



The resources and benefits listed below are available directly from the federal or provincial governments and organisations. **You are eligible to receive or apply for these benefits regardless of whether you have Status or not, and whether you live and/or work on or off reserve.**

Rental Assistance Program

WHAT: Monthly cash payments for lower income working families to assist with rent payments.

TAX
RETURN
NEEDED

WHO: Families with a gross (before tax) household income of \$40,000 or less; have at least one dependent child; have been employed at some point over the last year; and file an annual tax return.

WHEN: Ongoing.

HOW: Check your [eligibility](#) and apply by calling BC Housing at 1-800-257-7756 to have an application mailed to you, or download an application from [BC Housing's website](#).

NOTE: Families that receive income assistance are not eligible.

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Emergency Shelters

Access a directory of emergency shelters and their current availability at shelters.bc211.ca/bc211shelters.

Shelter Map: Access an interactive, [up-to-date map of shelters](#) in BC. You can search on year-round, extreme weather, drop-in and temporary shelters.

[Isolation hotels](#) are available to support those without a home during the pandemic – available on a referral basis through your local health authority.

If you or someone you know is experiencing violence or abuse, please call or text VictimLinkBC at 1-800-563-0808 or by email at VictimLinkBC@bc211.ca or call a women's transition house or safe home near you. Contact information for transition houses across BC is on the [BC Housing website](#).

Shelter Aid for Elderly Renters (SAFER)

WHAT: Monthly cash payments for lower income Elders and seniors to assist with rent payments.

TAX
RETURN
NEEDED

WHO: BC Elders and seniors aged 60+; rent is more than 30% of gross (before tax) income; not in receipt of income assistance; and gross monthly income does not exceed set amounts.

WHEN: Ongoing.

HOW: Check your [eligibility](#) and apply by calling BC Housing at 1-800-257-7756 to have an application mailed to you, or download an application from [BC Housing's website](#).

NOTE: If aged between 60 and 65, proof of income is required.

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COVID-19 and Tenancies

The ban on issuing evictions for non-payment of rent ended on August 18, 2020 and renters are expected to pay rent in full as of September 1, 2020. However, **renters in arrears** for rent due between March 18, 2020 and August 17, 2020 will have until at least July 10, 2021 to pay any rent owed according to a repayment plan established with the landlord.

The **Rent Increase Freeze** has been extended until December 31, 2021. Increases set to happen before January 1, 2022 are cancelled (with exceptions). The maximum rent increase amount in 2021 cannot exceed 1.4%.

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Better at Home Program

WHAT: Helps Elders and seniors remain independent at home by providing services, such as grocery shopping, transportation, light yard work and minor home repair.

WHO: Any Elder / senior living in a community that has a Better at Home program is eligible.

WHEN: Ongoing.

HOW: Apply by contacting your local Better at Home provider – [view a list of providers](#).

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BC Rent Bank

Access a [directory of rent banks](#) (a homelessness prevention tool that provides financial assistance in the form of repayable loans for low- to moderate-income renters).

Aboriginal Friendship Centres

Some Aboriginal Friendship Centres provide housing services. Access a [list of Friendship Centres](#).

Aboriginal Housing Management Association (AHMA)

The AHMA is an Indigenous Housing Authority that represents Indigenous housing providers. Its [website](#) provides an abundance of information on housing programs in BC.

Home Adaptations for Independent Living

If you want to complete renovations to assist eligible Elders and seniors staying in their home.

On-reserve: Canada Mortgage and Housing Corporation through its Home Adaptations for Seniors' Independence (HASI) program. Learn more at [HASI](#) or email the BC Housing Team at BCINHS@cmhc.ca.

Off-reserve: BC Housing through its Home Adaptations for Independence (HAFI) program. Learn more at [HAFI](#) or call 604-433-2218 or toll free at 1-800-257-7756.

Other Payment Deferrals & Flexibility

If you are experiencing financial hardship due to COVID-19, you may be eligible to defer and/or have flexibility on some bills and payments:

- [Mortgages](#) – contact your bank
- [BC Hydro](#) – catch-up payment plans available
- [Fortis BC](#) – flexible payment plans available
- [ICBC](#) – defer monthly insurance payments for up to 90 days

Find Financial Help During COVID-19

Answer a few questions for a list of federal government benefits tailored to you.

▶▶
start
questions

COVID-19 BC Self Assessment

[Pre-screening tool](#) to help assess if you need to be tested for COVID-19.

Please Note: This is not a comprehensive list of programs, benefits or resources for First Nations in BC, and the information provided is subject to change. Please refer to the [Federal](#) and [Provincial](#) websites for the most up-to-date information.

If you have feedback on this document, please contact info@fnps.ca

! Access a **dedicated toll-free phone line for First Nations** at 1-877-631-2657 for assistance and to learn more about federal supports and benefits available.

Contact 1-888-COVID-19 (1-888-268-4319) to learn more about COVID-19 provincial supports.

! If you have any non-health COVID-19-related questions or requests, please email: aadnc.isbccovid19.aandc@canada.ca

! Some COVID-19 related supports are no longer available, including BC Temporary Rental Supplement and Canada's Homelessness Strategy Program.

! For any **First Nations Administrators** wanting follow-up information or help in assisting community residents, please contact CRA BC outreach at:

Email: PacificRegionOutreach@cra-arc.gc.ca
Telephone: 604-775-5020

! If you are unable to return to work due to COVID-19, and are not sure which/if benefits could help you, contact: 1-877-631-2657.