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# Health Related Supports

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## Alberta Aids to Daily Living PROGRAM

### Mastectomy Benefits

*Within existing resources, the Alberta Aids to Daily Living (AADL) Program helps Albertans with a long-term disability, chronic illness or terminal illness maintain their independence in their community through the provision of medical equipment and supplies to meet their basic medically-assessed needs.*

Alberta Aids to Daily Living (AADL) provides financial assistance for breast prostheses due to surgical removal of breast tissue or unilateral absence of growth.

## Eligibility

- ◆ You must be an Alberta resident with a valid Alberta Health Care Number.
- ◆ You must live at home or in a home-like setting, or in a long-term care centre.

You may be eligible for a partial or full breast, single or bilateral prosthesis. A doctor's prescription is not required.

We recommend you add your breast prosthesis to your home owner's/tenant's insurance plan since AADL does not replace lost, stolen, or damaged breast prostheses.

## The Process

**STEP 1:** Consult your healthcare professional to see if you are ready to be assessed for a prosthesis.

**STEP 2:** Choose an AADL Specialty Supplier. For a full list of specialty suppliers, call AADL (see back panel) or visit [www.seniors.alberta.ca/aadl/av/manual](http://www.seniors.alberta.ca/aadl/av/manual). The Specialty Supplier employs a breast prosthesis-certified fitter who will determine your eligibility for assistance through the program and will bill AADL directly.

**STEP 3:** Make an appointment with the specialty supplier so the fitter can spend uninterrupted time with you.

Albertans pay 25 per cent of the AADL benefit cost to a maximum of \$500 per individual or family per benefit year (July 1 to June 30). Low-income Albertans and those receiving income assistance (Income Support or AISH) do not pay the cost-share portion.

If you want an upgraded prosthesis, you are responsible for paying any cost above AADL's maximum price. If you are **not** eligible for cost-share exemption, AADL will pay 75 per cent of AADL's maximum price and 75 per cent of the fitting fee.

**Keep your receipt.** You may qualify through your private insurance or you may wish to submit your receipt for income tax purposes.

## Breast Prostheses, Brassieres, Swimwear and more

AADL's breast prostheses Specialty Suppliers must stock at least two full manufacturer lines of breast prostheses, such as light-weight, moisture-control, and self-adhesive brassieres. Some will carry mastectomy brassieres and swimwear. AADL does not provide assistance for brassieres, swimwear, or swimming prostheses. You may want to investigate your private insurance coverage for these items.



There are many products to help you look and feel your best, such as a well-fitted brassiere. You may choose either a mastectomy or regular brassiere. The wide variety of brassieres available will provide you with comfort, satisfaction and assurance. Your fitter will be able to suggest simple modifications or accessories according to your personal needs, such as the addition of a pocket to hold your breast form.

If you experience tenderness following surgery, a soft leisure brassiere may be a welcome choice until you feel you can return to your regular brassiere.

**AADL is a program of  
Alberta Seniors and Community Supports**

For more information, contact your local  
Alberta Health Services office OR:

**Health Related Supports  
Alberta Aids to Daily Living Program  
10th Floor, Milner Building  
10040 - 104 Street  
Edmonton, Alberta T5J 0Z2**

**Phone:** 780-427-0731;  
to call toll-free, first dial 310-0000

**Fax:** 780-422-0968

[www.seniors.alberta.ca/AADL](http://www.seniors.alberta.ca/AADL)

Deaf/hearing impaired callers within Alberta using a  
TTY can reach the provincial government by dialing  
780-427-9999 in Edmonton or 1-800-232-7215  
throughout Alberta.