

CHRONIC DISEASE EXERCISE & EDUCATION REFERRAL FORM



Referral Source: _____ Phone: _____ Fax: _____ Date: _____

Client's Health Care Provider: _____

Client Last Name: _____ First Name: _____ DOB (dd/mm/yyyy): _____

Address: _____ Postal Code: _____

Home Phone: _____ Health Card: _____ ☐ Male ☐ Female ☐ Other: _____

Cell Phone: _____ Language Spoken: _____ Interpreter Needed: ☐ Yes ☐ No

Clients Email: _____ Client consents to referral: ☐ Yes ☐ No

Client has Internet and Consents to Email: ☐ Yes ☐ No

**REFERRALS FOR ALL PROGRAMS CAN BE E-FAXED TO 226-216-5179, OR VIA OCEAN.
SELF REFERRALS WELCOMED**

Programs offered Virtually or In-Person at the Sandwich site - 3325 College Avenue, Windsor, ON

Questions about the Exercise Programs or Workshops, Please Call 519 962 2284 Ext. 341.

Select all program(s) individuals who have a Chronic Condition may be interested in:

- ☐ Therapeutic Exercise ☐ OT Upper Body Exercise ☐ Pulmonary Rehabilitation Exercise (Virtual Only)
☐ Diabetes Exercise ☐ Therapeutic Pole Walking ☐ Falls Prevention Assessment
☐ Respiratory Therapy Services (Education/COPD Action Plans)

Medication & Medical History for Exercise Programs (please attach any pertinent labs or medication list):
(This Section is Not Required for the Self-Management Workshops noted below)

Can Client Transfer Independently: ☐ Yes ☐ No

Balance: ☐ Good ☐ Fair ☐ Poor ☐ Notes: _____

Does Client use Walking Aid: ☐ Yes ☐ No If Yes, specify: _____

Select all Workshop(s) an Individual may be Interested in Attending

6-Week Self-Management Workshops: One-time Self-Management Workshops:

- | | |
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| ☐ Chronic Conditions | ☐ Healthy Caregiving |
| ☐ Diabetes | ☐ Diabetes Healthy Feet & You |
| ☐ Powerful Tools for Caregivers | ☐ Managing Stress with a Chronic or Rare Disease |
| | ☐ Getting the Most from Your Healthcare Appointment |
| Preferred Format: | ☐ Organizing Care |
| ☐ In-person | ☐ Take Charge of Your Health |
| ☐ Virtual | ☐ Organized Living – Decluttering for Wellness |
| ☐ No preference | ☐ Eating on a Budget |
| | ☐ Eat Well, Live Well (Healthy eating for better bones, gut, and heart health) |

For a full description of all above programs, please visit www.wechc.org