

External and community resources



Wigs, Scarves and Turbans

ADDITION CHEVEUX PLUS

4929 Jarry St. East, Montreal
Tel. : 514 326-4828

CHÂTEAU CAPILLAIRE INC.

50 de Maisonneuve Blvd West #304, Montreal
Tel. : 514 939-2243

ÉLÉGANTE FORME

4226 Saint Jean Blvd #201, Dollard-Des Ormeaux
Tel. : 514 620-4040
www.eleganteforme.com

HAYA KOVA

6900 Décarie Blvd, Montreal
Tel. : 514 731-4383
www.hayakova.com

HARMONIE

350 Jean Talon St. East #3, Montreal
Tél. : 514 277-1047

LA BAIE

7895 Les Galeries D'Anjou Blvd, Montreal
Tél.: 514 353-3300

LA CLINIQUE CAPILLAIRE

2070 Crescent St., Montreal
Tel. : 514 848-6185
www.lacliniquicapillaire.com

LES JUMELLES

1318 Belanger St. East, Montreal
Tél. : 514 270-3272
www.lesjumelles.com

MAISON ANDRÉ MARCHAND

4880 Saint-Denis St., Montreal
Tel. : 514 843-5823

ORLY'S CREATION

6781 Darlington St., Montreal
Tel. : 514 733-6388

CENTRE CAPILLAIRE FRANCE GODARD

398, chemin de la Grande Côte, Saint-Eustache
Tel. : 450 473-8320
www.centrecapillairefrancegodard.com

ÉVOLUTION CAPILLAIRE

Notre-Dame-de-l'Île-Perrot
Tel. : 514 636-6555
www.evolutioncapillaire.com

LE HAIR SHOPPE

4929 Jarry St. East # 205, Montreal
Tél. : 514 978-2800

LES ANGES DE LA COIFFURE

8289 Langelier Blvd, Saint-Léonard
Tel. : 514 360-8289
lesangesdelacoiffure.ca



Breast prostheses, bras and bathing suits

Since November 1991, Medicare offers an allowance of \$200.00 every two years for each post-mastectomy breast prosthesis. After the first request, beneficiaries receive this sum automatically every year on the date corresponding to the date of the first application. To receive an application form, call Montreal 514-864-3411 or 1-800-561-9749 elsewhere in Quebec. A temporary prosthesis may be obtained free of charge from the Canadian Cancer Society by calling 514-255-5151

AU SEIN DE LA BEAUTÉ

994 Du Portage St., Greenfield Park
Tel. : 514 792-6143
www.auseindelabeaute.com
Breast forms, bras, headscarves
By appointment only

BELLA FORMA

375 Terrasse Louis Basile Pigeon, Lachine
Tel. : 514 639-5696
www.bellaforma.ca
Breast prostheses etc.
By appointment only
Home visits possible

BOUTIQUE ANNE MARIE

6648 Saint Hubert St., Montreal
Tel. : 514 273-5503
Breast prostheses, etc.
Call for appointment

CENTRE STOMO-PHLEBO DE MONTRÉAL

3545 Berri St., Montréal
Tel. : 514 849-7573
www.stomophlebo.com
Breast prostheses, etc.
Call for appointment

ÉLÉGANTE FORME

4226 Saint Jean Blvd #201, Dollard-Des Ormeaux
Tel. : 514 620-4040
www.eleganteforme.com
Prostheses, bras, bathing suits, wigs, post-surgery fittings
Call for appointment

BOUTIQUE GABY CORSETIÈRE

825 Saint Laurent St West, Longueuil
Tel. : 450 677-8838
www.gabyinc.com
Breast prostheses, bras, bathing suits
Call for appointment

ÉQUIPEMENTS ADAPTÉS MCL

985 Curé Poirier Blvd West, Longueuil
Tel. : 450 442-4111
Breast prostheses, bras, and bathing suits

MEDICUS

5050 Saint Laurent Blvd, Montreal
Tel. : 514 276-3691
Breast prostheses and clothes, including bathing suits and lingerie
Appointment preferred

J SLAWNER ORTHO

5713 Côte-des-Neiges #1702, Montreal
Tel.: 514 731-3378
www.slawner.com
Breast prostheses, bras

STUDIO EQUILIBRA

101-F de la Concorde Blvd, Laval
Tel. : 450 975-0707
www.studioequilibra.com
Breast prostheses



Wellness Centres

ST. MARY'S HOSPITAL

While treated at St.Mary's Hospital Center, you will have access to a massage therapist and a music therapist. Ask one of your health care team members if you want to receive some sessions during, before or after your treatments.

