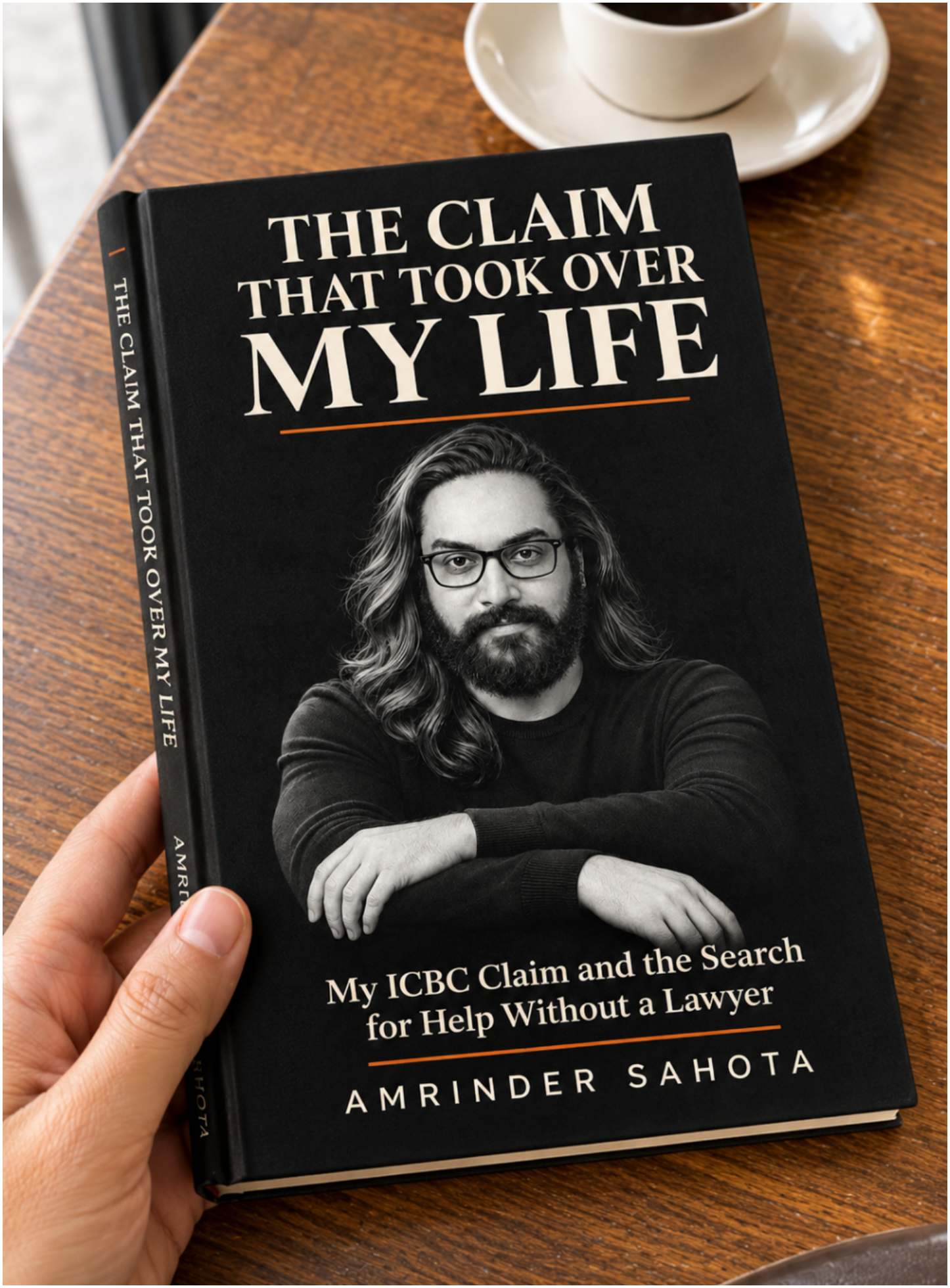
British Columbia Author Turns His ICBC Claim Journey Into a Book About Seeking Help Without a Lawyer

Amrinder Sahota's documentary memoir examines the personal challenges of navigating accident benefits, healthcare, privacy concerns and institutional complaint processes while recovering from a motor vehicle accident.


THE CLAIM THAT TOOK OVER MY LIFE
THE CLAIM THAT TOOK OVER MY LIFE
My ICBC Claim and the Search for Help Without a Lawyer
AMRINDER SAHOTA

Vancouver, British Columbia Nov 20, 2026 (Issuewire.com) - British Columbia Author Documents His Journey Through ICBC, Healthcare and the Search for Help Without a Lawyer

Canadian author Amrinder Sahota has published a new documentary memoir examining his personal experience navigating British Columbia's insurance, healthcare and administrative systems following a motor vehicle accident.

Titled *The Claim That Took Over My Life: My ICBC Claim and the Search for Help Without a Lawyer*, the book documents a journey that began with an accident on October 20, 2024, and developed into an extended effort to obtain medical care, understand insurance decisions, access records and seek answers through various complaint and oversight channels.

What began as an effort to recover from physical injuries became an unexpected education in navigating complex institutions.

Sahota's account follows his experiences with ICBC, healthcare providers, freedom-of-information requests, privacy concerns, provincial and federal government offices, oversight organisations and the Civil Resolution Tribunal.

One particularly significant development came in October 2026, when Sahota received a 622-page freedom-of-information package relating to his first ICBC claim. The records helped him examine decisions, communications and treatment history while raising further questions about how information was assessed and handled.

Rather than presenting the experience as a one-sided account, Sahota includes information that challenged his own interpretations, assistance he received from various offices, documented disagreements and questions that remain unresolved.

The book also explores the difficulties an injured person can encounter when different institutions are responsible for different parts of a problem, leaving the individual to navigate multiple processes simultaneously.

"I expected to spend my energy recovering. Instead, I also had to learn which office handled which concern, what documents it required and what to do when one process directed me somewhere else," says Sahota.

The memoir raises a broader question: when an injured person must navigate healthcare, insurance, privacy rights and administrative complaint procedures simultaneously, who helps them understand the bigger picture?

Sahota hopes the book will encourage meaningful conversations about access to justice, institutional accountability, consumer rights and the accessibility of public systems for ordinary Canadians.

Importantly, the publication is a personal documentary account, not a tribunal judgment or an independent investigation. It draws on correspondence, claim records, clinical records and the author's recollections, distinguishing documented events from disputed interpretations and unresolved questions.

About the Author

Amrinder Sahota is a Canadian author based in Vancouver, British Columbia. His writing explores personal experiences, historical connections, human relationships and the questions that shape society.

With this publication, Sahota brings a personal experience into a wider public conversation about navigating complex institutions without legal representation.

About the Book

Title: The Claim That Took Over My Life

Subtitle: My ICBC Claim and the Search for Help Without a Lawyer

Author: Amrinder Sahota

Format: Kindle eBook available now. Hardcover availability varies by marketplace. Paperback edition forthcoming.

Read the full story:
https://www.amrindersahota.ca/journal/icbc-claim-without-a-lawyer-book

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