



I'm Going to See the Hearing Doctor

Hearing Test



A note to caregivers:

This social story will detail the steps of a hearing test.

In this story we refer to an audiologist as a “hearing doctor”, an otoscope as a “special flashlight”, and a sound booth as a “special room.” You can determine which language is best to use for your child.

Some children benefit from a reward after a hearing test. Please see the customizable visual on the last page of this story. This is one way to present the idea of a reward to your child (e.g., “First hearing doctor, then *[insert prize here]*”).

We recommend filling out the Autism Friendly Questionnaire in MyChart in preparation of your visit. If you experience difficulty filling out the form in MyChart, then you may download a paper copy from our website and bring it with you to the appointment.

If you have more questions about strategies or how to fill out the Autism Friendly Questionnaire, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org

Sincerely,

The RCHSD Autism Friendly Health System Initiative

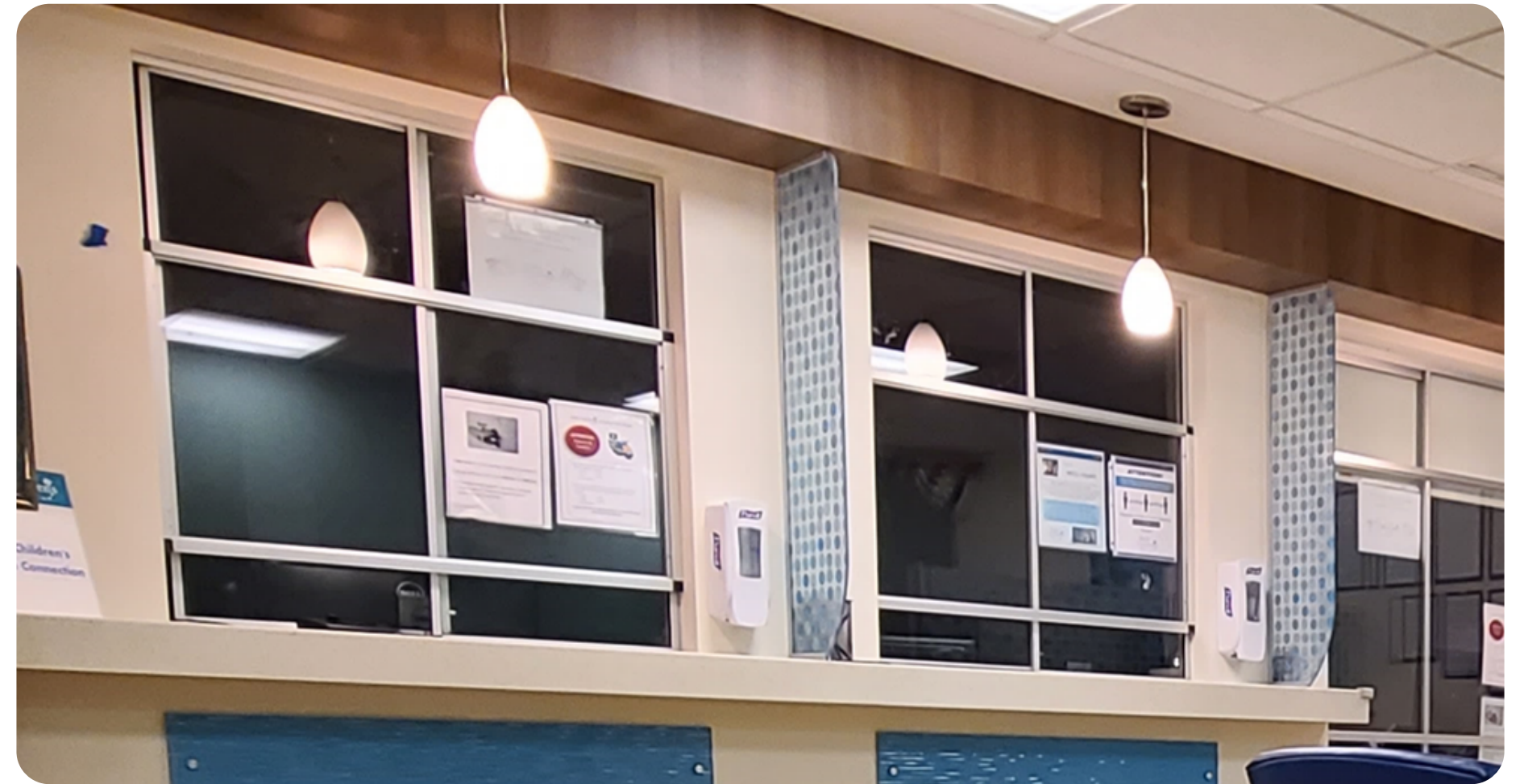


I'm going to see the hearing doctor.

