



**I am going to the
doctor.**



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

This book will detail the steps of a general visit to the dermatologist.

If your child would benefit from distraction activities while waiting or during the appointment, please work with your medical team 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 the appointment or procedure. 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 check skin, 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



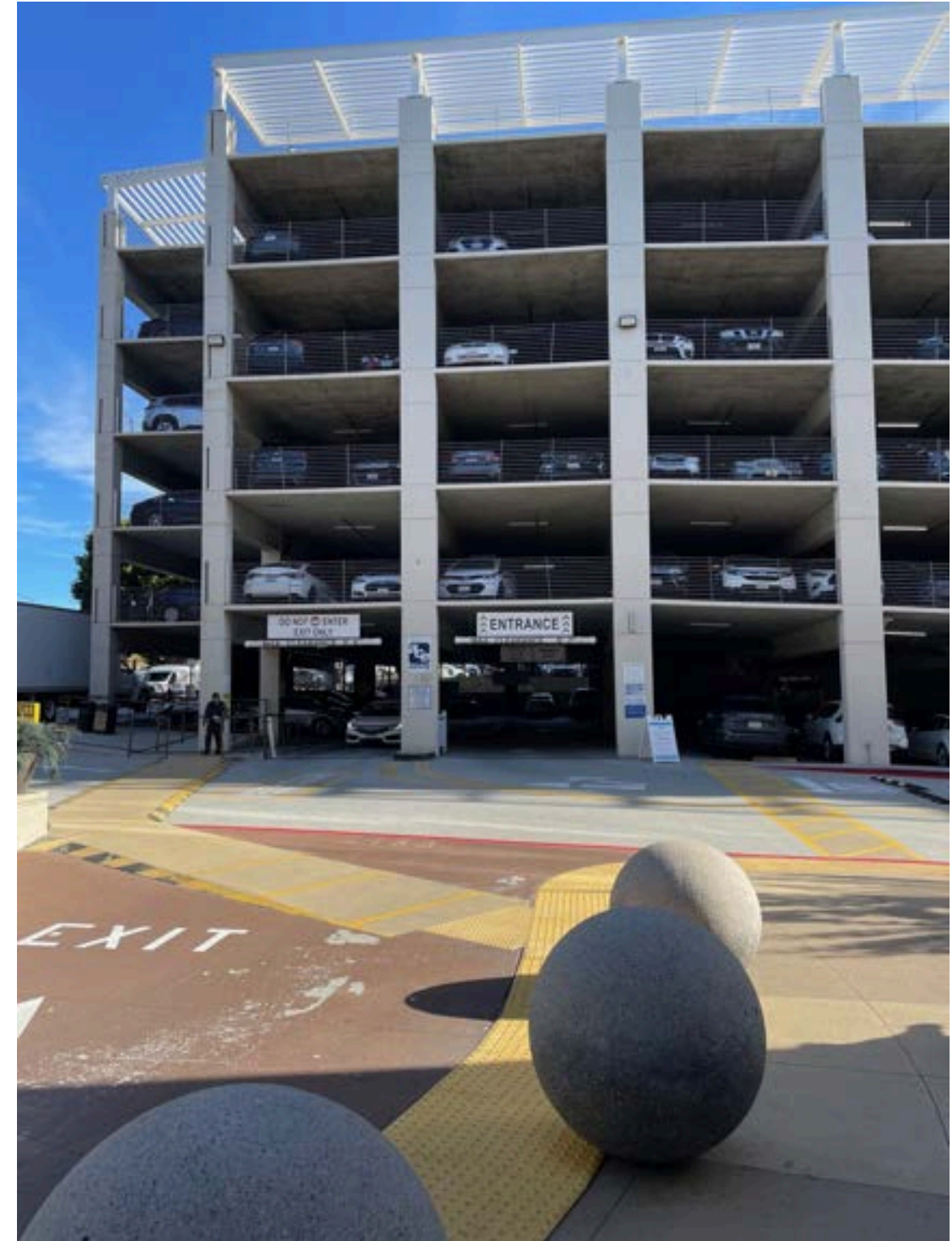
**I am going to the doctor to
check my skin.**

