

RESOURCE GUIDE:

DISABILITY RESOURCES.

UVSS Society for Student's With a Disability:

- <https://uvicssd.ca/>
- The SSD is a post-secondary student advocacy group within the University of Victoria Students' Society (UVSS). We are dedicated to promoting the full participation, inclusion, and well-being of UVic students who self-identify as having one or more disabilities. Our work focuses on reducing barriers across the social, emotional, and academic aspects of student life.

Student Aid BC, Grants for Students With Disabilities:

- <https://studentaidbc.ca/explore/grants-scholarships/bc-access-grant-students-disabilities>
- This program helps full-time students with a permanent, or a persistent or prolonged, disability with the cost of education by replacing up to \$1,560 (\$30 per week of study) per program year of B.C. student loan funding with non-repayable grant funding. The B.C. Access Grant for Students with Disabilities (BCAG-D) is only available to students attending B.C. public post-secondary schools.

Applying for Disability in British Columbia:

- Here is a pdf on how to apply for Provincial Disability in BC
 - <https://disabilityalliancebc.org/wp-content/uploads/2018/03/hs2.pdf>
- Checklist for a BC Disability Application
 - <https://disabilityalliancebc.org/wp-content/uploads/2026/01/HS3-Jan-2026.pdf>

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Applying for the Federal Disability Tax Credit:

- PDF on how to apply for the Disability Tax Credit:
 - <https://disabilityalliancebc.org/wp-content/uploads/2018/03/HS14.pdf>
- After you get the Disability Tax Credit, you can apply for the RDSP and the government will match and up to triple the amount you put in the savings plan for retirement.

PDF on how to apply for the Registered Disability Savings Plan:

- <https://disabilityalliancebc.org/wp-content/uploads/2018/03/HS15.pdf>

Dr Sarah Adams ADHD CBT:

- Online CBT-based psychoeducational course aimed at improving executive functioning in adults with ADHD. Options for 8-week virtual course (MSP covered but \$45 registration fee, PCP referral required) or access self-paced online course. BC-based physician.
- <https://drsarahadams.com/courses/adhd/>

Vancouver Island ADHD Association:

- Peer-based organization, website has lots of resources, info, and bimonthly peer support meeting on Zoom
- <https://islandadhd.ca/>

Autistic Queer and Trans Peer Group:

- The Autistic Queer & Trans Peer Group provides a regular, supportive space dedicated specifically to Autistic queer, trans, and questioning adults. Organized by Canucks Autism Network (CAN), the initiative runs year-round across fall, winter, spring, and summer, meeting for 1.5 hours monthly over Zoom.
- <https://www.whatsonqueerbc.com/woq-bc-stories/canucks-autism-network>