The doctor will check my ears to see if they are healthy.



I will check in at the front desk.



Now I will wait until the hearing doctor is ready to see me.

I can [insert distraction item from home here] **while I wait.**



Note to caregivers: We recommend you bring an item to use while you wait and to be used for distraction during the visit (e.g., fidget toys).

**When the doctor calls my name,
I will walk to the room with my
[caregiver].**



I will use hand sanitizer to clean my hands.

Now I will sit down at the table.

The doctor will ask me and my [caregiver] a few questions.



It's ok to feel nervous.

If I am nervous, then I can hold my squishy ball or [insert comfort item brought from home here].

I can also ask the hearing doctor for a break.

Note to caregivers: You may want to consider bringing a distraction or comfort item for your child to hold during the appointment.





The doctor will look in my ears with a special flashlight.

It might feel cold and tickle.

It will not hurt.

I can count to 5 and then the doctor will check my other ear.



Now the doctor will check my ears with a special tool.

It will feel soft and spongy.

It might tickle a little bit.

I will keep my body calm and still.



Now, the doctor will put a small colored earphone in my ear.

I will listen to music and look at the shapes on the screen.



Next, we will go into a special room so the doctor can check my hearing.

My [caregiver] will go in the room with me.



I will wear headphones.

**I can squeeze my squishy ball [or
insert preferred sensory item here]
to keep my body calm and still.**



The doctor will step out of the room, close the door, and turn the lights down.

I will see the doctor through the window.

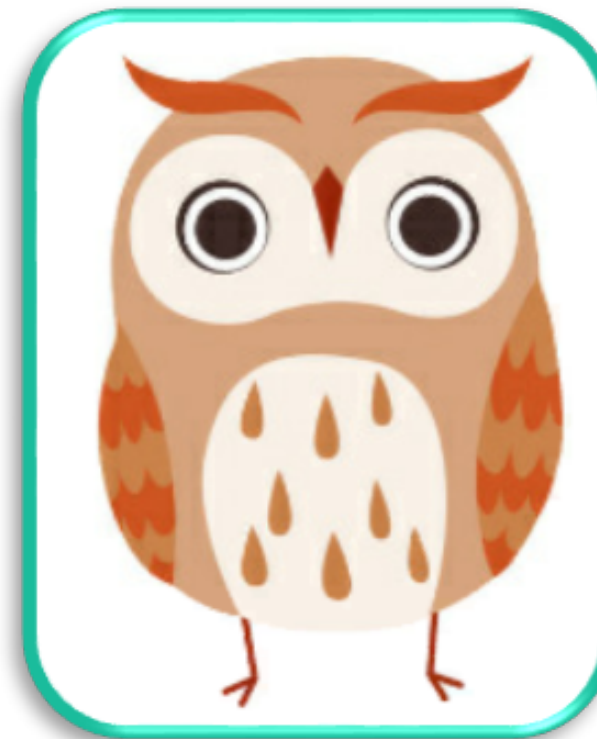
I will hear the doctor through the headphones.



I am going to listen for different sounds.

The doctor will let me know which sounds to listen for.

I might hear an owl, “hoot” or a mouse, “squeak.”



I did a great job getting my ears checked!

The doctor will help me take off the earphones.

I am all done.

Now it's time for [insert child's preferred activity or reward].

Note to caregivers: If your child is motivated by rewards, it may be helpful to bring an item they can earn for completing their hearing exam.

all done



The End

Note to caregivers: Please review the following pages for addition visuals that can be used to support your child's visit.

Caregivers:

Here is a sample **“first-then”** visual if your child is earning a reward after a visit to the hearing doctor. Please use the template on the next page and add your own picture of the reward your child is earning under the word, **“then.”**

You can present this by saying, **“First hearing doctor, then Nintendo Switch.”**

FIRST	THEN
	



FIRST

THEN



“First hearing doctor, then _____.”



FIRST

THEN



“First flashlight, then _____.”



Reward Chart

A reward chart can help the child understand how they will earn their reward. They can earn a star or check for completing each step of the visit.

This can increase motivation during the appointment.

Please customize with a picture of what your child is motivated to earn on the next page.

I'm working for



I'm working for

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Visual Schedules

If your child would benefit from the use of a visual schedule, the next page may be helpful. As you point to each picture, you can briefly explain what will happen:

First, the hearing doctor will look in your ears with a special flashlight.

Next, they will check your ears with a special tool. It will feel soft and spongy.

Then, you will wear earphones and listen to music.

Last, you will wear headphones and listen for different sounds.

Then you will be all done and can *[insert reward here]*!



