

# TRANS & GENDER-DIVERSE CARE CARD

USE THIS CARD TO HELP FACILITATE AFFIRMING CONVERSATIONS BETWEEN YOU AND YOUR CARE PROVIDER(S)

PLEASE CALL ME:

I USE THIS NAME, EVEN IF IT DOES NOT MATCH THE NAME ON MY HEALTH CARD / ID.

My pronouns are:

Regarding my health and wellness, I feel:

- safe   
  at risk   
  really needing help

I am here because:

I have this pre-existing condition:

\*\*remove this section if it does not apply\*\*

I would like to get prescribed/ get a referral for:

- hormone replacement therapy (masculinizing)   
  hormone replacement therapy (feminizing)
- endocrinologist care   
  trans-specific counselling
- top surgery   
  bottom surgery   
  hair removal
- facial feminization surgery   
  voice training
- trans-specific support group   
  other: \_\_\_\_\_

resources for health care professionals:



Sherbourne's Guidelines for gender-affirming primary care with trans and non-binary patients



Standards of Care for the Health of Transgender and Gender Diverse People, Version 8



Planned Parenthood Ottawa's free resources, system navigation support, peer counselling



Ottawa Trans Library peer support drop-in schedule



Centretown Community Health Centre's trans health resources

## ADDITIONAL NOTES:

This is a resource that is still in development. Please let us know if there is something that you think should be included or changed. We want to hear your feedback!

Use the QR code to access our feedback form:

