

I am getting my cast off



A note to Caregivers:

This book was written for patients of different ages and language levels. Please use language your child is familiar with at home or when visiting a doctor.

Not all sections will apply to your child. Read this first and choose what information you think will be helpful. You know your child best.

This book will detail the steps of getting a cast removed.

This appointment is scheduled to last up to 2 hours. If your child would benefit from distraction activities while waiting or during the cast removal appointment, please work with your Ortho Tech to determine what is safe to use. You may consider bringing a distraction or sensory/comfort item with you. Accommodations will depend on the location and staffing.

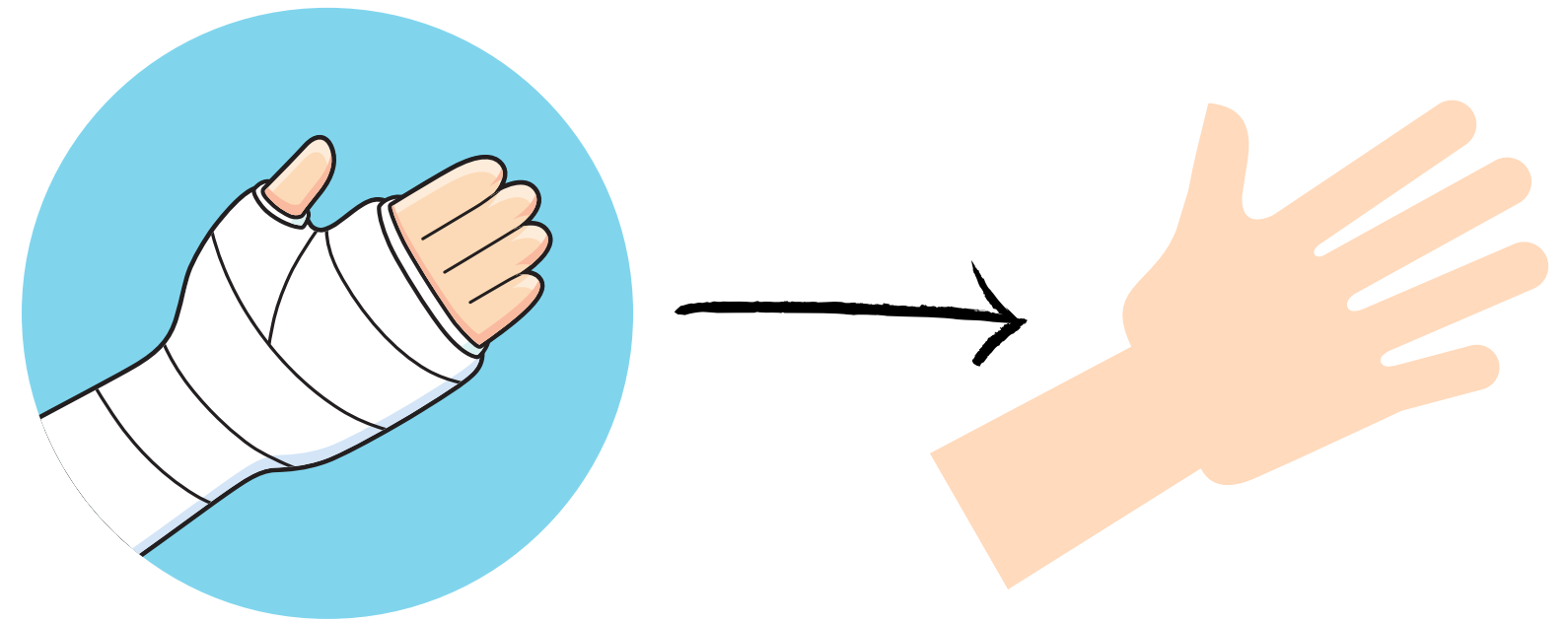
Some children benefit from a reward after a cast removal. Please see the customizable visual on the last page of this story. This is one way to present the idea of a reward to your child (e.g., “First cast off, then *[insert prize here]*”).

