

Autism– Some Key Resources for Richmond Residents

Autism BC (aka Autism Society of BC; Autism Society of British Columbia)	Services include information and referral, support groups for family members and individuals with autism , a lending library, social events, and VIRTUAL workshops.	Phone: 604-434-0880 http://www.autismbc.ca
Pacific Autism Family Network (PAFN)	Operates the GoodLife Fitness Family Autism Hub, a " one-stop-shop " for families looking for support and services- including, school programs, employment and assessments.	Phone: 604-207-1980 http://pacificautismfamily.com info@pacificautismfamily.com
Autism Information Services British Columbia (AIS BC)	Offers information by phone, or by email on the range of best practice treatment options, and navigating the BC service system. Also maintains a Registry of Autism Service Providers (RASP) that lists qualified professionals including behaviour analysts/consultants, speech-language pathologists, occupational therapists, and physical therapists.	Phone: 1-844-878-4700 http://autisminfo.gov.bc.ca
Canucks Autism Network (CAN)* COVID Restart Plan now in operation.	Provides year-round sport, social, and recreation programs individuals with autism and their families, while promoting acceptance and inclusion through community engagement, autism awareness, and training initiatives across British Columbia	Phone: 604-685-4049 * http://www.canucksautism.ca
BC Autism Assessment Network (BCAAN)	A program of the Provincial Health Services Authority (PHSA) that provides diagnostic assessments for children and youth age 18 and under with suspected autism spectrum disorder; accepts referrals from all physicians	Phone: 604-453-8394
Reach ABA Program for children with Autism.	Skill-building program that uses Applied Behaviour Analysis (ABA) to teach functional skills to children with autism spectrum disorder.	Phone: 604-946-6622 Local 343
Autism Support Network	Volunteer-run organization provides free or minimal cost resources to families of those with Autism Spectrum Disorder (ASD), including information, education, and support.	Phone: 604-207-1980 Local 2019
Richmond Community Living BC	Coordinates services for adults with developmental disabilities, for adults with significant limitations in adaptive functioning	Phone- 604-660-2100
Autism Services Program	Provides assistance for children and youth ages 6 to 18 who live with Autism Spectrum Disorder (ASD) and their families. Helps with managing and designating funds, as well as coordinating with contractors to provide services and support.	Phone: 250-477-7231 Local 237
Autism Funding Programs	Provides funding to help families with the cost of purchasing eligible autism intervention services for children or youth with autism spectrum disorder.	Phone 250-387-3530

Diabetes, Chronic Disease Management – Some Key Resources for Richmond Residents.

<p>Diabetes Canada (formally Canada Diabetes Association)</p>	<ul style="list-style-type: none"> • Diabetes Education Programs <p>Diabetes Webinars offer a variety of diabetes-related educational webinars. Topics vary and may focus on topic series such as type 1 diabetes management, healthy eating, and diabetes and cultural adaptations.</p>	<p>Phone: 604-732- 1331</p> <p>Patients can self-refer</p> <p>https://www.diabetes.ca/contact-us/regional-offices#BritishColumbia</p>
<p>Shapedown BC Program in Chinese</p> <p>Provided in Richmond by: BC Children's Hospital (BCCH) (Due to COVID this program is now virtual)</p>	<p>Free 10-week virtual program offered in Mandarin and Cantonese for families with children or youth ages six to 17 who are above a healthy weight. Provides twice-weekly sessions focused on healthy meal planning, physical activity, nutrition, and behavioural techniques. Offers support through a multidisciplinary team including a physician, dietitian, mental health professional, and exercise specialist</p>	<p>Phone: 604-233-3129</p> <p>FP Referral preferred although self-referral by patient allowed</p>
<p>Self-Management BC</p> <p>Provided by: University of Victoria (UVic) (Due to COVID this program is now virtual)</p>	<p>Patient education programs provide information and teach practical skills to people managing chronic health problems; programs can be done online, by telephone, or independently. The six-week, web-based Better Choices, Better Health Online Self-Management Program brings together groups of about 25 individuals living with a variety of ongoing health conditions.</p>	<p>Phone: 604-940-1273</p> <p>Patients can self-refer.</p>
<p>Family Services of Greater Vancouver (Richmond Branch)</p>	<p>A Virtual Community Kitchens Program</p> <p>A brand-new program offering ten-week virtual cooking programs aimed at those facing health, financial or other barriers. Make healthy, homemade food, learn healthy eating habits. Cooking ingredients and weekly recipes provided.</p>	<p>Patients can self-refer.</p> <p>Registration and enquires Phone 604-279-7100 email kcurtis@fsgv.ca</p>
<p>City of Richmond</p>	<p>Now offering a range of COVID friendly adult programs. All classes are outside as well with some online classes – Zumba, yoga, chair fitness, and many more. https://www.richmond.ca/shared/assets/Fall2020schedulesrecprograms56775.pdf</p>	<p>Patients can self-refer via https://www.richmond.ca/parksrec/about/registration.htm</p> <p>Outdoor Fitness Programs:</p>

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