

# Ostomy Care Resource List

## Resources if you are unable to pay for supplies:

- United Ostomy Association of America (UOAA) website; this will help you locate support group near you [www.ostomy.org/Find\\_a\\_Support\\_Group](http://www.ostomy.org/Find_a_Support_Group)
- Kindred Box <https://kindredbox.org/> recipients only pay for shipping & handling, limited to 1 box/month
- Needy Meds [www.needymeds.org/](http://www.needymeds.org/) 800-503-6897 information on sample programs
- Oley Foundation: Exchange Program <http://oley.org/> sometimes has ostomy supplies; recipient pays for shipping; check under Equipment Supplies/Exchange
- Osto Group: [www.ostogroup.org](http://www.ostogroup.org) 877-678-6690 for uninsured patients, you pay for shipping
- Ostomy 211—Ostomy Resource Directory [www.ostomy211.com](http://www.ostomy211.com)

## Manufacture Patient Assistance Programs:

These companies offer up to a year of free supplies if you meet eligibility.

- Coloplast 877-781-2656 <https://www.coloplast.us>
- Convatec 800-422-8811 <https://meplus.convatec.com/articles/patient-assistance-program/>
- Hollister 888-808-7456 <https://www.hollister.com/en>

## Self-pay and Uninsured Options Discounted Supplies:

Many companies will give a discount if you are paying out of pocket. Here are some that may offer supplies at a discounted rate.

- ATC Medical [www.atcmedical.com/](http://www.atcmedical.com/) 877-508-4013 discounted products for self-pay
- Best Buy Ostomy Supplies <https://bestbuymedicalsupplies.com/> 866-940-4555
- Mercy Surgical Dressing Group 888-637-2912. They will offer discounts to self-pay patients.
- OstoStore <http://ostostore.com/> 877-396-3887 Discounted ostomy supplies.
- Parthenon <https://parthenoninc.com/> 800-453-8898 • Stoma Bags [www.stomabags.com/](http://www.stomabags.com/) 855-828-1444 discounted ostomy supplies
- Total Home Care Supplies [www.totalhomecaresupplies.com/](http://www.totalhomecaresupplies.com/) 866-376-4950

- Vitality Medical <https://www.vitalitymedical.com/> 800-397-5899 Free/Donated Supplies There are organizations that specifically collect donated ostomy supplies to give to people who are uninsured.
- The Pouch Place-Share Program [www.pouchplace.com](http://www.pouchplace.com) 1 -865-531-1285

## Support Programs:

### Manufacturer Patient Support Programs:

Many manufacturers and some product suppliers offer personalized ostomy assistance services that can include support, recommendations, and often free samples. You do not have to use their supplies if they don't work for you.

- Coloplast Care® 888-726-7872 <https://www.coloplastcare.com/en-US/ostomy/>
- Convatec Me+ 800-422-8811 <https://meplus.convatec.com/about>
- Hollister Secure Start 888-808-7456 [www.hollister.com/en/securestartconsumer](http://www.hollister.com/en/securestartconsumer)

### Disease Specific Support Groups:

- Bladder Cancer - [www.bcan.org/in-person-support-group/](http://www.bcan.org/in-person-support-group/)
- Crohn's Disease and Ulcerative Colitis [www.crohnscolitisfoundation.org/living-with-crohnscolitis/find-a-support-group/](http://www.crohnscolitisfoundation.org/living-with-crohnscolitis/find-a-support-group/) Online Support Communities
- Bladder and Bowel Community [www.bladderandbowel.org/](http://www.bladderandbowel.org/) • Healing Well [www.healingwell.com/](http://www.healingwell.com/) forums include Ostomies, Crohn's disease, and UC
- Inspire [www.inspire.com/](http://www.inspire.com/) many groups including ostomy, cancer and more
- Smart Patients [www.smartpatients.com/](http://www.smartpatients.com/) colorectal and bladder cancer, lynch syndrome, FAP, and IBD.
- Spouse Association [www.wellspouse.org](http://www.wellspouse.org)
- What Next [www.whatnext.com/](http://www.whatnext.com/) connect to people with similar experiences Cancer
- American Cancer Society [www.cancer.org/treatment/support-programs-and-services/onlinecommunities.html](http://www.cancer.org/treatment/support-programs-and-services/onlinecommunities.html) • Association of Cancer Online Resources (ACOR) <http://listserv.acor.org/> online cancer communities.
- CancerCare [www.cancercare.org](http://www.cancercare.org) 800-813-4673 colorectal cancer patient and caregiver support groups
- Cancer Connect <http://cancerconnect.com/>
- Cancer Compass <https://cancercompass.com/>