We also recommend filling out the Autism Friendly Questionnaire in preparation for your visit. If you have trouble filling out the form in MyChart, then you may download a paper copy from our website and bring it with you to the appointment. See QR code for details.

If you have more questions about strategies, please contact the Autism Friendly Health System Initiative at autismfriendly@rchsd.org.

Sincerely,
The RCHSD Autism Friendly Health System Initiative Team





**I am going the doctor's office to
get my cast off.**



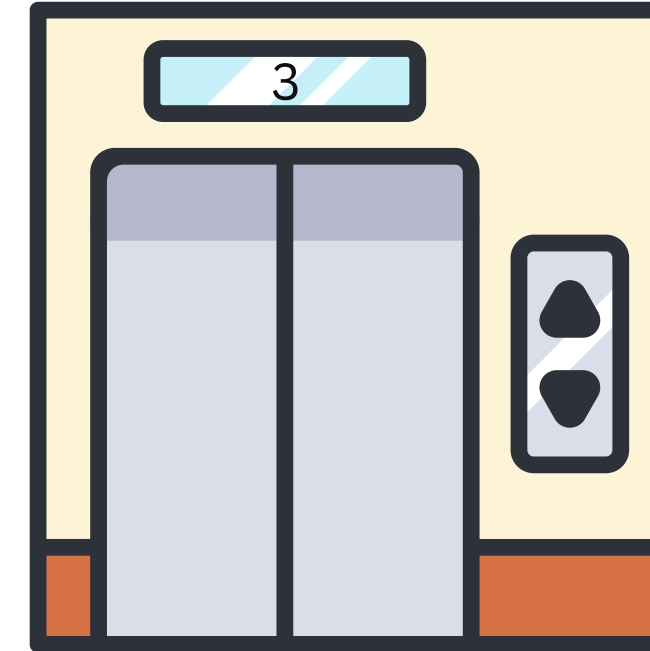


First, we will park the car.

**After we park the car, we will
walk to the doctor's office.**



I will ride the elevator up to the third floor.



Then I will check-in at the front desk.



Now I will wait until they call my name.

I can [insert distraction activity here] while I wait.

Note to caregivers: We recommend bringing a toy or other activity for your child while they wait to be seen.



**When my name is called, I will
walk to another room.**

**The medical assistant will talk
to me and my [caregiver].**



I will go back to a different waiting room and wait for my name to be called again.

I can [insert distraction activity here] while I wait.



Note to caregivers: We recommend bringing a toy or other activity for your child while they wait to be seen.

**When my name is called, I will
go to the Cast Room with my
[caregiver].**



It's ok to feel nervous.

If I am nervous, then I can take deep breaths or [insert your child's preferred coping/distraction method].



Note to caregivers: Your child may be able to hold a sensory item if they are able to stay still while doing so. Please work with your Ortho Tech to determine what is feasible during your child's cast removal appointment.

Now it's time to take my cast off.

The tech will use a tool to open my cast.

The tool is loud like a vacuum cleaner. I can wear headphones if I want.

It will tickle and feel warm.



The Ortho Tech will use another special tool to take off the cast

This will not hurt.



The Ortho Tech will use scissors to cut the sock and cotton wrap.

The scissors will feel cold, but they will not cut me.



The doctor might tell me that I need to take another picture of my *[insert body part here]*.

The x-ray room will be dark.

The room will have a table with a big flashlight camera.



Note to caregivers: X-rays may not happen at every visit, please skip ahead to page 19 if your child does not need a repeat x-ray.

