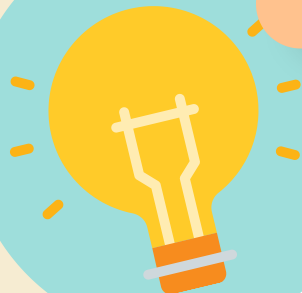


Accessing Gender Affirming Care

What you need to know



- Family doctors can diagnose gender dysphoria, provide hormone replacement therapy (HRT), and give referrals for gender affirming surgery.
- Some doctors may want to consult with mental health service providers, but this is not required.
- Some doctors may want to refer to an endocrinologist or transgender health clinic, but this is not required.
- If your doctor would like further training on how to support patients looking for gender-affirming care, they can visit the Rainbow Health Ontario pages below.
- In order for OHIP to cover gender-affirming surgery, you must submit 1-2 assessments from qualified healthcare providers. See the “OHIP Requirements for Gender-Affirming Surgery” document below for further details.

Suggestions from the doctors at World Professional Association of Transgender Health (WPATH)

- It's okay to request to record your conversation with your doctor.
- It's okay to bring someone with you to your doctor's appointments.
- It's okay to advocate for yourself and/or have someone advocate with you.
- It's okay to leave the room.



Helpful links



- Rainbow Health Ontario Guide for Primary Care Providers:
<https://www.rainbowhealthontario.ca/TransHealthGuide/index.html>
- Rainbow Health Ontario mentorship call (1st & 3rd Wed each month):
<https://www.rainbowhealthontario.ca/lgbt2sq-health/trans-care-mentorship-call/>
- OHIP Requirements for Gender-Affirming Surgery:
<https://camh.ca/-/media/files/transrelatedsurgery-faq-en-pdf.pdf>
- Sherbourne Guidelines - Quick Reference:
https://rainbowhealth.wpenginepowered.com/wp-content/uploads/2020/10/QRG_full_rev2021-1.pdf
- Sherbourne Guidelines - Full document:
<http://www.transforumquinte.ca/downloads/Guidelines-and-Protocols-for-Comprehensive-Primary-Care-for-Trans-Clients-2019.pdf>
- Standards of Care for the Health of Transgender and Gender Diverse People, Version 8 (Soc8):
<https://www.tandfonline.com/doi/pdf/10.1080/26895269.2022.2100644>



You can share this leaflet with your doctor.

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