604.872.5433 或瀏覽網站 [www.lifeline.ca](http://www.lifeline.ca)

## Richmond Centre for Disability

- The Centre provides information, resources and support programs in English & Chinese languages to persons with disabilities and their families.
- For program details or resource information, call 604.232.2404 (Chinese) or visit [www.rcdrichmond.org](http://www.rcdrichmond.org).

## Ministry of Social Development – Personal Supports Information Line

- The information line facilitates disabled people access to supports (especially equipment and assistive devices).
- Call 1.888.818.1211 for details. Interpretation services are available upon request.
- Or visit [www.personalsupports.bc.ca](http://www.personalsupports.bc.ca).

## Health Authority – Home and Community Care Services

- To help seniors and adults with significant health problems live independently and safely in their own home or in a community setting. Services include the provision of or referral for:
  - Home care nursing
  - Home support
  - Home safety assessment
  - Medical equipment
  - Community Palliative Care Team
  - Hospital Palliative Care unit
  - Hospice
  - Caregivers Support Program
  - Residential care home
  - Assisted Living

## 殘障人士支援中心

- 支援中心提供英語及華語服務，為殘障人士及其家人提供專門的資料、支援及轉介。
- 查詢可致電604.232.2404(華語)或瀏覽網站[www.rcdrichmond.org](http://www.rcdrichmond.org)。

## 省政府的個人支援資訊專線

- 專線方便殘障人士聯繫支援，尤其有關器材及輔助用具。
- 你可致電1.888.818.1211 查詢，亦可要求翻譯服務，方便與專線人士溝通。
- 瀏覽網站[www.personalsupports.bc.ca](http://www.personalsupports.bc.ca)。

## 衛生局 - 居家及社區護理服務

- 衛生局為長者及患有嚴重疾病的成年人提供或協助聯繫以下服務，讓他們能在家中或社區內安全及獨立地生活。
  - 社區護士護理
  - 居家支援及個人護理
  - 家居安全評估
  - 醫療用具和輔助生活器材
  - 社區紓緩護理隊 (醫生、護士、社工)
  - 醫院紓緩護理病房
  - 寧養院
  - 支援家屬活動
  - 護理院
  - 支援居所

- For referral, talk to your nurse / doctor / social worker / counsellor at the cancer centre or community oncology clinic. Assessment is done by a community home care nurse from the local health unit.
- For details, contact your local health unit :
  - Vancouver Coastal Health Authority (North Shore, Vancouver, Richmond and other communities along the Coast) at 604.875.4252 or 1.866.884.0888 or visit website [www.vch.ca](http://www.vch.ca)
  - Fraser Health Authority (Burnaby, Coquitlam, Pt Moody, Surrey & other communities in the Fraser Valley) at 604.587.4600 or 1.877.935.5669 or visit website [www.fraserhealth.ca](http://www.fraserhealth.ca)

- 如有需要可與癌症局或社區醫院癌症醫生、護士、社工、輔導員或家庭醫生作轉介；然後由衛生局社區護士家訪評估服務需要。
- 查詢詳情，請聯絡你所住區域的衛生局：
  - 溫哥華沿岸衛生局 (北溫、溫哥華、列治文及其他沿岸社區)：604.875.4252 或 1.866.884.0888 或瀏覽網站[www.vch.ca](http://www.vch.ca)
  - 菲沙衛生局 (本那比、高貴林、滿地寶、素里及其他菲沙谷社區)：604.587.4600 或 1.877.935.5669 或瀏覽網站[www.fraserhealth.ca](http://www.fraserhealth.ca)

## BC Palliative Care Benefits Program

- Supports individuals who have reached the end stage of a life-threatening disease or illness and who wish to receive palliative care at home or in a hospice. It provides coverage of medications used in palliative care, medical supplies and equipment.
- Assessment of medical eligibility and referral for the Program is made by your doctor.
- For details, contact Health Insurance BC at 604.683.7151 or 1.800.663.7100, or visit [www.health.gov.bc.ca/pharmacare/outgoing/palliative.html](http://www.health.gov.bc.ca/pharmacare/outgoing/palliative.html)

## 省政府的紓緩及善終護理福利計劃

- 省政府為患有晚期疾病而在家中或寧養院接受紓緩護理的人士，提供紓緩藥物、醫療用具和輔助生活器材資助。
- 福利計劃需由醫生評估醫療資格和轉介。
- 查詢詳情可致電Health Insurance BC 604.683.7151 或 1.800.663.7100 或瀏覽網站。[www.health.gov.bc.ca/pharmacare/outgoing/palliative.html](http://www.health.gov.bc.ca/pharmacare/outgoing/palliative.html)



## Hospice Residence

- Specialized residential care setting, designed to provide a home-like environment and comfort care for people requiring end-of-life care for several days to a few months. Hospice care team includes doctor, nurses, care aides, social workers, volunteers and others.
- Talk to your doctor / nurse / social worker / counsellor / community home care team about the appropriateness for hospice residence, and details of the referral process.
- Hospice residences in the Lower Mainland include:
  - Vancouver: May's Place, Cottage Hospice & Marion Hospice
  - Richmond: Salvation Army Rotary Hospice House
  - North Vancouver: North Shore Hospice
  - Burnaby: St. Michael's Centre Hospice
  - Port Moody: Crossroads Hospice
  - Maple Ridge: McKenney Creek Hospice Residence
  - Delta: Delta Hospice
- For details or tour the hospice, contact your local health unit or visit the websites:
  - Vancouver Coastal Health Authority (North Shore, Vancouver, Richmond and other communities along the Coast) at 604.875.4252 or 1.866.884.0888 or visit website [www.vch.ca](http://www.vch.ca)
  - Fraser Health Authority (Burnaby, Coquitlam, Pt Moody, Surrey & other communities in the Fraser Valley) at 604.587.4600 or 1.877.935.5669 or visit website [www.fraserhealth.ca](http://www.fraserhealth.ca)

## 寧養院

- 為患有晚期疾病的人士而設；佈置如家庭的環境，由醫生、護士、個人護理員及社會工作員等提供全日24小時紓緩護理照顧，讓病人舒適地渡過人生最後數月時光。
- 與醫生、護士、社工、輔導員或衛生局社區護士商討是否適合入住寧養院及轉介詳情。
- 低陸平原的寧養院包括：
  - 溫哥華：May's Place, Cottage Hospice 及 Marion Hospice
  - 列治文：Rotary Hospice House
  - 北溫：North Shore Hospice
  - 本那比：St. Michael's Centre Hospice
  - 滿地寶：Crossroads Hospice
  - 楓樹嶺：McKenney Creek Hospice Residence
  - 三角洲：Delta Hospice
- 查詢詳情或參觀寧養院，請聯絡你所住區域的衛生局：
  - 溫哥華沿岸衛生局 (北溫、溫哥華、列治文及其他沿岸社區)：  
604.875.4252 或 1.866.884.0888  
或瀏覽網站 [www.vch.ca](http://www.vch.ca)
  - 菲沙衛生局 (本那比、高貴林、滿地寶、素里及其他菲沙谷社區)：  
604.587.4600 或 1.877.935.5669  
或瀏覽網站 [www.fraserhealth.ca](http://www.fraserhealth.ca)

## Advanced Care Planning

- Provides information on why, what and how to make a personal future medical care plan. For more details about Advanced Care Planning, visit website: [http://www.fraserhealth.ca/your\\_care/planning\\_for\\_your\\_care/how\\_to\\_use](http://www.fraserhealth.ca/your_care/planning_for_your_care/how_to_use).
- “My Voice” workbook helps people to talk about and record their future health care choices to make their wishes known.
- “My Voice” is available in Chinese and other languages. Visit the website to download a copy [http://www.fraserhealth.ca/your\\_care/planning\\_for\\_your\\_care/workbook](http://www.fraserhealth.ca/your_care/planning_for_your_care/workbook).
- For further discussion about advanced care planning, talk to your health care providers at the cancer centre, community oncology clinic, hospital unit, or the community.

