

FOR PEOPLE WHO NEED HELP MANAGING THEIR LYMPHEDEMA



In this booklet...

You will find community resources within the Erie St. Clair region that include:

- Managing your symptoms of lymphedema
- Financial help relating to managing your lymphedema
- Steps for completing the ADP form
- ADP Authorizers: Compression Garment Fitters and Compression (Pressure Modification Devices)
- Other ways you can help with your lymphedema

**Erie St. Clair
Regional Cancer Program**

Ontario Health (Cancer Care Ontario)

What is lymphedema?

Lymphedema is swelling that is caused by a large amount of lymph fluid in the tissues. This swelling can be the result of a tumor, surgery, or radiation.



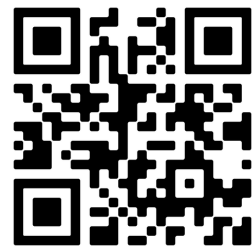
How do I manage my symptoms of lymphedema?

One of the most effective ways to manage your swelling is through the use of compression garments. A compression garment of a sleeve, glove, vest, and/or bra is recommended when the swelling stays the same for a period of time. To begin the process of getting a compression garment, you can ask your care team about your options, including financial assistance.

Financial Assistance

- **Assistive Devices Program (ADP):**

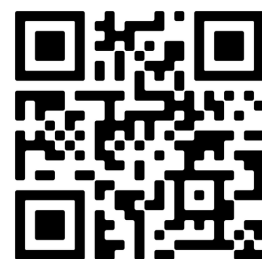
If you do not have private Insurance, the cost of your compression garment or sleeve may be covered by the Assistive Devices Program (ADP) of the Ministry of Health and Long Term Care (MOHLTC), which provides funding assistance for compression garments and sleeves for chronic lymphedema management. The paperwork for this Government assistance can be filled out for you in the clinic. You would then take the Assistive Devices Program (ADP) form to your registered fitter. This Government program supports 75% of cost. These garments cost between \$300 - \$400 per set. Please see **pages 4-6** for detailed steps to begin the ADP application process. You may also choose to contact the following organizations to inquire about the remaining cost:



- **Lymphedema Association of Ontario:**

Offers a Compassion Fund for patients with lymphedema. See more information by scanning the QR code or visiting:

<https://www.lymphontario.ca/Compassion-Fund-Application>.



- Local offices of the **Canadian Red Cross, Kiwanis, Lions, or Rotary club**: May offer funding for medical costs.
- Volunteer and charity organizations: Such as **Easter Seals Ontario, March of Dimes Canada, The War Amps, and Kiwanis**.
- See more resources in **Your Way Forward** by visiting: <https://www.wrh.on.ca/YourWayForward>.

Steps for Completing the ADP Form

Applying for coverage through ADP is a 3-step process.

Step #1:

Please have your specialist (Oncologist, Vascular Surgeon, Internal Medicine etc.) fill out the following:

1) Page 2, Section 2:

- Chronic Lymphedema: Primary or Secondary
**Must be filled out - funding is only for patients with lymphedema*
- Surgical Procedure (if applicable)
- Date of Surgery (if applicable)

2) Page 6, Section 4:

- Physician info and signature

Step #2

You will then bring this form to an ADP Authorizer for Pressure Modification Devices to fill out the following:

1) Page 3- 4 Section 2b and

2) Page 6, Authorizer Info and signature

****See next page for a list of ADP Authorizers for Compression (Pressure Modification Devices) in your area. Please call first to make an appointment, and discuss treatment requirements and fees.***

Steps for Completing the ADP Form

ADP Authorizers for Compression (Pressure Modification Devices) in the Erie St. Clair Region

NICOLE SEGEREN

Chatham-Kent Health Alliance
80 Grand Avenue W.
Chatham, ON N7M 5L9
Phone: (519) 352-6401 x 6577
Fax: (519) 436-2545

MADDIE SIMONE

1765 Sprucewood Rd
Lasalle, ON
Phone: (519) 250-1855
or
480 Advance Rd.
Tecumseh, ON
Phone: (226) 774-5888

HEATHER BEZAIRE

582 Notre Dame St
Belle River, ON
Phone: (519) 817-0894

TINA CURTIS

1765 Sprucewood Rd
Lasalle, ON
Phone: (519) 250-1855

FREDA YAKO-MALOTT

25 Main Street West
Kingsville, ON
Phone: (519) 995-9563
or
1614 Lesperance Rd
Windsor, ON
Phone: (519) 739-3947

Steps for Completing the ADP Form

Step #3

Upon completion of Step #1 and #2 you are now ready to be measured and fitted for your garment.

