

People Accessing Care Teams (PACT) Vaughan Community Health Centre



☐ **Western York Region (WYR) - Vaughan Site**
9401 Jane St, Suite 106 and 206, Vaughan
Phone: 905-303-8490 Fax: 905-303-4922

☐ **Northern York Region (NYR) - Keswick Site**
716 The Queensway South, Keswick
Phone: 905-476-5621 Fax: 905-476-3008

Client Information

Client's Name: _____
DOB: _____ ☐ M ☐ F ☐ Other
Health Card #: _____
Address: _____
City/ Province: _____
Postal Code: _____
Telephone #: _____

Referring Provider Information

Provider's name: _____
Billing #: _____
Address: _____
City/ Province: _____
Postal Code: _____
Telephone #: _____ Fax #: _____
Signature _____ Date _____

Referred client has private health benefits: ☐ YES ☐ NO. Language: ☐ English ☐ French ☐ Other (please specify): _____

SERVICES REQUESTED – CHECK ALL THAT APPLIES. Note: incomplete referrals will not be processed

☐ Community Dietitian

Reason: _____
☐ GI issues ☐ Food intolerance
☐ Prenatal, Infant and Toddler Nutrition
☐ Weight, Cholesterol, Hypertension ☐ Other _____

☐ Diabetes Education Program

Reason: _____
☐ Pre-Diabetes ☐ Type 2 Diabetes
☐ Insulin / GLP1 Start

☐ System Navigation and Case Management

☐ Health Navigation Services and Education ☐ Connection to community support, financial assistance, or social services
☐ Connection to settlement or legal services ☐ Information and Referral to: _____
☐ Information about VCHC or community group programs

☐ Physiotherapy (Non-MVA or WSIB).

Reason: _____
Time of onset: ☐ <1mth ☐ <3mth ☐ <6mth ☐ > 1 yr. or ☐ persistent
☐ Significant limitation of function (ADLs, work and/or leisure activity performance is affected)
☐ Post Sx _____ ☐ Fracture _____
☐ Priority population (clients aged 20-64 years or recent/risk of fall)
☐ Diagnostic imaging results if available (e.g., X Ray, MRI, ultrasound) and Medication list

☐ Mental Health (Non-MVA or WSIB).

Primary reason for referral:

☐ Caregiver Stress ☐ Loss/Grief
☐ Chronic Pain/Disease ☐ Self-esteem
☐ Eating Disorder ☐ Stress
☐ Family / Relationship ☐ Substance Abuse
☐ Anxiety ☐ Trauma
☐ Depression ☐ ADHD or Autism Spectrum
☐ Risk of harm. Specify: _____
☐ Mental Illness. Specify: _____
☐ Other: _____

☐ Chiropody – Reason: _____

☐ Skin pain and lesion (corns/callus/warts). ☐ Ingrown/involuted toenails ☐ Foot/toe pain
☐ Difficulty with activities of daily living _____ ☐ Other: (please specify) _____

☐ Lung Health Program

☐ COPD Self-management education, Pulmonary Rehab
☐ Smoking Cessation (CAMH - STOP)
☐ Respiratory Consultation

☐ Spirometry

☐ Authorization to perform Pre and Post Spirometry testing
☐ Yes ☐ No
with ☐ Ventolin, as per medical directive

Medical History/ Medication list / Clinical Information (most recent bloodwork, diagnostic images)- or Please Attach

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Description of services offered at Vaughan CHC – Western and Northern York Region PACT Program.

Allied Health Services	Description
Community Dietitian (up to 6 sessions)	<ul style="list-style-type: none"> Prenatal (pregnancy), infant, toddler nutrition (failure to thrive, picky eater, low weight gain) Digestive issues (e.g., reflux, Irritable bowel Syndrome, Inflammatory Bowel Disease, etc. Food allergies and intolerances Hypertension High Cholesterol Weight management, Meal Planning Prediabetes, “at risk”, type 2 on oral medications at NYR Keswick site
Diabetes Education & Management -	<p>Services provided by Diabetes Educator Nurse and Dietitians for:</p> <ul style="list-style-type: none"> Adults with Type 2 diabetes Adults with pre-diabetes Adults with insulin/non-insulin injections (GLP-1 Agonist)
Chiropody (4 sessions only)	<ul style="list-style-type: none"> Dermatological issues (warts/corns/callus). Individuals who have issues with activities of daily living, (for e.g., decreased in mobility or cognitive impairment) Clients with pre-diabetes will be offered to attend a group session to receive foot care education <p>Diabetes</p> <ul style="list-style-type: none"> Peripheral neuropathy needing second tier devices to prevent diabetes related foot complications.
Physiotherapy (Up to 6 sessions)	<ul style="list-style-type: none"> Personalized therapeutic exercise Soft tissue and manual therapy techniques Functional activity and tolerance testing and training Prescription, fabrication and application of assistive, adaptive, supportive, and protective devices and equipment
Mental Health (Psychology/Social Work to be triaged) (Psychologist - up to 5 sessions) (Social Worker up to 6 sessions)	<ul style="list-style-type: none"> Individual counselling, couples counselling and family counselling Mental health issues including depression and anxiety Managing emotions Trauma Low self-esteem Parenting/Family issues Life stressors Work/life balance Isolation
Case Management / System Navigation	<ul style="list-style-type: none"> Support in navigating various systems - education, legal, housing, and employment Referrals to other community organizations and government services Help with completing applications/forms
Chronic Obstructive Pulmonary Disease (COPD) Rehabilitation Program	<ul style="list-style-type: none"> Respiratory consults to assesses respiratory therapy needs Smoking Cessation for individuals and in group counselling sessions for clients 19 years of age and above Spirometry Tests Self-management education Exercise Groups
Spirometry Test	<ul style="list-style-type: none"> Lung functioning diagnoses for Asthma, COPD, and other conditions that affect breathing
Smoking Cessation	<ul style="list-style-type: none"> Individual and group counselling for individual 19+years of age and above
Respiratory Consultation	<ul style="list-style-type: none"> Registered Respiratory Therapist assesses respiratory therapy needs
Group Programs Please call for information about program schedules For Western York Region: 905-303-8490 Ext 3 For Northern York Region: 905 476 5621 Ext 2604	<p>The health promotion team provides health promotion programs for youth & families, adults, and seniors. Programs are provided in person or virtually through an online video platform. For more information, please visit our website at http://www.vaughanchc.com/health-promotion-group-programs/ or call directly for more information: WYR: 905-303-8490 Ext 3, NYR: 905 476 5621 Ext 2604.</p> <p>Diabetes Prevention & Management Group Programs. Clients can call directly for more information: 905-303-8490 Ext. 2</p> <p>Exercise Education Programs focus on preventing or managing chronic illnesses and are for individuals who are looking to begin exercising or incorporating light activity. Call directly for more information: 905-303-8490 Ext. 2</p> <p>COPD Group Programs focus on self management education to help manage COPD. Call directly for more information: 905-303-8490 Ext. 2</p> <p>For a full list of programs, please visit http://www.vaughanchc.com/programs-services/pact/</p>

Please note:

- Clients can be referred for more than one service with the same referral form. Please check all services needed
- Referrals sent without **mandatory documents** will not be processed and returned for follow-up
- 3 attempts will be made to contact the client** to schedule the appointment. If attempts are unsuccessful the referral will be closed, and the referring clinician will be informed
- For more information on PACT program and other Vaughan CHC services, please visit: www.vaughanchc.com