CEDARS CANSUPPORT AT THE ROYAL VICTORIA HOSPITAL (RVH)

687 Pine Ave. West, room A2.44
Tel. 514 934-1934 ext. 31666
Email: cansupport.rvh@muhc.mcgill.ca
Website: www.cansupport.ca
Monthly calendar of activities
Some activities require pre-registration

CEDARS CANSUPPORT AT THE MONTREAL GENERAL HOSPITAL (MGH)

1650 Cedar Ave., room A7.116
Tel. 514-934-1934 ext. 42314
Email: cansupport.mgh@muhc.mcgill.ca
Website: www.cansupport.ca
Monthly calendar of activities
Some activities require pre-registration
Activities Offered:

- Art therapy
- Therapeutic massage
- Reiki
- Tea Time
- Rejuvenating fitness class for cancer patients (offered at the Westmount YMCA)
- Support group for young adults
- Post-treatment group
- Gentle yoga
- Meditation/Relaxation
- Drama therapy
- Coping skills group

HOPE AND COPE WELLNESS CENTRE

Calendar of activities changes every two months
Must be registered to participate
4635 Cote Ste. Catherine Rd.
Tel. 514-340-3616
Web site: www.hopeandcope.ca or www.JGH.ca/hopeandcope

Activities Offered:

- Look good, feel better
- Relaxation
- Gentle yoga
- Tai chi
- Think smart, live well
- Young adult exercise evening
- Fun with fabrics
- So you think you can dance
- Support groups for specific cancers
- Rehabilitation and exercise
- Meditation
- Qi gong
- Dancing
- Stretch and balance
- Art through journaling
- Jewelry 101
- Laughter workshop

WEST ISLAND CANCER WELLNESS CENTRE

Monthly calendar of events is available
Must be registered to participate
Call for an appointment to register
489 boul. Beaconsfield, Beaconsfield
Tel. 514-695- 9355
Website: www.wicwc.org



Activities Offered:

- Back on track, Life after cancer
- Caregivers support group
- Exercise room/Personal trainer
- Glass fusion mosaic workshop
- Integrated energy therapy
- Journal writing
- Meditation
- Peer support groups
- Reflexology
- Tea and chat
- Walking group
- Garden club
- Think smart live well program
- Making healthy creams and lotions workshop
- Laughter yoga
- Mentorship program
- Qi gong
- Reiki
- Therapeutic touch
- Yoga
- Art expression
- Ask the nurse

SEFACS (QUEBEC BREAST CANCER FOUNDATION)

Information about the Centre (Registration obligatory)
Tel. 514-871-1717, ext.227

Activities Offered:

- Art therapy
- Yoga-Mediation



Libraries & documentation

ST. MARY'S HOSPITAL CENTER

Health Sciences Library is located on 1st floor. Books and documentation also available at the Cancer Care Day Centre. Ask a volunteer for assistance

CEDARS CANSUPPORT WELLNESS CENTRES

Books are available to all cancer patients at both centres
Need not register; just show up

HOPE AND COPE

DVD's and books are available to all cancer patients
Must be registered

WEST ISLAND WELLNESS CENTRE

Library is open to all cancer patients
Must be registered



Smoking Cessation Centres

WEST ISLAND CSSS

Tel. 514 626-2572, ext. 4463

DORVAL-LACHINE-LASALLE CSSS

Tel. 514 364-2572, ext. 22240 or 514 639-0660, ext. 80385

SOUTHWEST-VERDUN CSSS

Tel. 514 766-0546 ext. 4891

CAVENDISH CSSS

Tel. 514 484-7878 ext. 3068



MOUNTAIN CSSS

Tel. 514 273-9591 ext. 6325, or 514 731-8531 ext. 2850,
or 514 934-0354 ext. 7399