## 預設醫護計劃(生命意願書)

- 這網站備有資料引領思考為何、如何及怎樣制定個人未來的醫護選擇。  
[www.fraserhealth.ca/your\\_care/planning\\_for\\_your\\_care/how\\_to\\_use](http://www.fraserhealth.ca/your_care/planning_for_your_care/how_to_use)。
- 使用「我的心聲」手冊記錄對未來醫護選擇的考慮及決定，讓有關人士得知你的個人意願。
- 手冊以多種語言編寫(包括中文)，可上網下載。  
[www.fraserhealth.ca/your\\_care/planning\\_for\\_your\\_care/workbook](http://www.fraserhealth.ca/your_care/planning_for_your_care/workbook)。
- 可與癌症局、地區醫院癌症部或社區醫護人員討論「預設醫護計劃」。

## TRANSPORTATION SERVICES

### 交通服務



#### SECTION 6 TRANSPORTATION SERVICES

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.

#### 第六章 交通服務

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

### Freemasons Volunteer Driver

- Provides free volunteer driver service for cancer-related appointments.
- Call to book your ride 2 days ahead of your appointment; 604.872.2034 (Vancouver, Burnaby, Richmond, and New Westminster).

### Canadian Cancer Society – Volunteer Driver Program

- Provides free volunteer driver service for cancer-related medical appointments.
- Leave a message on the voice mail and a coordinator will return your call within 12 hours.
- Contact numbers are:
  - 604.904.2361 (North Vancouver)
  - 604.921.2361 (West Vancouver)
  - 604.463.8277 (Coquitlam, Pt. Coquitlam, Pt. Moody, Maple Ridge)
  - 604.540.2361 (New Westminster)
  - 604.539.2316 (Langley)
  - 604.574.2361 (Surrey, North Delta)
  - 604.536.2961 (White Rock)
  - 604.504.2361 (Abbotsford)

### Canadian Cancer Society – Chinese Volunteer Drivers

- Provides free volunteer driver service appointments. Contact the Chinese Program Coordinator to book a ride: 604.215.5204.

### Freemasons 義工司機

- 提供免費接載來回與癌症有關的醫療預約。
- 需提前兩個工作日致電預約; 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預約。
- 可致電義工司機服務留言信箱留言，司機聯絡員會在十二個小時內回覆。
- 約車電話為：
  - 604.904.2361 (北溫)
  - 604.921.2361 (西溫)
  - 604.463.8277 (高貴林、高貴林港、滿地寶、楓樹嶺)
  - 604.540.2361 (二埠)
  - 604.539.2316 (蘭里)
  - 604.574.2361 (素里、北三角洲)
  - 604.536.2961 (白石)
  - 604.504.2361 (阿博斯福)

### 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預約。約車電話為604.215.5204 (華語活動統籌員)。

## HandyDART

- Offers door-to-door shared ride and public transit service to people with disabilities who need assistance.
- For information on registration, booking procedures and service hours, contact the Access Contact Office at 778.452.2860, or visit Translink's website:  
[www.translink.ca/en/RiderInfo/HandyDART.aspx](http://www.translink.ca/en/RiderInfo/HandyDART.aspx)

## SPARC BC – Parking Permits for People with Disabilities

- Issues parking permits to enable people with disabilities to use designated accessible parking spaces.
- Application form must be completed and signed by a physician. There is a fee for the permit.
- For details or to download application form, call 604.718.7744 or visit [www.sparc.bc.ca](http://www.sparc.bc.ca).

## 殘障人士專用巴士

- 為使用一般公共交通服務時遇有困難的殘障人士，提供特別的公共交通服務。
- 有關登記、預約巴士及服務時間等資料，可致電運輸聯網Access Contact Office 778.452.2860 或瀏覽網站。  
<http://www.translink.ca/en/Rider-Info/HandyDART.aspx>

## SPARC BC - 殘障人士專用泊車証

- 為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。
- 查詢詳情或下載申請表格，可致電 604.718.7744 或瀏覽網站。  
[www.sparc.bc.ca](http://www.sparc.bc.ca)





#### SECTION 7 NUTRITION INFORMATION & MEAL SERVICES

Some people may want to know what foods are recommended for cancer patients. Some may want more information on healthy eating and resources on meals delivery services. The following are 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，有些人則想獲得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, call 604.733.9177 local 112 (Chinese) 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.