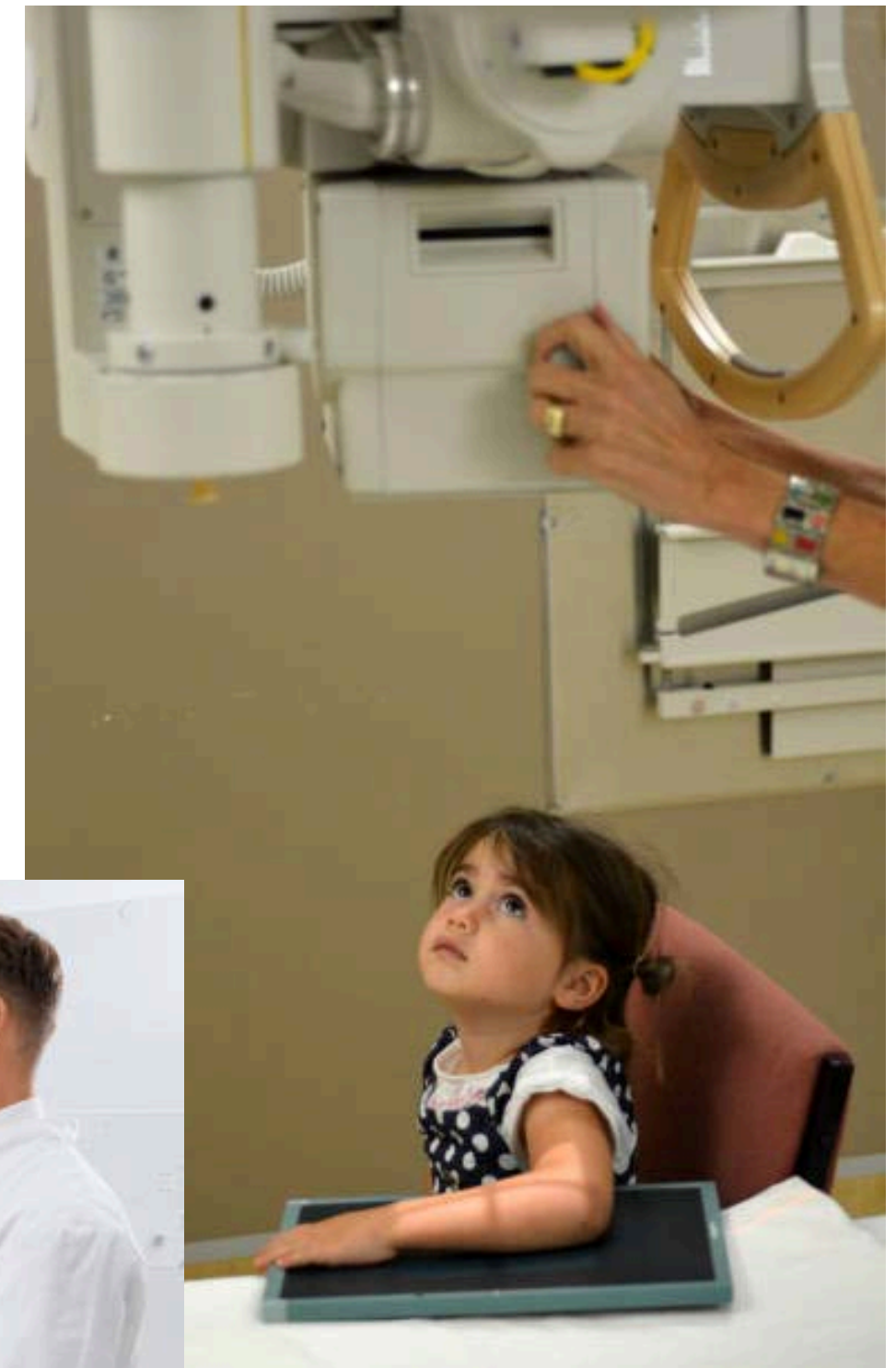
The x-ray tech will move the big flashlight camera, but it will not touch me.

The camera light will shine on my *[insert body part]*.

It will make a clicking sound and a short “beep.”

I will keep my body calm and still.

