

## REFERRAL SCRIPT

### Structured Exercise Post-Stroke (STEPS)

The STEPS program is a structured and individualized aerobic and resistance-training program offered at the University of Waterloo's CCCARE facility. STEPS is supervised by Certified Exercise Physiologists and/or Registered Kinesiologists but is not medically supervised. We monitor blood pressure, heart rate, and perceived exertion each session. *Please only refer clients who can **safely ambulate a distance of 10 m with or without a gait aid and self-transfer.***

#### CLIENT INFORMATION

Client Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Client Email: \_\_\_\_\_

DOB: \_\_\_\_\_

Stroke Type:	<input type="checkbox"/> Ischemic	<input type="checkbox"/> TIA	<input type="checkbox"/> Hemorrhagic
	<input type="checkbox"/> Other (specify): _____		
Date of Stroke:	_____		
Other cardiovascular or medical conditions:	<input type="checkbox"/> MI Date: _____ <input type="checkbox"/> Atrial fib (controlled rate) <input type="checkbox"/> Hypertension (controlled) <input type="checkbox"/> Other (specify): _____		

#### PHYSICAL ACTIVITY REFERRAL (check one)

- progressive physical activity with avoidance of: \_\_\_\_\_
- progressive physical activity with inclusion of: \_\_\_\_\_
- unrestricted physical activity (start slowly and build up gradually)

#### HEALTH CARE CONTACT

Physician name:	Physician Signature:
Phone:	Email:

**Fax completed Referral Script to CCCARE: 519-888-4033**

\*Please also attach a list of current medications.

**CCCARE Staff will contact clients for an appointment.**

If more info is required: Phone: 519-888-4567 ext. 46841 Email: [cccare.info@uwaterloo.ca](mailto:cccare.info@uwaterloo.ca)