To get cancer-related nutrition information, please refer to Section 1 “Understanding Diagnosis & Treatment”.

### Canadian Cancer Society – Information Services

- Provides printed booklets “Eating well when you have cancer: A guide to good nutrition” and “Eat well, be active – What you can do” in Chinese and other languages.

### 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，由華語義工為因健康問題或行動困難而不能做飯的華人，送上熱午餐。
- 查詢詳情或預訂午餐可致電604.733.9177 內線112(華語)或604.292.7200(華語留言)。

### 中僑互助會 - 送中餐服務(本那比)

- 每週星期一至五，由華語義工為因健康問題或行動困難而不能做飯的華人，送上熱午餐。
- 查詢詳情或預訂午餐可致電604.608.8811。

有關如何獲取癌症與營養的資料，請同時參閱第一章「認識癌症與治療」。

### 加拿大防癌協會 - 癌症資訊服務

- 印備多種語言(包括中文)的資料，包括「面對癌症，食得健康 - 均衡飲食指引」及「識飲識食，多多活動」小冊子。

- For copies, call 604.675.7148 or 1.888.939.3333 or visit [www.cancer.ca](http://www.cancer.ca) (English) and [www.cancer-asian.com](http://www.cancer-asian.com) (Chinese) to download the booklet.

## Health Canada – Canada’s Food Guide

- Canada’s Food Guide provides information on how much food you need, what types of foods are better for you and importance of physical activity in your day. It is written in English, Chinese and other languages.
- 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)

## Dietitian Services at HealthLinkBC

- Dietitian Services (formerly known as Dial-A-Dietitian) provides free nutrition information, counselling and advice, weekdays from 9 a.m. to 5 p.m.
- Call 811 to speak with a registered dietitian. Interpretation services are available upon request.
- Visit [www.healthlinkbc.ca/dietitian](http://www.healthlinkbc.ca/dietitian) for more nutrition information, some information is available in different languages including Chinese, or linkage to other health or cancer websites.

- 索取小冊子可致電604.675.7148 或 1.888.939.3333 或在網站下載。[www.bc.cancer.ca](http://www.bc.cancer.ca) (英文) 及 [www.cancer-asian.com](http://www.cancer-asian.com)(中文)。

## 加拿大衛生部 - 加拿大食品指南

- 「加拿大食品指南」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說明。指南備有多種語言版本(包括中文)。
- 你可親自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。
- 或從衛生部網站下載[www.hc-sc.gc.ca](http://www.hc-sc.gc.ca)。

## 卑詩健康結連 - 營養師服務

- 前稱「營養師電話專線Dial-A-Dietitian」。你可於星期一至五上午9時至下午5時撥電8-1-1 與營養師聯繫，查問有關營養的資料、諮詢和建議。
- 你可要求翻譯服務方便與卑詩健康結連的營養師溝通。
- 查詢更多營養資料，可瀏覽網站 [www.healthlinkbc.ca/dietitian](http://www.healthlinkbc.ca/dietitian)；部份資料以不同語言編寫(包括中文)；亦可聯繫到其他健康或癌症相關網站。

## Act Now BC – Healthy Eating for Senior

- This Handbook on nutrition is for seniors aged 65 and over, and includes information on healthy eating, tips on how to eat to prevent or manage common chronic diseases, how to keep healthy body weight, recipes, etc.
- Available in Chinese & other languages. Download a copy from the Act Now BC website:  
[http://www.actnowbc.ca/seniors/healthy\\_eating\\_for\\_seniors](http://www.actnowbc.ca/seniors/healthy_eating_for_seniors)