BORDEAUX-CARTIERVILLE-ST. LAURENT CSSS

Tel. 514 331-2572 ext. 4455

AHUNTSIC-MONTREAL NORTH CSSS

514 384-2000 ext. 7324

HEART OF THE ISLAND CSSS

Tel. 514 376-2233, or 514-521-7663 ext. 6557

ST. LEONARD-ST. MICHEL CSSS

Tel. 514 328-3460 ext. 1260

Services Offered:

- Individual support to help reduce symptoms, deal with difficult situations, control stress, prevent weight gain, and avoid relapses.
- Group support sessions
- Support call line 1-866-527-7383, M. to F., from 8 AM to 9 PM

CENTRE DE STOMIE PREMIER

5887 Côte-des-Neiges

Tel. : 514 940-9666 or 514 735-2922

Statlocks and nephrotomy tubes available



Support groups

QUEBEC CANCER FOUNDATION

2075 Champlain St., Montreal

Tel. : 514 527-2194

www.fqc.ca

Info Cancer : 1 800 363-0063

(Monday to Friday 9h to 18h)

Accommodation for patients while receiving treatments

SOCIÉTÉ CANADIENNE DU CANCER

Tel : 1 888 939-3333 (Monday to Friday 9h to 18h)

www.cancer.ca

L'ESPRIT - CENTRE DE RÉHABILITATION POUR LE CANCER

Tel. : 514 483-1213

www.rehab.ca

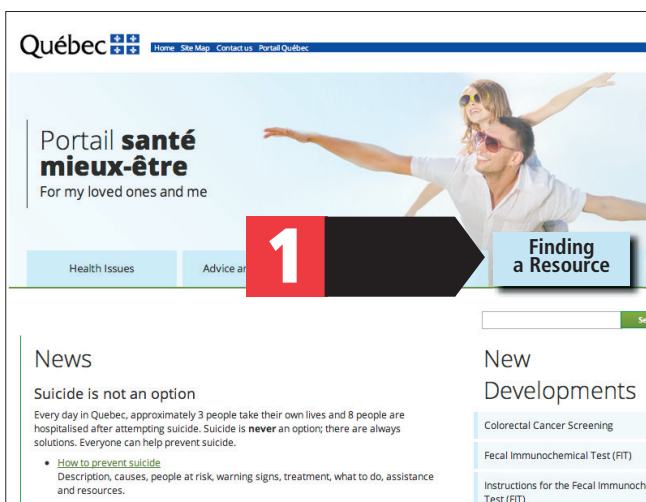
How to find a Family Doctor



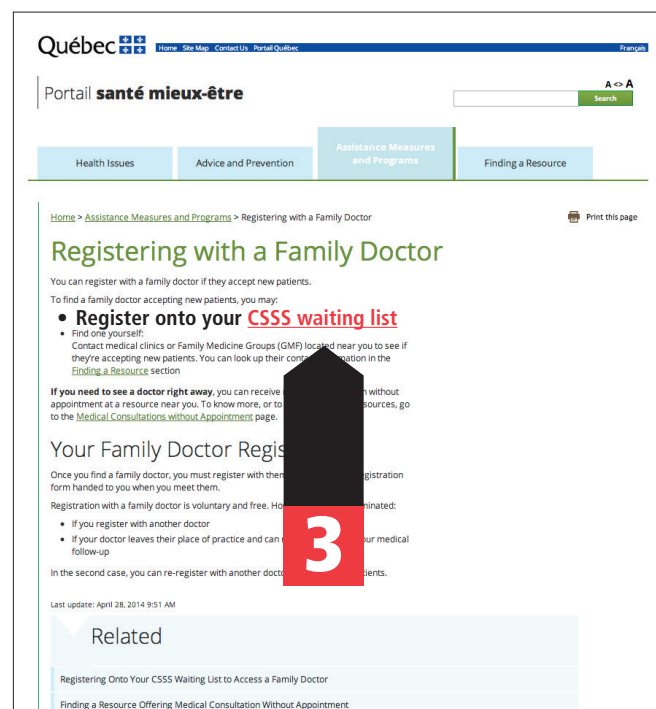
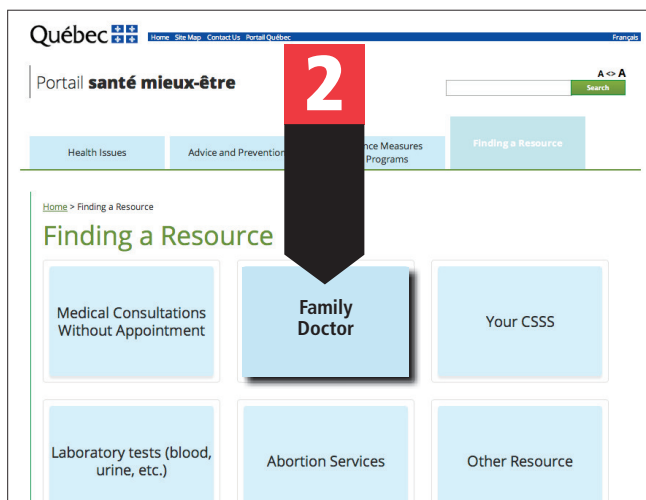
If you don't have a family doctor and you are treated for cancer, you should register to the Provincial Government Program *Guichet d'accès pour les clientèles orphelines* (GACO). As a cancer patient, you will be categorized as vulnerable patients, therefore your demand will be considered a priority.

