Lotsa Helping Hands - The Lung Association, Alberta & NWT, partners with Lotsa Helping Hands to provide a unique and easy way to create an online caregiving community, made up of friends and family, who lend a hand to a loved one during their time of need.

Using a private calendar, a person (the caregiver or other coordinator) can outline the activities you and your caregivers or family need help with on a daily or weekly basis. These activities can be anything from meal delivery to providing transportation and everything in between. The caregiving community members (your family, friends and coworkers) then sign up to lend a hand for specific tasks. This feature is especially helpful if you have had to relocate. Community members can sign up to mow your lawn, water your plants or even shovel your sidewalk to mention just a few tasks that get left behind.

The calendar makes it easy to organize volunteers and keeps them informed. The program even sends out notification emails to remind community members about the tasks they have signed up for. One of the favorite tools is a private bulletin board to share news about your condition and for others to offer their thoughts and well wishes.

Website: www.ab.lung.ca/lung/lotsa-helping-hands
Internet Resources
Alberta Lung Transplant Program
http://www.albertahealthservices.ca/4932.htm

Alpha-1 Antitrypsin Deficiency Canada Inc.
www.alpha1canada.ca
1-888-669-4583

Alpha-1 Antitrypsin Deficiency Canadian Registry
www.alpha1canadianregistry.com
1-800-352-8186

British Columbia Transplant Society
www.transplant.bc.ca

Canadian Association of Transplantation
www.transplant.ca

Canadian Blood Services
www.bloodservices.ca

Canadian Cystic Fibrosis Foundation
www.cysticfibrosis.ca

Canadian Health Network
www.canadian-health-network.ca

Canadian Lung Association
www.lung.ca

Canadian Life and Health Insurance Association Inc.
www.clhia.ca

Canadian MedicAlert™ Foundation
www.medicalert.ca

Canadian Organ Replacement Register (CORR)
www.cihi.ca/corr

Canadian Society of Transplantation
www.cst-transplant.ca

Hospital for Sick Children Pediatric Academic Multi-Organ Transplant Program
www.sickkids.on.ca

Kidney Foundation of Canada
www.kidney.ca

Living with Pulmonary Hypertension
www.livingwithph.ca

Organ and Tissue Donor Information – Saskatchewan
www.health.gov.sk.ca/organ-and-tissue-donor-information

Pulmonary Hypertension Association of Canada
Southern Alberta Chapter
www.phasab.webs.com

Second Wind Lung Transplant Association (American)
www.2ndwind.org

The Lung Association, Alberta & NWT
www.ab.lung.ca

Trafford Publishing (books on lung transplantation available to order)
www.trafford.com

Transplant Manitoba
www.transplantmanitoba.ca

TransWeb: All about Transplantation and Donation
www.transweb.org
Other Resources

David Foster Foundation:
www.davidfosterfoundation.org
1-877-777-7675
This charitable foundation, based in Vancouver, BC, offers last-resort funding and emotional help to families of children 19 and under who are in need of organ transplants.

Assured Income for the Severly Handicapped (AISH)
http://www.seniors.gov.ab.ca/AISH/
Edmonton: (780) 415-6300
Calgary: (403) 297-8511
Other areas: (780) 310-0000 (request phone number for your location)
This program provides health benefits to assist low income clients, their cohabiting partners and dependent children with expenses related to their health. The disability must severely limit the ability to earn a living and must be permanent. Be advised that this is a lengthy process to determine eligibility.

Alberta Works
Edmonton: (780) 644-5135
Other areas: 1-866-644-5135
The goals of Alberta Works are to help unemployed people find and keep jobs and help Albertans with low incomes cover their basic costs of living. You may qualify for additional money to help cover your travel expenses while attending the clinics or participating in physiotherapy.

Canada Pension Disability
www.servicecanada.gc.ca
1-800-277-9914
The CPP Disability program's primary role is to replace a portion of income for CPP contributors who cannot work because of a disability that is both severe and prolonged. The application takes three to six months to process and there is a requirement of medical documentation to support your claim.