## BC Cancer Agency – Nutrition Services

- Registered dietitians offer nutrition consultation services to cancer patients. For an appointment with a dietitian, call:
  - Vancouver Centre: 1.800.663.3333 or 604.877.6000 local 67 2013
  - Fraser Valley Centre: 1.800.523.2885 or 604.930.4000
  - Abbotsford Centre: 1.877.547.3777 or 604.851.4710 local 674733
- Interpretation services can be arranged for you to speak to an English-speaking dietitian.
- Visit the Agency website for details of its services and nutrition information:  
[www.bccancer.bc.ca/PPI/copingwithcancer/nutrition](http://www.bccancer.bc.ca/PPI/copingwithcancer/nutrition)

## Act Now BC - 長者健康飲食手冊

- 這手冊為65歲及以上的長者提供營養資料，包括健康飲食、防止及處理常見慢性疾病的飲食提示、如何保持健康體重、菜譜等。
- 手冊以不同語言編寫 (包括中文)，可從網站下載。  
[www.actnowbc.ca/seniors/healthy\\_eating\\_for\\_senior](http://www.actnowbc.ca/seniors/healthy_eating_for_senior)

## 卑詩癌症局 - 營養部

- 由註冊營養師為癌症病人提供營養諮詢。如需約見營養師可致電癌症局營養部：
  - Vancouver Centre: 1.800.663.3333 or 604.877.6000 local 2013
  - Fraser Valley Centre: 1.800.523.2885 or 604.930.4000
  - Abbotsford Centre: 1.877.547.3777 or 604.851.4710 local 674733
  - 溫哥華中心: 1.800.663.3333 或 604.877.6000 內線2013
  - 菲沙谷中心: 1.800.523.2885 或 604.930.4000
  - 阿博斯福中心: 1.877.547.3777 或 604.851.4710 內線644733
- 如有需要可安排翻譯服務，方便你與說英語的營養師溝通。
- 查閱詳情及營養資料，請瀏覽網站  
[www.bccancer.bc.ca/PPI/copingwithcancer/nutrition](http://www.bccancer.bc.ca/PPI/copingwithcancer/nutrition)



**SECTION 8**  
**CHILDCARE SUPPORT**

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

**第八章**  
**托兒援助**

如果你需要協助照顧年幼子女，或在托兒費用方面需要援助，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 to apply for the Ministry's Child Care Subsidy.
- For details, 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)
- Contact numbers of some local Child Care Resource and Referral are:
  - 604.709.5661 (Vancouver)
  - 604.985.7138 (North Vancouver)
  - 604.279.7025 (Richmond)
  - 604.294.1109 (Burnaby & New Westminster)
  - 604.931.3400 (Coquitlam, Port Coquitlam, Pt Moody)
  - 604.572.8032 (Delta, Surrey, White Rock)
  - 604.850.7934 (Abbotsford)

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

- Please refer to Section 4 “Financial Assistance”.

## 兒童托管資源及轉介

- 為省內家長提供各社區托兒服務的資料、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。
- 詳情請電托兒熱線250.356.6501 或 1.888.338.6622 或瀏覽網站 [www.mcf.gov.bc.ca/childcare/contact\\_list.htm](http://www.mcf.gov.bc.ca/childcare/contact_list.htm)
- 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)
  - 604.985.7138 (北溫)
  - 604.279.7025 (列治文)
  - 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、白石)
  - 604.850.7934 (阿博斯福)

## 兒童及家庭發展廳 - 托兒補助金

- 請參閱第四章「經濟援助」。



## ACCOMMODATION

### 住宿援助



#### SECTION 9 ACCOMMODATION

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

#### 第九章 住宿援助

有些人想減低房屋開支；有些人要接受癌症治療但居住遠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 for low and moderate income households.
- Provides information on different types of affordable housing in the province.
- Enquiry and application: BC Housing office: 4555 Kingsway, Burnaby; 604.433.2218 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) : provides direct cash assistance to subsidize rents for 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.
- Enquiry and Application: BC Housing office: 4555 Kingsway, Burnaby 604.433.2218 or 1.800.257.7756 or visit website [www.bchousing.org](http://www.bchousing.org).
- For pre-recorded housing service information in Chinese, call SUCCESS Multi-lingual Information Line at 604.687.6300, press 1-4-2 for Cantonese, press 2-4-2 for Mandarin.