Note to caregivers: If your child would benefit from using a timer, singing a song, or counting the number of pictures, work with the x-ray tech to provide this information and structure to your child (e.g., "2 more pictures, then we are all done.")



Now I will go to another room.

**The doctor will come and look at
my pictures.**



I might need to wear a splint to help my [insert injured body part here] feel better.

A splint is a soft wrap.

Note to caregivers: The medical team will review the images and determine if a splint is needed. This page will not apply to all patients.



I did a great job getting my cast off!

I kept my body calm and still.

Now it's time for *[insert reward here]*.



The End





Note to caregivers: Please review the following pages for samples and templates of Frist-Then, reward charts, and a visual schedule.

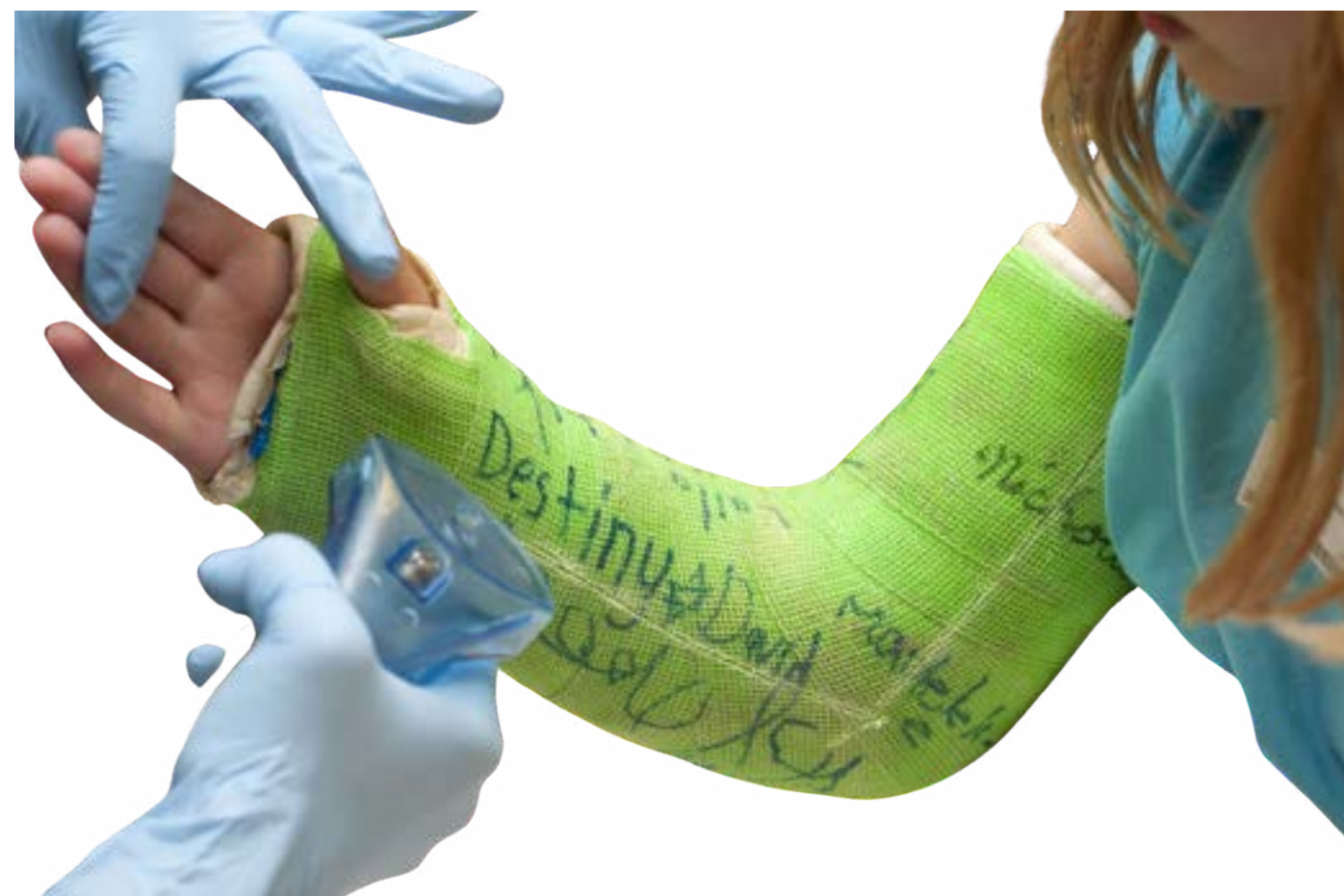
Parents/Caregivers:

Here is a sample “first-then” visual if your child is earning a reward after getting a cast removed. 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 cast off, then boba.”

FIRST	THEN
	

FIRST



THEN

“First cast off, then _____.”

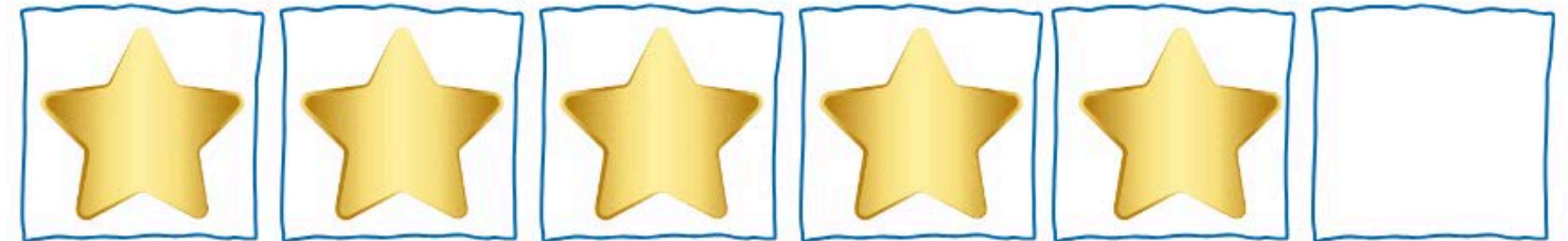


A reward chart can help the child understand how they will earn their reward.

They can earn a star for each step of the appointment. This can increase motivation during the appointment.

