

# Insulin Pumps and Ontario's Assistive Device Program (ADP) at the Ottawa Hospital-Riverside Campus Diabetes clinic

## What is Assistive Device Program (ADP)?

The Assistive Device Program (ADP) is program from the Ontario Ministry of Health that provides financial support for insulin pumps and insulin pump supplies.

To qualify for the funding you need to:

- have type 1 diabetes
- have a valid Ontario address and valid Health Card Number
- adjust basal / bolus (long acting / mealtime) insulin for at least 1 year
- be able to assess and adjust your insulin according to blood glucose, carbohydrate count, correction doses and manage sick days
- be willing to come to the clinic at least 3 times per year to meet with your Endocrinologist and diabetes team.
- have participated in an assessment by the diabetes team to determine if you are ready and qualify for an -insulin pump (pre-assessment)

## What is the funding?

The program will cover 100% of the cost of a new pump and an upgrade every 5 years only if the existing pump is broken.

The program will give you **\$2,400.00 per year** to cover the cost of **insulin pump supplies only**. **This does not include the cost of blood glucose test strips and insulin**. The usual yearly cost of pump supplies are: \$3,000 to \$3600 / year (\$250 to \$300 / month). It may cost more if you buy accessories or change your insertion site more often.

This grant must be renewed yearly; you will receive a form to be completed by your Endocrinologist. You will need to keep all the original receipts for your pump supplies for 2 years; ADP may ask you at any time to validate your expenses.

## Can the funding be stopped?

Yes, it can. When you are on the insulin pump, you need to continue to meet the above conditions or the ADP funding will be stopped.

## What can I do to get the funding?

- You need to be referred to an ADP authorized center like ours.
- Work closely with your Endocrinologist and Diabetes Team
- Test your blood glucose 4 times per day
- Have an HbA1C test 3 times per year with results below 10%
- Be able to count carbohydrates, adjust insulin for your level of activity and when you are sick
- Enroll in an insulin pump class and have a pre-assessment for insulin pump
- Be committed to visit our clinic 3 times per year or more.

How does it work?

- Tell your endocrinologist that you would like to be considered for an insulin pump
- Meet with your nurse to discuss the process
- Discuss what you have to do to meet the ADP conditions and how long that will take
- Attend an insulin pump class
- Review the types of pumps available and decide which one is best for you
- Be put on the waiting list
- Once you meet all the ADP conditions, agree to a date to start wearing the pump and how to use it.

What is the usual wait time to start the pump?

Once you meet all the conditions, the application for ADP funding can be completed and the wait time for the insulin pump practice and insulin pump start is approximately 2 to 4 months.

What is involved in learning and starting the insulin pump once I qualify?

- You must have two learning sessions at our center:
  - The first session that can last 1 to 2 hours to practice programming and wearing the insulin pump. You can practice wearing it using normal saline (salt water)
  - The second session can take 3 to 4 hours. This is the day you use insulin in the pump and actually wear it from here on. We review how to adjust your pump program and check your blood glucose often to make sure that the initial program is safe before you go home.

- You will need to contact your diabetes educator regularly every few days in the first 2 weeks to ensure the pump program is adjusted until you are comfortable adjusting on your own.

## **Useful links:**

<https://www.ontario.ca/page/insulin-pumps-and-diabetes-supplies>

<http://www.forms.ssb.gov.on.ca/mbs/ssb/forms/ssbforms.nsf/FormDetail?OpenForm&ACT=RD&TAB=PROFILE&SRCH=1&ENV=WWE&TIT=3183&NO=014-4537-67E>

<http://www.womenscollegehospital.ca/assets/pdf/Diabetes/ADP-Insulin-Pump-Application-Instructions.pdf>