- Cancer Support Community [www.cancersupportcommunity.org](http://www.cancersupportcommunity.org)
- Cancer Survivors Network <https://csn.cancer.org/>
- Colon Club <https://colonclub.com>
- Colorectal Cancer Alliance [www.ccalliance.org/get-support/group-chat/](http://www.ccalliance.org/get-support/group-chat/) 877-422-2030 patient/family group chat
- Daily Strength [www.dailystrength.org/](http://www.dailystrength.org/)
- NCCN Support Group Finder [www.nccn.org/patients/advocacy/default.aspx](http://www.nccn.org/patients/advocacy/default.aspx)
- National Coalition for Cancer Survivorship [www.canceradvocacy.org/resources/remaining-hopeful/](http://www.canceradvocacy.org/resources/remaining-hopeful/)
- Pseudomyxoma Survivor [www.pseudomyxomasurvivor.org/](http://www.pseudomyxomasurvivor.org/) Inflammatory Bowel Disease
- Crohn's Forum [www.crohnsforum.com/](http://www.crohnsforum.com/)
- Crohn's and Colitis Foundation [www.crohnscolitiscommunity.org/](http://www.crohnscolitiscommunity.org/) community forum
- Crohn's and Colitis Foundation [www.crohnscolitiscommunity.org/crohns-colitis-young-adults](http://www.crohnscolitiscommunity.org/crohns-colitis-young-adults) young adult community forum and online support group
- Girls with Guts [www.girlswithguts.org/](http://www.girlswithguts.org/) Ostomy
- ConvaTec's me+ community [www.convatec.com/ostomy/meplus-community/](http://www.convatec.com/ostomy/meplus-community/)
- Facebook Group List <https://insideoutostomy.life/resources/facebook/facebook-groups/>
- Healing Well [www.healingwell.com/community/default.aspx?f=33](http://www.healingwell.com/community/default.aspx?f=33)
- Inspire [www.inspire.com/groups/ostomy/](http://www.inspire.com/groups/ostomy/)
- Meet an Ostomate: Forum [www.meetanostomate.org/](http://www.meetanostomate.org/)
- Ostomyland [www.ostomyland.com/ostomyland/](http://www.ostomyland.com/ostomyland/)
- Ostomy Network [www.ostomysoftware.com/](http://www.ostomysoftware.com/)
- Parents of Kids with Ostomies Facebook Group
- The Pull-thru Network [www.pullthrurnetwork.org/](http://www.pullthrurnetwork.org/)
- Quality Life Association <http://www.qla-ostomy.org/> 888-206-5983 continent ostomates
- United Ostomy Association -discussion board [www.uoaa.org/forum/index.php](http://www.uoaa.org/forum/index.php) • Vegan Ostomy Forum [www.veganostomy.ca/community/](http://www.veganostomy.ca/community/)
- Short Gut Syndrome Families' Support Group

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### **Other Support Camps for Children and Teens:**

- Camp Oasis [www.crohnscolitisfoundation.org/get-involved/camp-oasis/](http://www.crohnscolitisfoundation.org/get-involved/camp-oasis/) camp for children and teens with Crohn's disease and ulcerative colitis