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

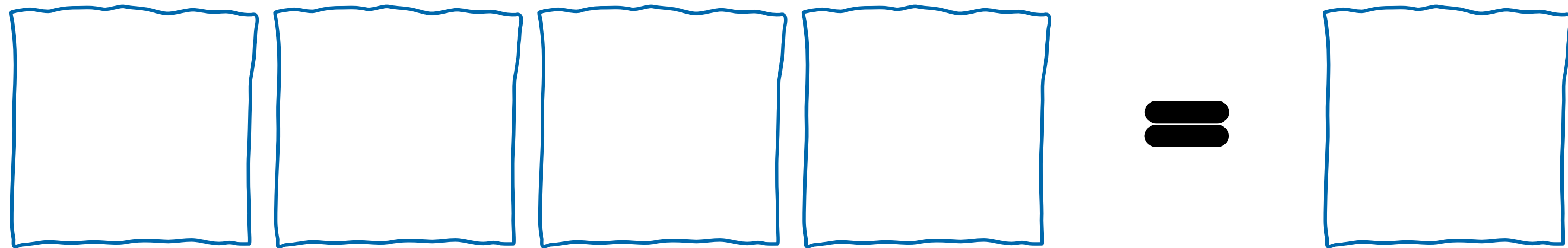
I'M WORKING FOR



=



I'M WORKING FOR



Visual Schedule

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

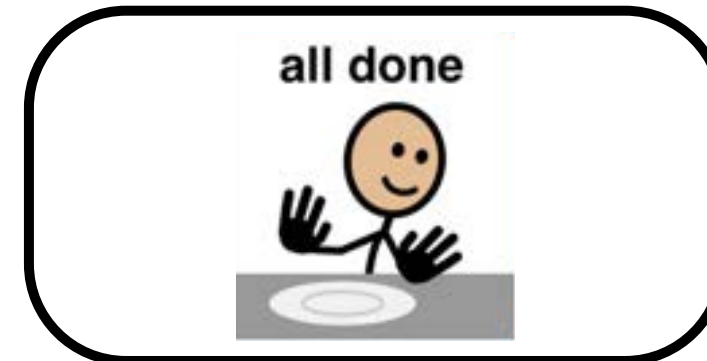
