

**Occupational Therapy Referral Form****What is Occupational Therapy (OT)?**

Occupational therapy is a client-centred health profession focused on promoting health and wellbeing through everyday activities. The primary goal of occupational therapy is to enable people to participate in meaningful activities, routines, and roles. Occupational therapists work with people to enhance their ability to engage in the occupations they want to, need to, or are expected to do. Occupational therapists achieve this outcome by modifying the occupation/activity or environment to better support overall engagement.

Occupational therapy services at Tripod Fertility will be provided by two occupational therapists, Sabrina Teles and Sofia Mirzazada. Services will promote self-management strategies by creating/providing wellness interventions and recommendations.

Tripod Fertility clients are entitled to a 15-minute free occupational therapy consultation. Each subsequent session ranges from 30-60 minutes and can either be in-person or virtual. Occupational therapy sessions cost \$60.00 per 30-minutes. Please note that many insurers cover occupational therapy, and Tripod Fertility offers direct billing.

Client Information:

Name:
Date of Birth (yyyy/mm/dd):
Phone Number:
Email:

If applicable - Partner Information:

Name:
Date of Birth (yyyy/mm/dd):
Phone Number:
Email:

Areas of Practice Offered by OTs

Please select ALL you are interested in

- Physical Symptom / Pain Management
 - Upper body pain
 - Lower body pain
 - Other:
- Stress & Anxiety Management
- Establishing & Planning Daily Routines
- Ergonomics & Posture
- Equipment Recommendations & Home Adaptations
- Counselling Services (emotional support/coping)
 - Individual Sessions
 - Partner Sessions
- Sleep Hygiene
- Fatigue & Energy Management
- Other:

Please contact us if you have any questions or concerns. We are happy to assist you on this journey!

Occupational Therapy Services – Tripod Fertility

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905-201-3420

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