



The Four Villages
Community Health Centre

WORKING TOGETHER FOR WHOLE HEALTH

Para obtener una cita con uno de nuestros profesionales, por favor obtenga una carta de su doctor explicando el tipo de servicio que usted requiere. Por favor lleve esta carta a su doctor y dejele saber cual es el servicio que usted necesita para que el nos envíe la carta. Después que recibamos la carta de su doctor, la (o) llamamos para ponernos de acuerdo en una fecha para su cita.

Si usted no tiene doctor permanente, por favor dejele saber al personal de la recepción. Anotaremos su nombre y su número de teléfono y uno de nuestros empleados la (o) llamara más tarde.

Dear Doctor,

You are receiving this letter because your patient has requested allied services at The Four Villages Community Health Centre.

Four Villages is a primary health care organization in the west end of Toronto. We currently have the capacity to accept referrals from physicians in the community for allied health services that include **physiotherapy, occupational therapy, nutritional counselling, lactation support and therapeutic and health promotion group programs.**

In order to see your patient, **we require a referral note** from you with the following information:

We ask that the referral include:

- services requested and,
- relevant information that will facilitate our assessment and development of a treatment plan.

Our allied providers prioritize intake of new patients based on urgency and severity of the presenting condition(s).

Please note that due to overwhelming demand, we can only accept referrals of individuals who:

- Live in the west end of Toronto
- AND**
- Unable to pay privately for this service (does not have private insurance or the ability to pay)

For an electronic version of this letter please visit www.4villageschc.ca 'Our Services'

■ Bloor Site • 1700 Bloor St W • Toronto ON • M6P 4C3 • T 416 604-3361 • F 416 604-3367 • www.4villageschc.ca

■ Dundas Site • 3446 Dundas St W • Toronto ON • M6S 2S1 • T 416 604-3362 • F 416 604-3365 • www.4villageschc.ca



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We will ensure that you receive a consult note following the initial visit outlining our assessment and care plan.

Kindly fax your referral note and any relevant patient information to 437-317-9815, **to the attention Intake.**

Sincerely,
Four Villages Team

Health Care Professional	Scope of Practice	Example for Referrals
Physiotherapist	<ul style="list-style-type: none">Assess, diagnose, and treat symptoms of illness, injury or challenged ability causing pain or instability in the muscles, bones, nerves and joint	<ul style="list-style-type: none">Joint/muscle painBalance challenges (falls prevention)Strength and stability (weakness after illness or injury)EXCLUSION: motor vehicle accidents
Occupational Therapist	<ul style="list-style-type: none">Assess and treat people with various illnesses or challenged abilities to improve their participation in day-to-day activities	<ul style="list-style-type: none">Self-care (bathing, dressing, cooking)Work and productivity: planning, pacing and energy conservationCognitive concerns and/or developmental concernsHome safety, equipment, falls prevention
Dietitian	<ul style="list-style-type: none">Translate the science of nutrition into an appropriate approach for your patient's conditions and/or needsNutrition assessment, monitoring and counselling	<ul style="list-style-type: none">High cholesterolHigh blood pressureWeight managementRisk of/has pre-diabetes or diabetesPregnancy and lactationFood insecure patients: access to community food resourcesBowel conditions (IBD, IBS, colostomy or ileostomy, GI distress)Eating disordersDiagnosed allergies and food intolerancesChild nutrition including picky eaters

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Therapeutic and Health Promotion Programs

- Therapeutic and health promotion group programs focusing on providing education, techniques and practical tips for physical/mental health improvement
- Specialized groups in the areas of physiotherapy, occupational therapy and nutritional counselling
- For patients experiencing need in the following areas:
 - Food Security, Nutrition & Healthy Eating
 - Pain Management, Rehabilitation & Activation
 - Maternal Health, Early Identification & Health Child development
 - Mental Health & Addictions, Recovery & Wellness

Lactation Support

- Educating families about chest feeding/breastfeeding and lactation
- Facilitate and promote chest feeding/breastfeeding
- Develop and implement individualized feeding plans with family for babies
- Support and encourage families to successfully meet their chest feeding/breastfeeding needs
- Perform parent and baby chest feeding/breastfeeding assessments related to lactation
- Follow-up as required
- Families experiencing challenges related to chest feeding/breastfeeding
- Educational needs related to lactation and chest feeding/breastfeeding
- Pre-natal and post-natal support

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