



**I am going to
the doctor**



A note to Caregivers:

This book will detail the steps of an appointment at endocrinology.

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. Please confirm with staff which tests, if any, will be needed. Review this book first and choose what information you think will be helpful. You know your child best.

You may consider bringing a distraction or sensory/comfort item with you. Additional accommodations will depend on the location and staffing.

Some children benefit from rewards. 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 finger poke, then *[insert prize here]*”).

We also recommend filling out the Autism Friendly Questionnaire in preparation of 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.



First, we will park the car.

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



**I will check in with my
[caregiver] at the front desk.**

**Then we will wait in the
waiting room until my name
is called.**

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



The tech will call my name. I will walk with my *[caregiver]*.

They will see how big and tall I am.

They will also take my blood pressure. It will feel like a big hug on my arm.



The tech will walk me and my *[caregiver]* to the exam room.

The tech will ask my *[caregiver]* some questions.

Then, I might need to do some tests.





This is a urine test. I will go to the bathroom. My *[caregiver]* can help me.



This is a blood test. I will keep my hand still. It will feel like a poke or pinch.



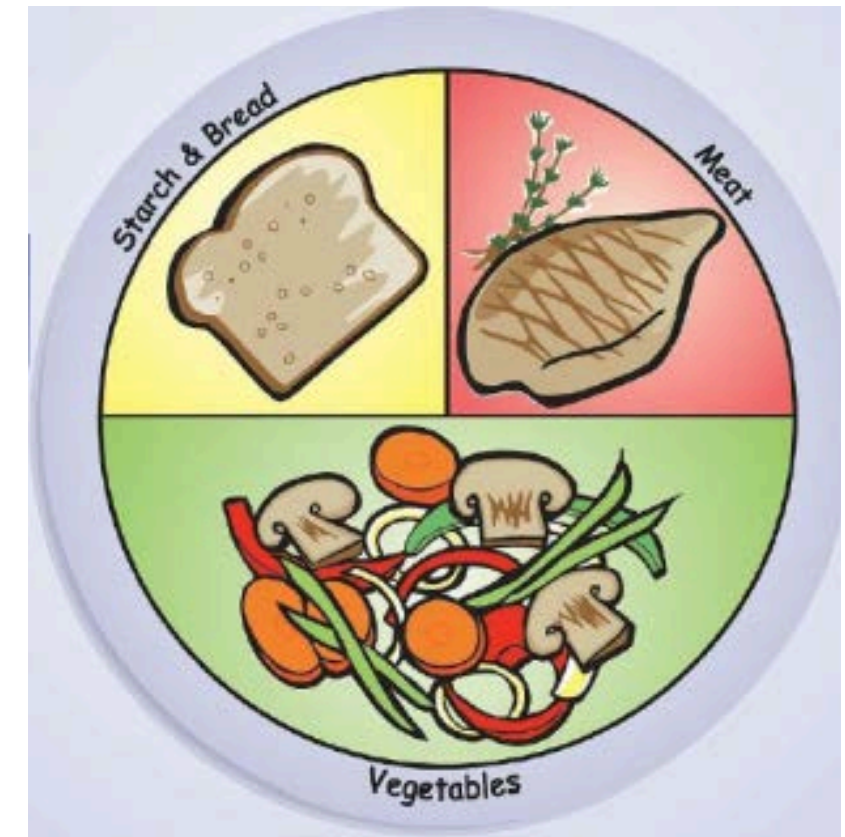
This is a eye test. I will keep my head still and my eyes open. A special camera will take a picture. This will not hurt.





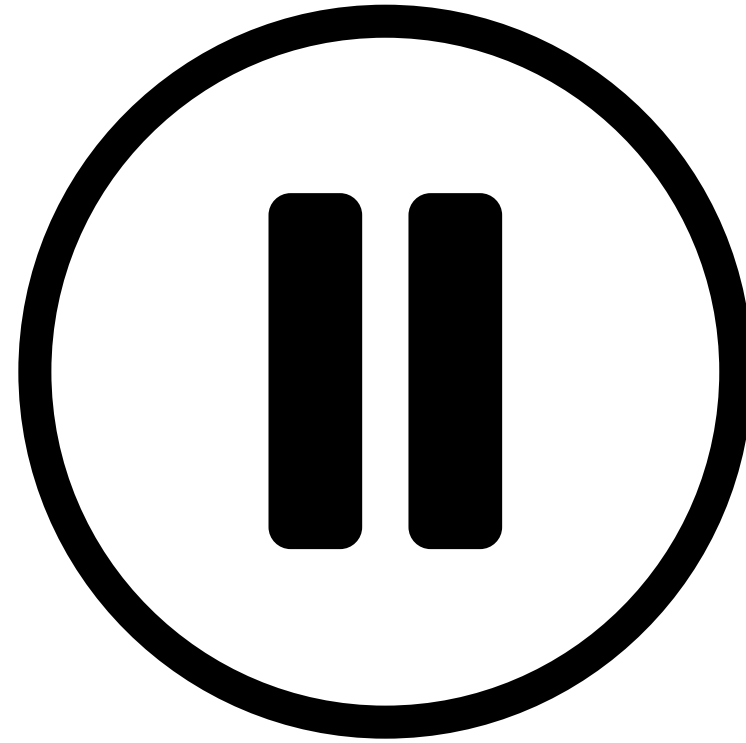
**Next, the doctor will come in
and talk with my *[caregiver]*.**