## 卑詩房屋局 - 補貼房屋

- 為低、中收入的家庭提供補貼房屋。
- 提供省內由房屋局及其他非牟利團體供應不同類別廉價房屋的資料。
- 查詢及申請可聯絡卑詩房屋局辦事處：4555 Kingsway, Burnaby 604.433.2218 或 1.800.257.7756；或瀏覽網站。[www.bchousing.org](http://www.bchousing.org)。

## 卑詩房屋局 - 租金補助

- 長者租客居住援助計劃(SAFER)：為卑詩省合資格的60歲或以上租住私人房屋的長者直接提供現金津貼。
- 租屋補助計劃：為家中有最少一名子女未滿19歲、有成員在工作的合資格低收入家庭，提供私人房屋租金津貼。
- 查詢及申請可聯絡卑詩房屋局辦事處：4555 Kingsway, Burnaby 604.433.2218 或 1.800.257.7756；或瀏覽網站。[www.bchousing.org](http://www.bchousing.org)。
- 選聽租屋補助華語錄音資料，可在任何時段致電中僑互助會「一線通」資訊服務604.687.6300；選聽粵語按「1-4-2」，選聽國語按「2-4-2」。

## Subsidized Assisted Living

- A housing option primarily for seniors and people with disabilities who require assistance with meals, housekeeping, and personal care, etc.
- For enquiry and referral, contact your regional health authority:
  - Vancouver Coastal Health Authority:  
604.736.2033 or 1.866.884.0888
  - Fraser Health Authority:  
604.587.4600 or toll free  
1.877.935.5669

## Seniors Services Society – Housing Counselling

- Provides counselling and information respect to their housing and services needs.
- Provides web-based seniors housing directory that covers the province of BC.
- For details, call 604.520.6621 or visit [www.seniorshousing.bc.ca](http://www.seniorshousing.bc.ca)

## Canadian Cancer Society – Jean C. Barber 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. Meals, nursing supervision and volunteer support are included.
- To make a reservation, call 604.879.9131 or visit the Society's website [www.bc.cancer.ca](http://www.bc.cancer.ca)

## 補貼支援居所

- 為在膳食、家務或個人護理方面需要協助的長者及殘障人士的一項住屋選擇。
- 查詢及轉介可聯絡區域衛生局:
  - 溫哥華沿岸衛生局:  
604.736.2033 或 1.866.884.0888
  - 菲沙衛生局:  
604.587.4600 或 1.877.935.5669

## Seniors Services Society 長者房屋輔導

- 按長者住屋及輔助服務的需要，提供房屋輔導和各類住屋的選擇。
- 這網站提供涵蓋全卑詩省的長者房屋目錄。
- 查詢詳情可致電604.520.6621 或瀏覽網站。[www.seniorshousing.bc.ca](http://www.seniorshousing.bc.ca)

## 加拿大防癌協會 - 位於溫哥華的旅舍

- 為居住遠離治療中心的人士，在接受癌症治療期間，提供租住價錢相宜的旅舍。
- 旅舍位於溫哥華西十街575號。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 或瀏覽網站[www.bc.cancer.ca](http://www.bc.cancer.ca)。

## OTHER SUPPORT

### 其他支援



#### SECTION 10 OTHER SUPPORT

Sometimes you or your family may need help in other areas. These include settlement, career, family relationships, and health in general, future planning 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 learn about.

#### 第十章 其他支援

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、就業、家人關係、健康、計劃將來或法律服務；有些人則想認識更多由省政府及聯邦政府提供的服務項目。你或許想聯繫以下資源。

## 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 Employment Insurance, CPP Disability Benefit, Old Age Security, and passport).
- 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).

## Ministry of Citizens' Services – Service BC & Enquiry BC

- Provide information on provincial government services and program contacts.
- Call Enquiry BC at 604.660.2421 or 1.800.663.7867 or visit Service BC at [www.servicebc.gov.bc.ca](http://www.servicebc.gov.bc.ca).

