

SELF ADVOCACY IN HEALTH CARE: FINDING A GENDER-AFFIRMING PRIMARY CARE PROVIDER

Having an affirming primary care provider (family doctor or nurse practitioner) that you can talk to about your health concerns is important. Primary care providers may provide gender-related care like hormone therapy or accessing surgery. If not, they can refer you to other providers who do.

If you are looking for a gender-affirming primary care provider you can take the following steps:

- ▼ If you already have a provider you can speak with them about your gender-related healthcare goals. [This resource](#) can help you start these conversations.
- ▼ If you do not have a provider there are resources that can help you find providers that are accepting new patients in your area. These programs differ from community to community but most are waitlists that you can add your name to and you may be able to include information about your gender-affirming care needs (though this does not guarantee that the provider will have experience in this type of care). To get started:
 - ▼ Visit the [Pathways Medical Care Directory](#). This directory provides information about how to find a provider or clinic in BC.
 - ▼ Contact your local [Division of Family Practice](#) to see if they have a patient attachment program.
 - ▼ [Contact Health Link BC](#) to speak with a health service navigator who can provide information about how to find a primary care provider in your community.

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- ▼ In BC there is a shortage of primary care providers, **so it may take some time to get attached to a provider.** You may need to use **walk-in clinics** while you are waiting to get a long-term primary care provider. Walk-in clinics may provide gender-related care like hormone therapy or accessing surgery and if not, they can refer you to other providers who do. To find walk-in clinics:
 - ▼ **MediMap** is a searchable database of in-person clinics.
 - ▼ **Virtual clinics** provide care through online appointments. For example, you can call **Telus Health MyCare** and request a gender-affirming healthcare provider.

Some providers do not yet have experience providing gender-affirming care to Two-Spirit, transgender and non-binary people, and you may be matched with someone newer to this area of care. **If your provider is willing to provide gender-affirming care but is unsure how** there are a number of **clinical resources** they can access to learn more.

If you are having difficulty connecting to care, contact the **Trans Care BC Health Navigation Team**.