First, we will talk to the medical assistant.

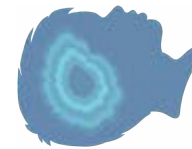
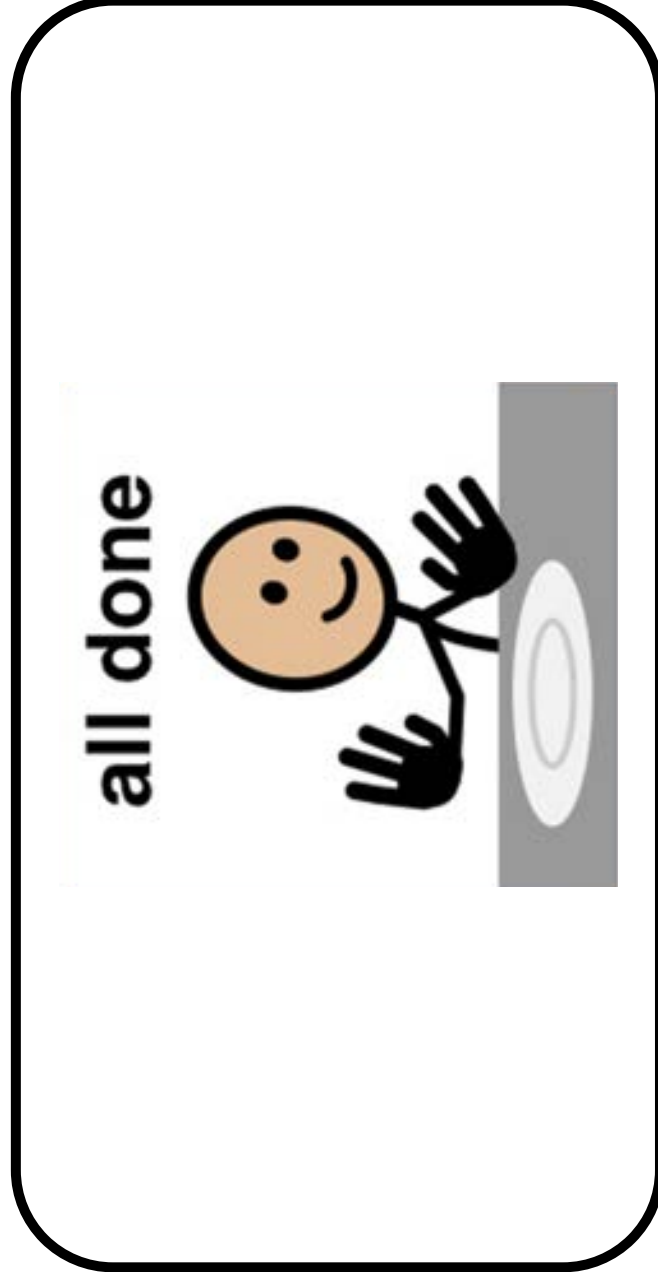
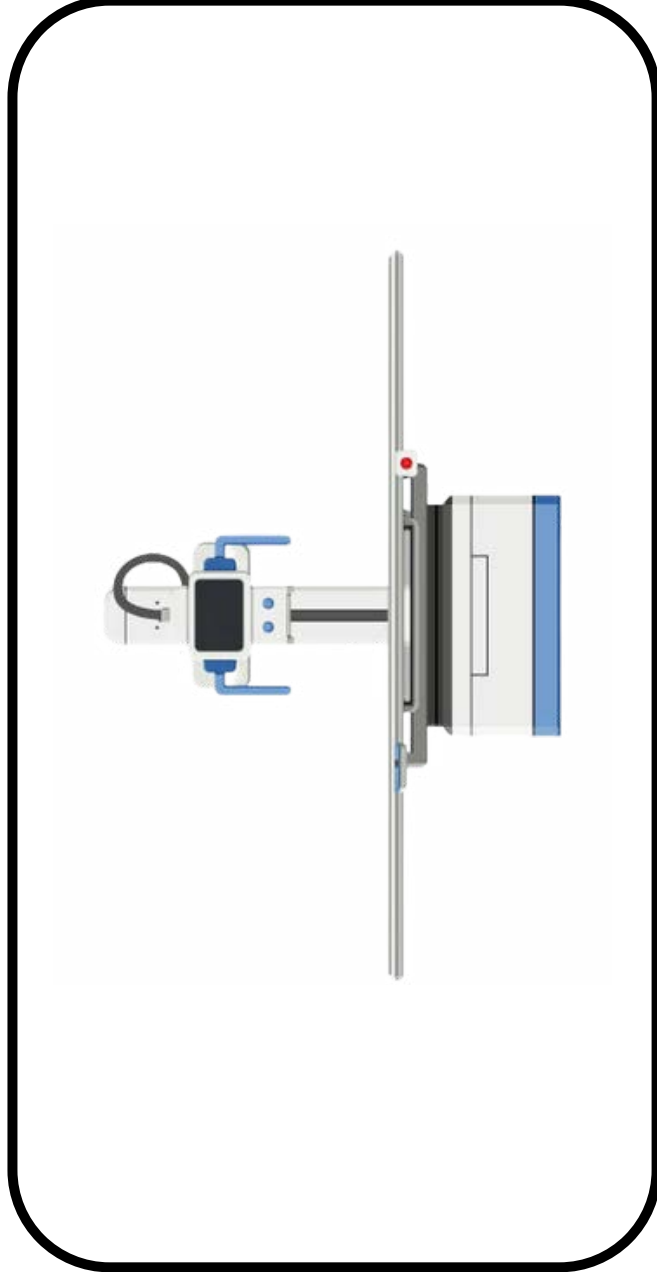
Next, the Ortho Tech will take off your cast.