**See below for a list of Compression Garment Fitters in your area. They are specially trained to measure you for best fit of your garment.*

ADP Authorized Compression Garment Fitters in the Erie St. Clair Region

PRISCILLA LE LACHEUR
McNiece TENS Inc
3506 Tecumseh Rd E, Unit 4
Windsor, ON
Phone: (519) 948-4004 ext. 1 or (519) 977-1515 ext. 1

**Scan the QR code to view the
digital ADP Application Form:**



Other Ways You Can Help With Your Lymphedema

Therapists that are qualified to treat lymphedema must have specialized training in **Combined Decongestive Therapy (CDT)**. Along with CDT therapists, some **Registered Massage Therapists (RMT)** are also able to perform **Manual Lymph Drainage (MLD)** which involves a gentle massage that helps move fluid from swollen areas of the body to areas with healthy lymph vessels.

***Speak to your care team to see if MLD is the right option for you.**

CDT Therapists/MLD Locations in the Erie St. Clair Region

Christopher Pimentel
770 Richmond St.
Chatham, ON
Phone: (226) 996-1712
www.ckperformancehealth.com

Maddie Simone, RMT
Certified Lymphedema Therapist
1765 Sprucewood Rd
Lasalle, ON
Phone: (519) 250-1855
or
480 Advance Rd.
Tecumseh, ON
Phone: (226) 774-5888

Tina Curtis, RMT
Active Body Physical Therapy
1765 Sprucewood Ave.
Lasalle, ON
Phone: (519) 250-1855
www.activebodytherapy.com

**CDT Therapists/MLD Locations in the
Erie St. Clair Region**

Heather Bezaire
582 Notre Dame St.
Belle River, ON
Phone: (519) 817-0894

Rita Kako
186 Talbot St. South
Essex, ON
Phone: (519) 776-6343

Tabitha Irwin
235 Eugenie St. West
Windsor, ON
Phone: (519) 967-1137

Natural Healing Clinic
1282 Andrew Ct.
Sarnia, ON
(519) 542-6019
www.naturalhealingsarnia.ca

**For a full list of CDT Certified Lymphedema Therapists in
Ontario, please visit:**

<https://www.lymphontario.ca/Certified-Lymphedema-Therapist-Listing>



Definitions

- **ADP:** Assistive Devices Program
- **CDT:** Combined Decongestive Therapy
- **RMT:** Registered Massage Therapist
- **MLD:** Manual Lymph Drainage
- **Compression Garment:** A tight-fitting, elastic garment, such as a sleeve or stocking to assist with minimizing lymphedema
- **Compression Garment Fitter:** A compression garment fitter specialist is a licensed professional who measures, fits, and selects compression garments for patients

References

1. **Lymphedema Association of Ontario** - www.lymphontario.ca
2. **Government of Ontario** - www.ontario.ca
3. **Canadian Cancer Society** - www.cancer.ca
4. **Princess Margaret Hospital** - www.uhn.ca/PrincessMargaret

For more information on ADP, please contact:

Ministry of Health and Long-Term Care
Assistive Devices Program
Toll-free 1-800-268-6021
TDD/TYY 1-800-387-5559
E-mail: adp@ontario.ca
Website: www.ontario.ca/page/assistive-devices-program/



For a digital version of this booklet, please scan the QR code!



CONTACT US

Phone

519-253-5253

Website

www.wrh.on.ca/cancerprogram

Address

1995 Lens Ave
Windsor, ON N8W 1L9

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