I might also talk to a nurse or dietician. They will help me learn about how to keep my body healthy.

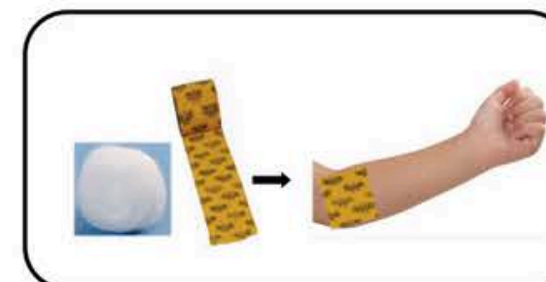
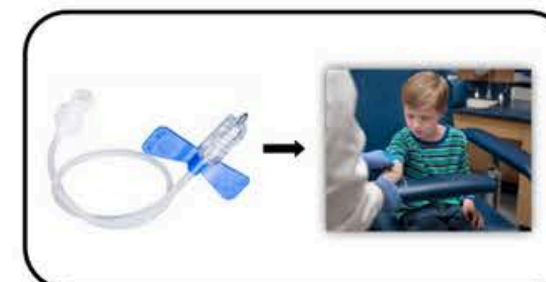
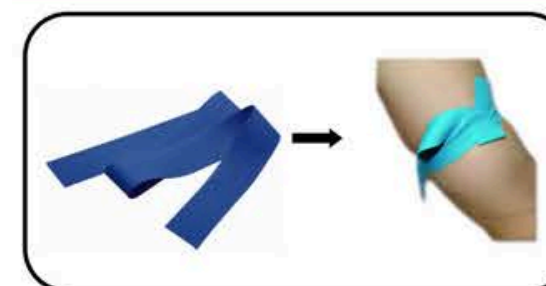




Caregivers, please ask your provider if blood work needs to be done today. If not, you may skip the next page.



**Next, I will go downstairs
with my [caregiver] for a blood
test.**



*Scan to view more blood
draw prep materials.*





I am all done!
Now it's time *[insert reward]!*



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 their appointment. 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 _____, then Switch.”

FIRST	THEN
	



FIRST

THEN

“First _____, then _____.”

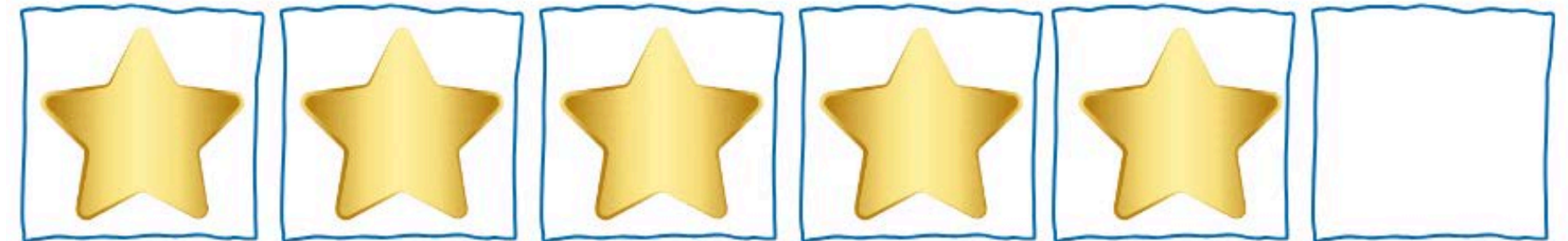


A reward chart can help the child understand how they will earn their reward.

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



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I'M WORKING FOR

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Visual Schedules

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 see how big and tall you are. They will also take your blood pressure. It will feel like a big hug on your arm.

Next, we will walk to the exam room.

Then, you will do some tests. *[Specify urine, blood and/or eye test].*

Last, the *[doctor, nurse, dietician]* will talk to us.

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