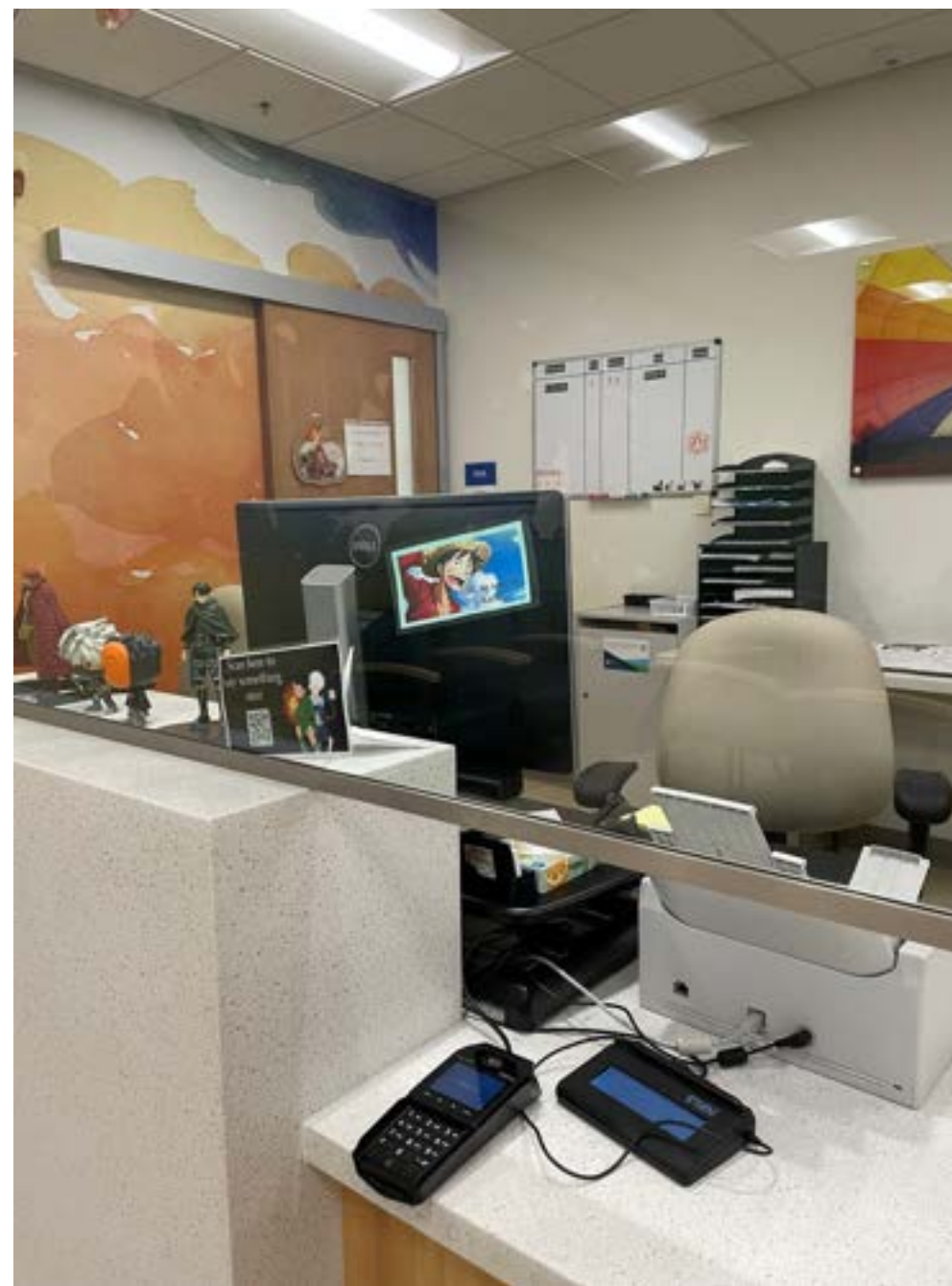




First, we will park the car.

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





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.





The medical assistant will call my name. We will walk to the first room to check how big and tall I am.