## SUCCESS Multilingual Information Line

- Provides pre-recorded community information such as health services (e.g. Fair Pharmacare, MSP Premium Assistance), legal, housing, social benefits, transportation, education, employment, immigration, citizenship.
- Information is recorded in different languages. To hear the scripts: dial 604.687.6300, press 1 for Cantonese, press 2 for Mandarin.

## 加拿大服務處

- 加拿大服務處是加拿大政府以一站式提供服務的網絡，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項目，例如申請就業保險金、加拿大退休金計劃之殘障津貼、養老金、護照等。
- 查詢服務及地區辦事處地址可致電 1.800.622.6232(英語)或604.526.4511 內線230(粵語及國語)；或瀏覽網站。[www.servicecanada.gc.ca](http://www.servicecanada.gc.ca)。

## 公民服務廳 - Enquiry BC 及 Service BC

- 省政府以一站式提供有關卑詩省政府服務項目的資料及聯絡方法。
- 查詢詳情，你可致電Enquiry BC 604.660.2421 或1.800.663.7867 或瀏覽網站。[www.servicebc.gov.bc.ca](http://www.servicebc.gov.bc.ca)。

## 中僑互助會一線通資訊服務

- 「一線通」備有多項社區資訊錄音，以多種語言輯錄。錄音專題包括醫療服務(如公平藥物資助計劃、醫療保費減免)、法律、住屋、社會福利、交通、教育、就業、移民、入籍等。
- 你可在任何時段致電604.687.6300 選聽資料。選聽粵語按「1」，選聽國語按「2」。

## Ministry of Healthy Living & Sports – BC Seniors' Guide & Seniors Information Line

- Both the Guide and the Information Line provide information on programs and benefits available to seniors in BC.
- The Information Line (1.800.465.4911) provides a one-stop source of information for BC seniors. Interpretation service is available upon request.
- The Guide is available in different languages including Chinese. Call the Information Line for a copy or download it from [www.SeniorsBC.ca](http://www.SeniorsBC.ca).

## Interpretation and Translation Services

- For medical appointments in cancer centre or community oncology unit, ask a health care provider if interpretation service could be arranged for you.
- Fee-charging interpretation and translation services are available in the community, contact:
  - SUCCESS: 604.408.7274 local 2044
  - MOSAIC: 604. 254. 8022
  - Abbotsford Community Services: 604.870.3769

## 省政府的「耆英指南」及「耆英熱線」

- 「耆英指南」及「耆英熱線」為卑詩省耆英提供有關長者活動及福利服務資料。
- 「熱線」1.800.465.4911 為免費一站式電話查詢耆英服務；你可要求翻譯服務以方便與熱線服務員溝通。
- 「指南」以多種語言印制 (包括中文)。你可致電「熱線」索取；亦可瀏覽網站下載[www.SeniorsBC.ca](http://www.SeniorsBC.ca)。

## 翻譯及傳譯服務

- 有關在醫院或癌症治療中心的醫療預約，你可向該處的醫護人員查詢能否為你在下次預約時安排翻譯。
- 以下機構有提供收費式翻譯及傳譯服務：
  - 中僑互助會：604.408.7274 內線2044
  - 務適：604.254.8022
  - 阿博斯福社區服務：604.870.3769



## Settlement Services

- Help immigrants gain knowledge and resources necessary to facilitate community adaptation. Programs include language classes, employment services, legal clinic, community resources / information.
- Following agencies provide service in Chinese and other languages. Call directly for locations & phone numbers of your local service centres:
  - SUCCESS: 604.684.1628 (Vancouver, Richmond, Burnaby, Coquitlam and Surrey)
  - MOSAIC: 604.254.9626 (Vancouver, Burnaby, New Westminster)
  - Kiwassa Neighbourhood House: 604.254.5401 local 222 (Vancouver)
  - C.H.I.M.O. Crisis Services: 604.279.7077 (Richmond)
  - North Shore Multicultural Society: 604.988.2931
  - Surrey Delta Immigrant Services Society: 604.597.0205
  - Abbotsford Community Services: 604.859.7681 local 235

