

# 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