[Note to caregivers, if you child has difficulty standing on the scale, it can be helpful to count or sing a song so they understand how long they need to stand for]



Next I will walk back to my room with the Medical Assistant and my [caregiver].





Next, I will put on a hospital shirt.

[Note to caregivers, if this is triggering for your child, let the Medical Assistant know and they will work to make accommodations.]

Now it is time to talk to the doctor.

They will ask me and my [caregiver] some questions and then look at my skin.

They may need to touch my skin or use a tool to look at my skin and make sure my body is healthy.



I am all done!

I did a great job visiting the skin doctor.

**I was brave and kept my body calm and safe. Now I get to
[insert next activity or reward
here]**



Note to caregivers: If your child is scheduled to have a procedure at the dermatology clinic and would benefit from a more specific visual schedule or social story to prepare, our team is happy to support you. Please email us at: autismfriendly@rchsd.org

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 the appointment or procedure. 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 check skin, then Switch.”



FIRST

THEN

“First check skin, then _____.”

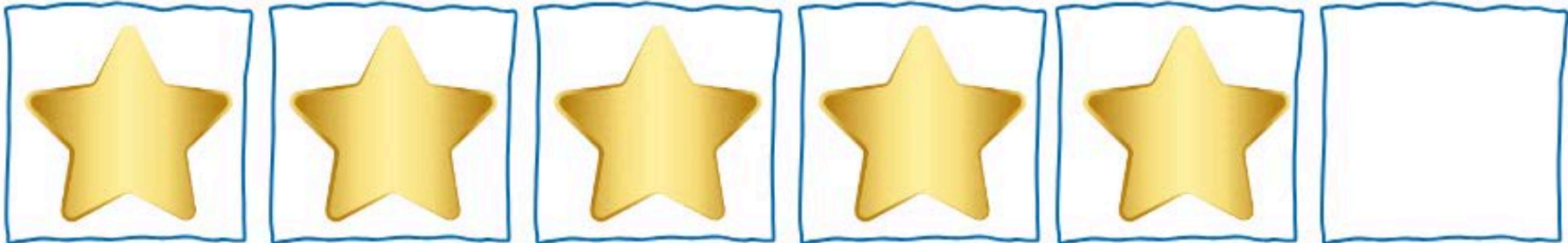


A reward chart can help the child understand how they will earn their reward.

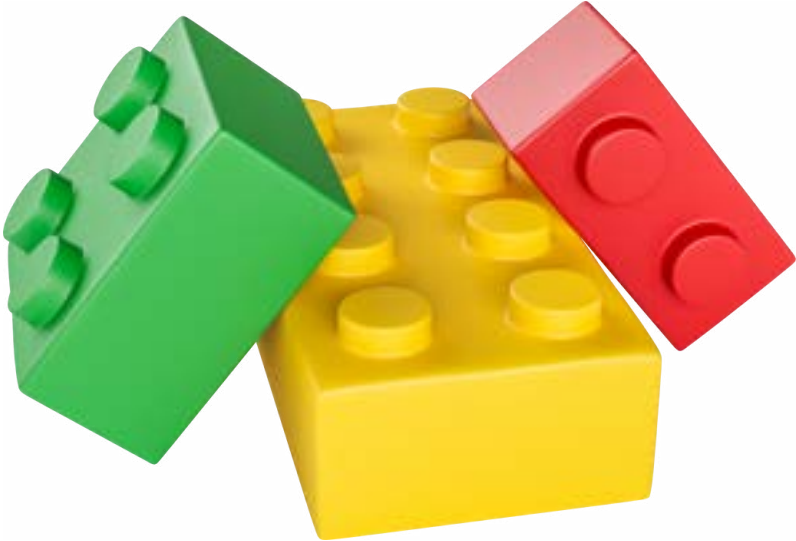
This can increase motivation during the appointment. They can earn a star after completing each step.

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

Five empty rectangular boxes with a blue outline, followed by an equals sign, and then one empty rectangular box with a blue outline.



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 check-in and wait for your name to be called.

Then they will measure how big and tall you are.

Now we will walk to a new room. Next the medical assistant will ask you to put on a hospital shirt.

Now you will talk to the doctor and they will look at your skin.