To register via the Internet:

- **Step 1 :** Go to:
<http://www.sante.gouv.qc.ca/en/> and click on **Finding a Resource.**
- **Step 3 :** On the page "Registering with a Family Doctor", follow the instructions by clicking on **Register onto your CSSS waiting list.**



- **Step 2 :** Click on **Family Doctor.**



- **Step 4 :** You need to identify your region CSSS. Click on **Find the contact information for your CSSS waiting list**. You will need to know your Postal Code.

Follow the instructions to register yourself on the waiting list of your CSSS by phone or online (if available).



- **Step 5 :** A nurse will contact you during the coming weeks to complete the information. Subsequently, your application will be assessed, and a priority will be attributed to it (p1 to P5) depending on several pre-determined criteria's and your vulnerability level.



To register by phone or in person:

If you don't have internet access, you can always call your local CLSC to register or to find out your CSSS phone number in order to register on the waiting list for people lacking a family physician. You can also go directly to your local CLSC and ask for the form Health questionnaire for people lacking a family physician.



A nurse may contact you during the coming weeks to complete the information. Subsequently, your application will be assessed, and a priority will be attributed to it (p1 to P5) depending on several pre-determined criteria's and your vulnerability level.





Financial Resources

If you are unable to work due to illness, you may be eligible to receive benefits from the following resources. Eligibility factors vary, but are generally determined based on a person's diagnosis, and/or financial need. The Cancer Care Social Worker is also available to further discuss financial questions you may have.

Income Replacement

DISABILITY INCOME INSURANCE

Disability insurance may either be part of your employee benefits package or carried independently. It provides for partial replacement of your regular income should you become seriously ill or disabled. The terms and conditions of these policies vary widely. If you are covered at work or covered under a spouse or partner's workplace plan, ask the plan administrator for complete coverage details. If it is still unclear as to what is covered and for how long, ask the insurer for clarification.

If you carry your own disability policy, review it carefully. If it is not completely clear, check with the insurance company or the agent who sold it to you.

OTHER INSURANCE COVERAGE

Review your own personal insurance holdings or check with your agent to determine if you have purchased other insurance coverage, such as critical illness insurance or long-term care insurance. Your agent can help you determine if your condition will qualify you to receive benefits.

Employment Insurance Sickness Benefits

Employment Insurance (EI) provides up to 15 weeks of sickness benefits to individuals who have participated in the EI program, and are unable to work because of illness.

Generally, **you need to have worked 600 insured hours in the last 52 weeks and prove that your earnings have been reduced by at least 40% to qualify for sickness benefits.** To see whether you meet the sickness benefits criteria, you will need to submit:

- a medical certificate
- an application form
- records of employment from all employers you've worked for in the last 52 weeks or since the start of your last claim (whichever is the fewest)

Employers are obliged to provide these records within five days of your notification. It's important that you file your

claim within four weeks or you may lose benefits. If you are unable to obtain these records within four weeks, you may file your claim using pay stubs or T4 slips to verify your employment history.

You may also be eligible for sickness benefits if you are self-employed and are participating in the EI program.

For more information contact:

Service Canada

Toll free: 1-800-206-7218

Website: www.servicecanada.gc.ca

Ministère de l'Emploi et de la Solidarité sociale

The provincial government offers two last-resort financial assistance programs for Quebec residents: the Social Assistance Program and the Social Solidarity Program.

The Social Assistance Program provides financial assistance to people with no severely limited capacity for employment.

The Social Solidarity Program provides financial assistance to people with severely limited capacity for employment (a medical report from your doctor is required).

To qualify for a social solidarity allowance, you must submit a medical report from your doctor. It should be attesting to the fact that your physical or psychological condition is significantly impaired, which limits severely your capacity for employment, for a given time period.

To be eligible for these assistance programs, you must meet the eligibility conditions stipulated in the Individual and Family Assistance Act and the Regulation regarding individual and family assistance. Namely, you need prove that your assets (cash, property, earnings, benefits and income) are equal to or less than the amounts prescribed by regulation.

If you are eligible for assistance, you can also apply to receive special benefits to cover specific needs not taken into consideration in the basic benefit, such as prescription drugs. To see if you may qualify, you can complete a preliminary assessment online at www.simulateur.gouv.qc.ca/perseus/surveys/1779059950/0001/accueil_en.htm

For more information contact:

Ministère de l'Emploi et de la Solidarité sociale

Telephone: 514-873-4000

Toll-free: 1-877-767-8773

Régie des rentes du Québec (RRQ) / Quebec Pension Plan (QPP)

The Quebec Pension Plan (QPP) provides monthly benefits when a contributor becomes disabled, retires or in the event of the contributor's death, survivor benefits. Under the QPP, you are considered disabled if your condition is severe and permanent.

This condition must prevent you from doing any type of substantially gainful work on a regular basis.

To qualify for benefits:

- you must be under 65
- you must have contributed to the QPP for 2 of the last 3 years of your contributory period, for 5 of the last 10 years, or for at least half of the years in your contributory period, with a minimum of 2 years; and
- you must have a severe and permanent disability recognized by the Régie des rentes

For more information contact:

Régie des rentes du Québec
Quebec City: 418 643-5185
Montreal: 514 873-2433
Toll free: 1 800 463-5185
Website: www.rrq.gouv.qc.ca

Prescription drug insurance

In Québec, everyone must be covered by prescription drug insurance. Two types of insurance plans offer this coverage: a private plan and the public plan administered by the Régie de l'assurance maladie du Québec (RAMQ).

If you are covered by :

RAMQ	Your insurance covers a regular list of drugs requiring a prescription. There is also a list of "Exceptional Medications" requiring a prescription and an authorization under certain specific conditions defined by the RAMQ.
Private plan	Your private insurance plan must cover at least the drugs listed on the List of Medications, which includes the exceptional medications and drugs covered under the exception patient measure. Authorization may be required.

There is a maximum annual amount that you may be required to pay (from January 1st to December 31st). For 2013-2014, if you are covered by:

RAMQ	You may be required to pay a maximum amount of \$ 82.66 per month for a total of \$992 per year, including drugs for other diseases.
Private plan	The deductible is generally a yearly amount. When the maximum annual contribution is reached (which must not exceed 992\$) the insurer reimburses for 100% of the amount paid during the rest of the year, instead of only for a portion of this amount.

Some of your prescription drugs may be expensive. Do not hesitate to ask your pharmacist or nurse if there is a patient support program for this drug.

Other Financial Assistance

CANADIAN CANCER SOCIETY – FINANCIAL AID PROGRAM

The Canadian Cancer Society offers eligible low-income cancer patients financial assistance for transportation from home to a treatment centre (radiotherapy, chemotherapy or surgery).