## 移民安頓服務

- 協助移民獲取社區資訊及融入適應社區，服務包括語言課程、就業服務、法律諮詢、社區資訊。
- 以下機構提供多種語言 (包括華語) 服務，你可致電查詢就近分會的地址及電話：
  - 中僑互助會：  
604.684.1628(溫哥華、列治文、本那比、高貴林、素里)
  - 務適：604.254.9626(溫哥華、本那比、二埠)
  - 奇華沙鄰舍服務中心：  
604.254.5401 內線222(溫哥華)
  - 展望社會服務中心：  
604.279.7077(列治文)
  - 北岸多元文化協會：  
604.988.2931
  - 素里三角洲移民服務協會：  
604.597.0205
  - 阿博斯福社區服務：  
604.859.7681 內線235

## Counselling Services

- Professional training counsellors, social workers and psychologists provide individual / family counselling, support groups, and education programs on relationship issues, emotional problems, parenting etc.
- The following agencies provide service in Chinese and other languages. Call directly for locations & phone numbers of your local service centres:
  - Family Services of Greater Vancouver: 604.279.7100 & 604.874.2938 (Vancouver, Richmond & New Westminster)
  - Touchstone Family Association: 604.207.5034 (Richmond)
  - C.H.I.M.O.: 604.279.7077 (Richmond)
  - S.U.C.C.E.S.S.: 604.408.7266 (Vancouver, Richmond, Coquitlam)
  - Chinese Christian Mission: 604.877.8606 (Burnaby, Richmond)
  - Abbotsford Community Services: 604.859.7681

## 輔導服務

- 受專業訓練的輔導員、社會工作人員、心理學家可提供個人或家庭輔導、互助小組及家庭教育，以協助處理家人關係、情緒、子女管教等問題。
- 以下機構提供多種語言 (包括華語) 輔導服務，你可致電查詢就近分會的地址及電話：
  - 大溫哥華家庭服務中心：  
604.279.7100 及 604.874.2938  
(溫哥華、列治文、二埠)
  - 點石家庭協會：  
604.207.5034 (列治文)
  - 展望社會服務中心：  
604.279.7077 (列治文)
  - 中僑互助會：  
604.408.7266 (溫哥華、列治文、高貴林)
  - 中信中心：  
604.877.8606 (本那比、列治文)
  - 阿博斯福社區服務：  
604.859.7681

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

- Scripts on general information about 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 a 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).

## MOSAIC Multilingual Legal Web Site

- Provides online access to multilingual legal resources, including Chinese. [www.multilingolegal.ca](http://www.multilingolegal.ca)

## 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)。
- 在任何時段撥電 604.687.4680 或 1.800.565.5297 選聽錄音專題；選聽中文按「2」。在網站[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

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

## 務適多種語言法律資訊網站

- 網站[www.multilingolegal.ca](http://www.multilingolegal.ca) 備有多種語言的法律資料(包括中文)。





Abbotsford Centre  
32900 Marshall Road  
Abbotsford, B.C. V2S 0C2  
Phone: 604.851.4710  
Toll-free: 1.877.547.3777

Centre for the Southern Interior  
399 Royal Avenue  
Kelowna, B.C. V1Y 5L3  
Phone: 250.712.3900  
Toll-free: 1.888.563.7773

Fraser Valley Centre  
13750 96th Avenue  
Surrey, B.C. V3V 1Z2  
Phone: 604.930.2098  
Toll-free: 1.800.523.2885

Centre for the North  
(Prince George  
opening in 2012)

Vancouver Centre  
600 West 10th Avenue  
Vancouver, B.C. V5Z 4E6  
Phone: 604.877.6000  
Toll-free: 1.800.663.3333

Vancouver Island Centre  
2410 Lee Avenue  
Victoria, B.C. V8R 6V5  
Phone: (250) 519.5500  
Toll-free: 1.800.670.3322



**BC Cancer Agency**

CARE + RESEARCH

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