- Children's Health [www.childrens.com/specialties-services/specialty-centers-and-programs/complexcare-medical-services/resources/camps](http://www.childrens.com/specialties-services/specialty-centers-and-programs/complexcare-medical-services/resources/camps) list of medical camps
  - Youth Rally [www.youthrally.org/](http://www.youthrally.org/) camp for children and teens with ostomies and internal pouches  
Caregivers These resources provide information, tips and networking opportunities for caregivers.
  - CancerCare [www.cancercare.org](http://www.cancercare.org) (800) 813-HOPE (4673) for families of people with cancer
  - Cancer Support Community [www.cancersupportcommunity.org/caregivers](http://www.cancersupportcommunity.org/caregivers)
  - Caregiver Action Network [www.caregiveraction.org](http://www.caregiveraction.org)
  - Caring Road Support Network [www.caringroad.org/](http://www.caringroad.org/)
  - Family Caregiver Alliance <https://caregiver.org/> 800-445-8106
  - Jewish Family Services <http://jfsdallas.org/services/for-adults/support-groups/> 972-437-9950  
caregiver support groups; you do not have to be Jewish
  - National Respite Network <https://archrespice.org/respitelocator> respite locator
  - Spouse Association [www.wellspouse.org](http://www.wellspouse.org) Counseling
  - CancerCare [www.cancercare.org](http://www.cancercare.org) 800-813-HOPE (4673) for cancer patients and families - speak to an oncology social worker (no fee)
  - Good Therapy [www.goodtherapy.org/](http://www.goodtherapy.org/) find a therapist
  - Open Counseling <https://www.opencounseling.com/hotlines-us>
  - Psychology Today [www.psychologytoday.com/](http://www.psychologytoday.com/) find a therapist
  - Talkspace [www.talkspace.com/](http://www.talkspace.com/) online therapy Mentor/Buddy
  - 4thangel [www.4thangel.org](http://www.4thangel.org) 866-520-3197 one-on-one, confidential outreach and support from someone who has successfully made the same cancer journey
  - CanCare <http://cancare.org/support/> 888-461-0028 connects patients and their loved ones to someone who has experienced the same or similar type of cancer
  - Cancer Hope Network 877-HOPENET [www.cancerhopenetwork.org/](http://www.cancerhopenetwork.org/)
  - Colorectal Cancer Alliance [www.ccalliance.org/get-support/peer-to-peer-support/](http://www.ccalliance.org/get-support/peer-to-peer-support/) 877-422-2030  
buddy
  - Girls with Guts [www.girlswithguts.org/penpalprogram](http://www.girlswithguts.org/penpalprogram) penpal program
  - Imerman Angels <https://imermanangels.org/> 877-274-5529 one-on-one support for cancer patients
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- Power of Two – Crohn's and Colitis Foundation [www.crohnscolitisfoundation.org/living-with-crohnscolitis/find-a-support-group/](http://www.crohnscolitisfoundation.org/living-with-crohnscolitis/find-a-support-group/) 888-694-8872 Phone Help Lines
  - American Psychology Oncology Society <http://apos-society.org> 866-276-7443
  - CancerCare [www.cancercare.org](http://www.cancercare.org) 800-813-HOPE (4673)

- Cancer Lifeline [www.cancerlifeline.org/services/lifeline](http://www.cancerlifeline.org/services/lifeline) 800-255-5505 immediate phone support 24/7
- Cancer Support Community [www.cancersupportcommunity.org/](http://www.cancersupportcommunity.org/) 888-793-9355
- Crohn's and Colitis Foundation 888-MY-GUT-PAIN (888-694-8872) talk with an IBD specialist
- Colorectal Cancer Alliance 877-422-2030
- Livestrong 855-220-7777 [www.livestrong.org/we-can-help/](http://www.livestrong.org/we-can-help/) Get 1-on-1 support with a navigator
- Miami After Hours [www.miamiostomyaftercare.org/Ostomy.php?op=Ostomically](http://www.miamiostomyaftercare.org/Ostomy.php?op=Ostomically) Yours after care helpline 305-952-0951
- National Suicide Prevention Lifeline **800-273-8255**
- SHARE Cancer Support: Ovarian Cancer Helpline [www.sharecancersupport.org/ovariancancer/helpline/](http://www.sharecancersupport.org/ovariancancer/helpline/) 866-537-4273 Share your Journey

**These sites help you communicate to friends and family securely and when the time is right for you. Many help you organize and delegate tasks like meal delivery and chores.**

- Care Calendar [www.carecalendar.org/](http://www.carecalendar.org/)
- Caregiver Action Network [www.caregiveraction.org](http://www.caregiveraction.org)
- Caring Bridge [www.caringbridge.org](http://www.caringbridge.org) • Lotsa Helping Hands <http://lotsahelpinghands.com/>
- Meal Train [www.mealtrain.com/](http://www.mealtrain.com/)
- MedGift [www.medgift.com/](http://www.medgift.com/)
- My LifeLine [www.mylifeline.org](http://www.mylifeline.org) cancer patients
- Take them a Meal [www.takethemameal.com/ay](http://www.takethemameal.com/ay) be other assistance available that is not known to us and therefore not listed.

Disclaimer: South Central WOCN does not promote any manufacturers or services. We do not get paid to advertise. We are listing the resources we know to exist and few tips to help you. We realize there may be more resources available than those listed. If you have new resources to add, please visit [www.scrwocn.org](http://www.scrwocn.org) and message the public relations director.

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