Eligibility for the program in 2014 is:

Status	Annual income (gross)
One person (alone)	less than \$23,646
A family unit* of 2 people	less than \$29,440
A family unit* of 3 people	less than \$36,193
A family unit* of 4 people	less than \$43,942
A family unit* of 5 people	less than \$49,839
A family unit* of 6 people	less than \$56,209
A family unit* of 7 people or +	less than \$62,581

* **FAMILY UNIT:** Is considered part of the family unit any individual who permanently resides at the same street address as the cancer patient.

The Canadian Cancer Society will also cover the following costs:

- Material for temporary ostomies (\$550/year)
- Lymphedema treatments (\$300/year)
- Material for incontinence (\$200/year)
- Special mastectomy bra (\$100/year)

For more information contact:

Canadian Cancer Society
Telephone: 514-255-5151 ext. 6004
Website: www.cancer.ca

CANCER-ASSISTANCE DU QUÉBEC

An organization that offers financial assistance for certain purchases to persons living with cancer throughout Quebec (except in the Gaspésie and Côte-Nord regions).

Financial assistance is provided for the purchase of material or equipment such as material for incontinence or lymphedema, home support equipment, breast prostheses and wigs. Possibility of emergency assistance for appliances needed by persons with a permanent ostomy (if they are waiting to be registered with the Ostomy Appliances Program (Programme d'appareils fournis aux stomisés permanents) of the Régie de l'assurance-maladie du Québec (RAMQ).

For more information contact:

Cancer-Assistance du Québec
Toll Free: 866-640-0900 Phone: 450-444-0900
Email: cancerassistqc@hotmail.ca
Hours: Monday, Tuesday and Thursday, 8 a.m. to 2 p.m.

VETERAN AFFAIRS CANADA

Veterans Affairs Canada provides treatment and other health-related benefits to veterans and their survivors/dependents. Benefits include medical, surgical and dental care, prosthetic devices, home adaptations, supplementary benefits such as travel costs for examinations or treatment, and other community healthcare services and benefits.

For more information contact:

Veteran Affairs Canada
Toll free: 1-866-522-2122
E-mail: information@vac-acc.gc.ca
Website: www.vac-acc.gc.ca

ROYAL CANADIAN NAVAL BENEVOLENT FUND

Current and former members of the Naval Forces of Canada and their dependants may qualify for financial assistance from the Royal Canadian Naval Benevolent Fund. Benefits may take the form of either a loan or grant depending on your circumstances. Applications are available at Veterans Affairs Canada offices or Royal Canadian Legion branches.

For more information contact:

Royal Canadian Naval Benevolent Fund
Telephone: 613-996-5087 Toll free: 1-888-557-8777
E-mail: info@rcnbf.ca
Website: www.rcnbf.ca

Tax Credits and Deductions

Non-refundable Medical Expense Tax Credit – Provides a non-refundable tax credit for above-average medical expenses. Expenses are generally eligible to be claimed if directly related to a medical condition including prescription

drugs, wigs and prostheses. If you have private insurance you can claim the portion that your plan does not cover, as well as premiums you pay. The minimum amount of expenses before they can start reducing taxes you must pay is equal to 3% of your net income or \$2171 (in 2014), whichever is less.

Refundable Medical Expense Supplement – is a refundable tax credit for working individuals with low incomes and high medical expenses. Refundable tax credits can be used to reduce the amount of tax you pay to zero and any excess may be refunded by the government.

Disability Tax Credit – is a non-refundable tax credit for those that Canada Revenue Agency defines as having a "severe and prolonged mental or physical impairment which markedly restricts the ability to perform a basic activity of daily living". It is not available to all persons with disabilities and is not automatically given to those receiving QPP disability benefits or disability benefits from insurance.

If your medical treatment is not available locally (within 40 km) and you must travel to get treatment elsewhere - you may be able to claim the cost of public transportation (e.g. taxi, bus, or train) to get the treatment somewhere else. If public transportation is not readily available, you can claim vehicle expenses to get medical treatment. If you have to travel more than 80 km for treatment, you may also be able to claim the cost of your meals and accommodations. You can also claim travel expenses for someone to accompany you if a medical practitioner certifies in writing that you are unable to travel without assistance

For more information contact:

Canada Revenue Agency:
Tel: 1-800-959-8281
Web: www.cra-adrc.gc.ca

