

HOW TO PREPARE:

FOR A MEDICAL APPOINTMENT

An Autistic Perspective

Here are some tips :

Plan the route. (Google maps, plan of hospital)

Find out how long it will take to get there. Plan the route and where to park or which public transport to get. (Make sure you remember change for parking)



Know what you are going to wear.

It's best to wear loose fitted comfortable clothing in case they have to do any tests.

Think about asking someone to come with you.

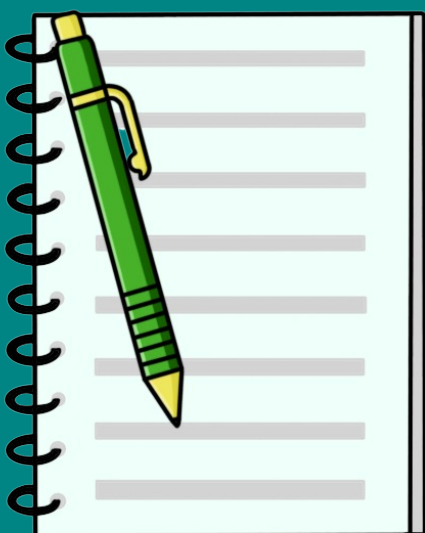
You may find the appointment easier if you bring a trusted friend, partner or family member. Whether its just to wait with you or to help you speak to the doctor and write things down in your appointment it can be handy to have someone there for support.



Write down important symptoms and questions for the doctor

Think about key points like:

- When your symptoms started
- What the main symptoms are
- Any medication you've taken
- What you would like the outcome of the appointment to achieve.



Have some paper and a pen for some notes in the appointment

It can be hard to remember key details after the appointment so it's good to write them down. You can always ask the doctor what the key things are you need to remember.



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Part 2:

Self Care

Going to an appointment is often exhausting so its really important to look after yourself and do things you enjoy in the lead up to it.



Pack a sensory kit bag

You don't need to bring the kitchen sink, but you should have plenty of water, snacks, and something that helps you relax for example:

- Stim tools
- A book
- A comforting item
- Something that smells nice
- Headphones
- Powerbank for recharging phone.



Know what is likely to happen in the appointment

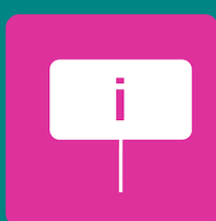
Have a look on an NHS website to find out what may happen in your appointment. Be wary of other websites what may not be reliable.



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

Stephanie Lovell-Hatch, Hannah Dennis, Fredrick Jobbins, Dale Richardson, Patrick Saunders and Abigail Tolland.

COMMUNITIES



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