# CHRONIC DISEASE EXERCISE & EDUCATION REFERRAL FORM

Windsor Essex weCHC Community Health Centre

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/ Action Plans): ☐ COPD ☐ Asthma

**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:**
- ☐ Chronic Conditions
- ☐ Diabetes
- ☐ Powerful Tools for Caregivers

**Preferred Format:**
- ☐ In-person
- ☐ Virtual
- ☐ No preference

**One-time Self-Management Workshops:**
- ☐ Healthy Caregiving
- ☐ Diabetes Healthy Feet & You
- ☐ Managing Stress with a Chronic or Rare Disease
- ☐ Getting the Most from Your Healthcare Appointment
- ☐ Organizing Care
- ☐ Take Charge of Your Health
- ☐ Organized Living – Decluttering for Wellness
- ☐ 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*