Then, you will take pictures.

Last, the doctor will look at the pictures.

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





Visual Schedule

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

First, we will talk to the medical assistant.

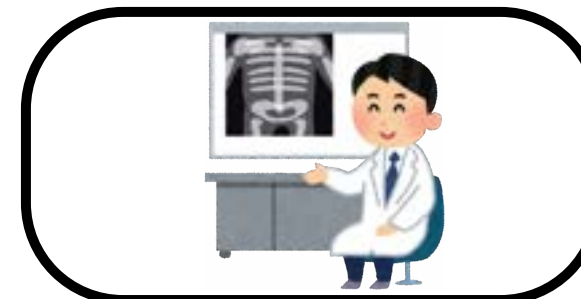
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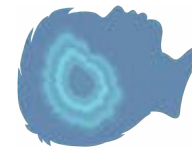
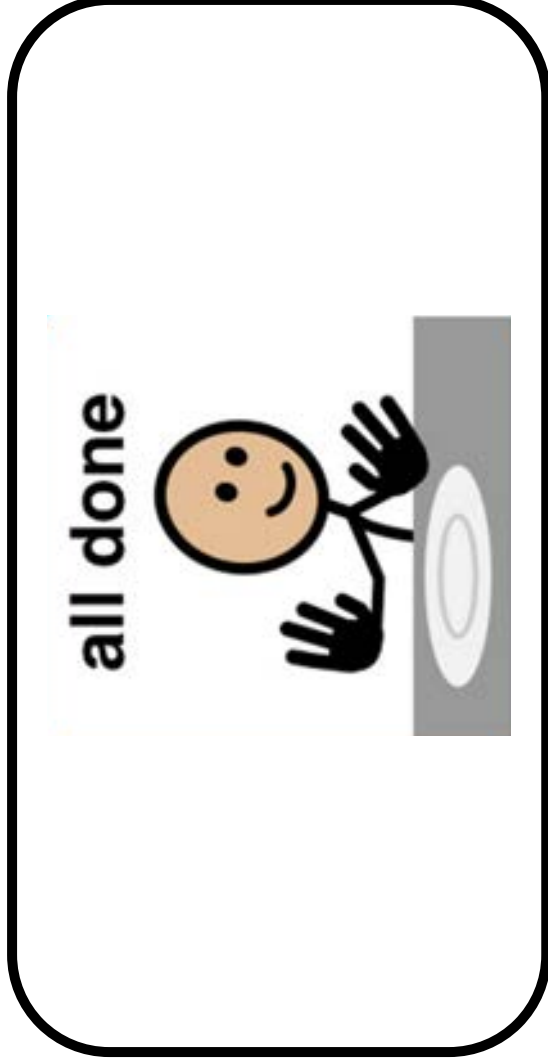
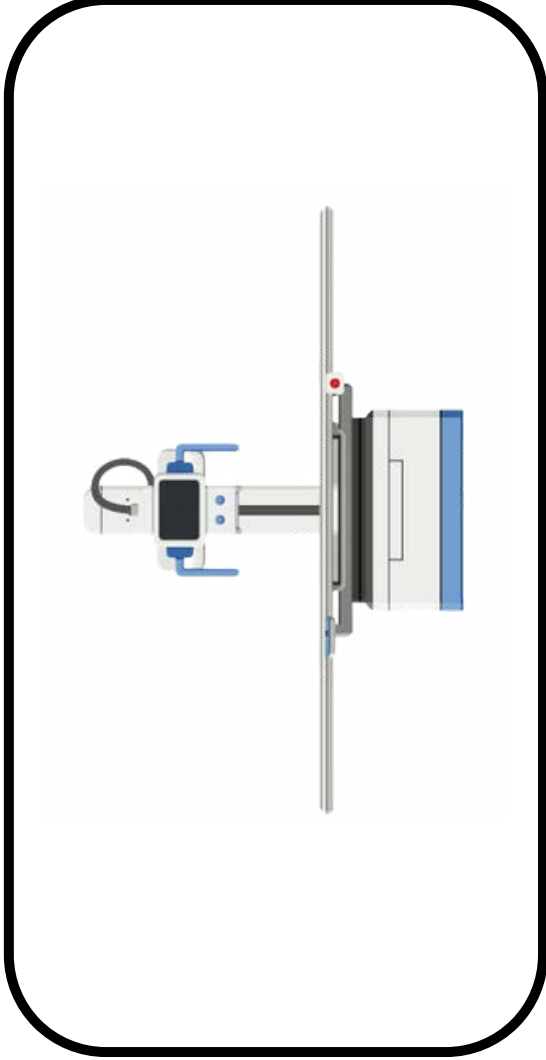
Next, you will take pictures.

Then, the doctor will look at the pictures.

Last, you will wear a soft wrap to help your *[insert injured body part here]* feel better.

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





Visual Schedule

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

First, the tech will use a tool to open your cast.

Next, the tech will use a special tool take it off.

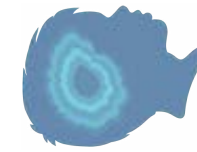
Last, the tech will use scissors to cut the sock and cotton wrap off.

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





all done



Caregivers: Some children benefit from video modeling/preparation before getting a cast removed. Review the video by scanning the QR code to determine if reviewing the video with your child would be beneficial.

