

## Assessment Appointment

My Assessment Appointment is scheduled for:

Date: \_\_\_\_\_ Time: \_\_\_\_\_

**Vancouver Clinic**  
 Vancouver General Hospital  
 Gordon and Leslie Diamond Health Care Centre  
 3227 - 2775 Laurel Street  
 Vancouver, BC V5Z 1M9

☎ Tel: 604.875.4544

☎ Fax: 604.875.8294

**Richmond Clinic**  
 Health Science Building  
 120 - 6091 Gilbert Road  
 Richmond, BC V7C 5L9

☎ Tel: 604-675-3944

☎ Fax: 604-675-3943

**Coastal (North Shore) Clinic**  
 2121 Marine Drive  
 West Vancouver, BC V7V 4Y2

☎ Tel: 604-904-6177

☎ Fax: 604-904-6170

### What do I need to bring?

Use this checklist to make sure you don't forget anything. Please bring:

- Your completed **OASIS Assessment Tool**. This form is included with this information sheet.
- A **list of all medicines you are taking**.
- A **pair of shorts**. Wear comfortable clothing and your everyday walking shoes. We will ask you to stretch, walk, and move your joints. We will adapt these exercises if it is hard for you to move.
- A **snack** (if you are diabetic).
- Reading glasses** (if needed). We will ask you to fill out some forms at the appointment.
- Your **Care Card**
- You can bring a family member or **caregiver** if you like. Please leave young children at home.
- Someone to translate** (if you don't speak English) or call the OASIS clinic as soon as possible to book a translator.

### What can I expect?

You will be seen by a nurse clinician and a physiotherapists or occupational therapists. We will:

- Review the form you completed.
- Ask you questions.
- Discuss your goals.
- Assess your osteoarthritis, how you move, and your overall health.
- Discuss treatment options, positive lifestyle changes, and education sessions that can help you move your joints and reduce your pain.

We will use the findings of this assessment to develop a personalized Action Plan. This plan will outline how to access education and support services.

You, your family physician, and OASIS will work together to carry out your Action Plan.