

Your Readiness Assessment at BC Children's Hospital:

*An assessment navigation guide for
Youth and Caregivers*

This assessment navigation guide explains

- How to prepare for your readiness assessment appointments,
- What will happen at the assessment appointments, and
- What happens after your readiness assessment.

Why do I need the assessment?

This Readiness Assessment is needed before starting:

- Lupron therapy (puberty blockers) or
- Estrogen or Testosterone therapy (affirming hormones).

The assessment helps you decide whether this care is right for you, at this time. It is part of the [Standards of Care - WPATH World Professional Association for Transgender Health](#)

When is my Assessment?

Please ensure that you have shared current contact information with the Healthy Minds Gender Clinic Booking Clerk (“clerk”).

The clerk will phone or email you to set up your appointments. Please respond as soon as you can.

After the clerk tries to contact you 3 times, they will wait 2 weeks for your reply. If they do not hear back, you may have to be re-referred.

If you have already completed a readiness assessment or no longer want a readiness assessment, please let the clerk know.

What do I need to bring?

- Contact information for all legal guardians and caregivers
- Contact information for all health-care providers, including family physicians, pediatricians, psychologists, psychiatrists, and counsellors
- Any prior assessments, consults, or reports

Assessments, consults, and reports include:

- Psychological assessments - for example, psychoeducational or neuropsychological reports
- Psychiatric consults
- Allied health assessments - including Occupational Therapy, Physical Therapy, Social Work, Speech-Language Therapy
- School assessments and reports - for example, school psychologist reports, Individual Education Plan (IEP)
- Other specialists' reports - for example, pediatrician reports, or reports from the Ministry of Children and Family Development
- Other documents: for example, legal documentation of guardianship for medical decision-making

What supports are available?

- You can learn about travel supports and places to stay at [Planning Your Visit \(bcchildrens.ca\)](https://bcchildrens.ca).
- If you need care for siblings during your appointments, contact the [Sibling Support Centre \(bcchildrens.ca\)](https://bcchildrens.ca).
- You can find a map of paid on-campus parking at [BCCW Campus Map Mobile OPS \(bcchildrens.ca\)](https://bcchildrens.ca). Please give yourself extra time to find parking.

How long is the assessment?

Your assessment is a series of 2-hour meetings over several weeks. Usually, an assessment takes 4 or 5 meetings. You may need fewer meetings, or more. The number of meetings depends on your situation.

After the assessment, you will have a 1-hour feedback meeting.

The clerk books these meetings in advance. Legal guardians and/or caregivers are an important part of the readiness assessment. Discuss with your assessor which meetings they should be available to attend.

What happens in the assessment?

The Psychology team learns about you:

- We focus on learning about you as a person, your supports, understanding your gender, and your wellbeing.
- Typically, time is spent as a larger group with your caregiver(s), as well as separately
- Talking with others in your circle of care
- Reviewing your healthcare reports and other important reports
- There may be a learner present who is learning to provide gender-affirming care (i.e., medical student, psychiatry resident)

What happens in the assessment?

The Psychology team shares information with you.

We will talk about the proposed treatment so you have accurate information to make an informed choice about your healthcare (i.e., puberty blockers or hormones).

What happens in the feedback meeting?

At your final assessment appointment, you will have a 1-hour feedback meeting. This meeting is part of the assessment and will be summarized to the youth and caregiver (as appropriate).

We review the proposed care plan. This care plan will also be shared with the Gender Clinic team so they know the plan too.

There may be other recommendations for addressing any psychological and gender health care needs based on the assessment at this time.

What happens after?

We encourage you and your family to discuss the care plan. If there is a recommendation for puberty blockers or hormone therapy at BC Children's Hospital (BCCH), you will be wait listed to see a Paediatric Endocrinologist. They will contact you for a medical appointment.

For further gender affirming care support and resources, please refer to the e-mail after your BCCH Gender Clinic Intake appointment

Our general e-mail: bcchgenderclinic@cw.bc.ca

BCCH Gender Clinic resource: [Gender Resources \(bcchildrens.ca\)](https://bcchildrens.ca/gender-resources)

Trans Care BC: <https://www.transcarebc.ca/>