

# WHAT TO DO AFTER:

## A MEDICAL APPOINTMENT

### An Autistic Perspective

#### Here are some tips :

##### Be kind to yourself

Have a cup of tea and relax.  
You've got through the appointment!

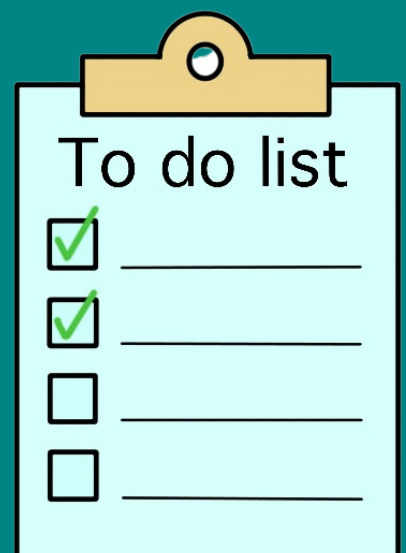


##### Make the information accessible to you

If possible ask if some of the information can be given in written form.

##### Process the information that you have been given.

- Split into urgent/important
- Sort the information into time slots i.e. Now, this week, later.



##### Don't be afraid to ask questions

If there is something that you do not understand, have someone appropriate to ask.



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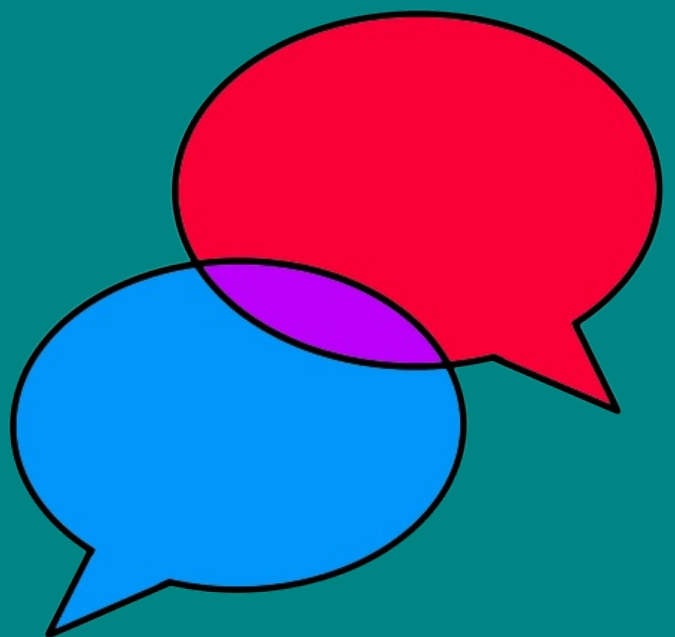
## A MEDICAL APPOINTMENT

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#### Self care:

##### Debriefing

Whether its talking to someone you trust or writing out your feelings about what happened in your appointment.



##### Calming the senses

Do something that calms you for instance a bubble bath or cosy up with a blanket and your favourite tv show. You know you best.

##### Take a nap

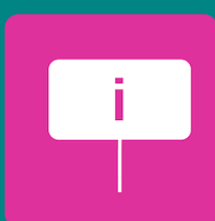
Get some sleep, appointments can be exhausting and it's important to recharge. You deserve to rest.



Autism Unlimited wants to give a big thank you and shout out to the amazing team of people behind these resources:

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