

**I am going to  
the eye doctor**



# A note to Caregivers:

This book will detail the steps of an ophthalmology appointment and was written for patients of different ages and language levels.

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

In this story we refer to the exam as a “eye test.” You can determine which language is best to use for your child.

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 a reward after dilation and/or when the exam is complete. 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 \_\_\_\_\_, 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](mailto:autismfriendly@rchsd.org)

Sincerely,  
**The RCHSD Autism Friendly Health System Initiative Team**





**I am going to the eye doctor.**

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**First, we will park the car.**

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

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**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.**

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**I will walk with the tech to  
the exam room.**

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

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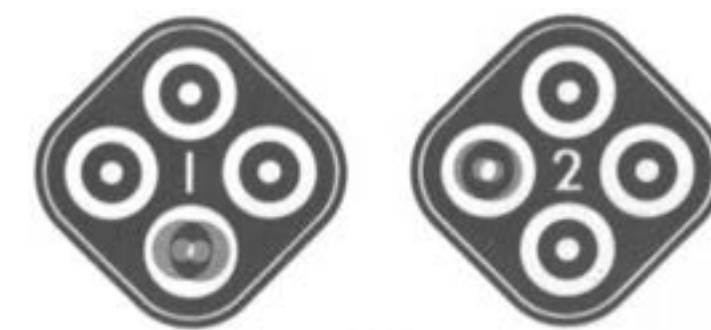
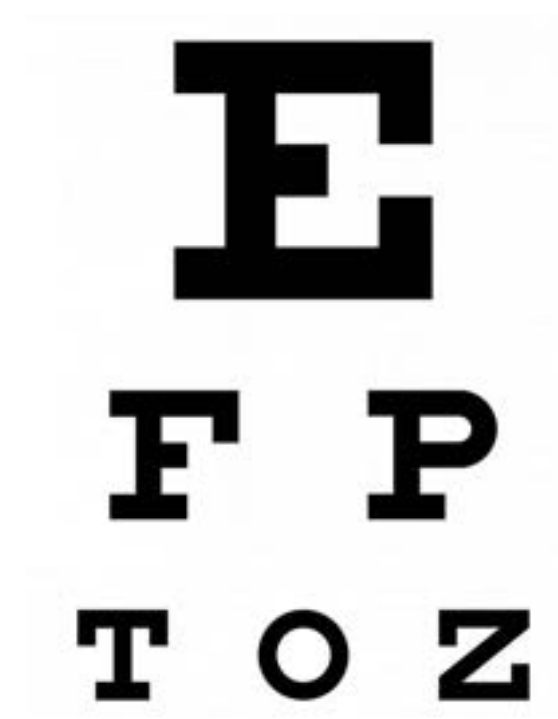
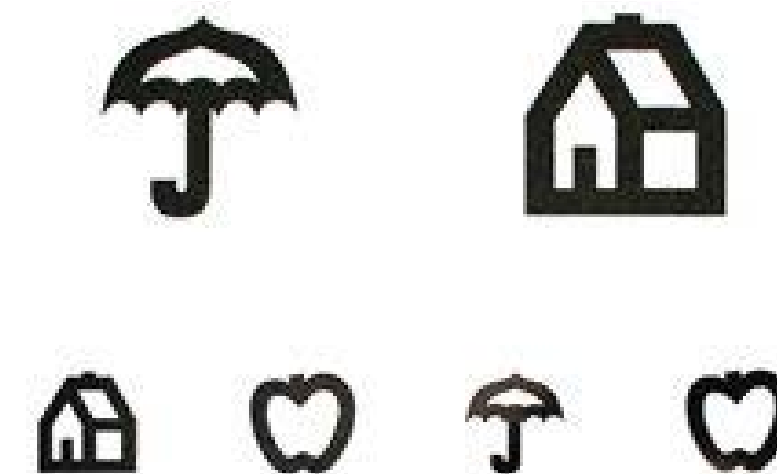
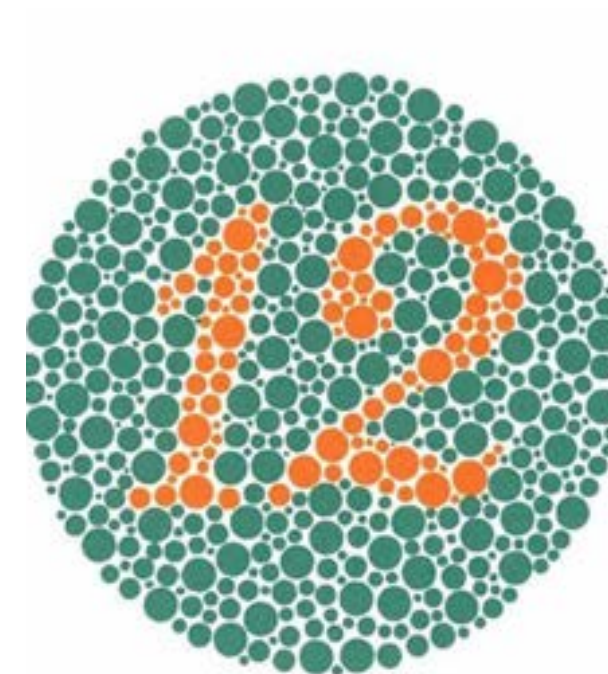


**Next, the tech will do some eye tests.**

**I will look at different books, pictures, letters, and symbols.**

**They will turn off the lights for some of the tests.**

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**For some of the tests I will wear glasses. The tech will also cover one of my eyes sometimes.**

**This will not hurt.**

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**The tech will use a special tool to test my eyes. I will keep my eyes open. It may tickle, but it will not hurt.**

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**The tech will shine a light in my eyes. This will not hurt.**

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**The tech will put 2 different drops in my eyes.**

**The drops help the doctor test my eyes.**

**I will keep my body very still.**

**The drops may sting my eyes for a few seconds, and then they will feel better.**

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**Now I will wait in the waiting room. I can *[activity]* while I wait.**

**My vision will get blurry. This is normal and means the drops are working.**

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**When my name is called, I will go back to the exam room with my caregiver and the doctor.**

**The doctor will do more eye tests.**

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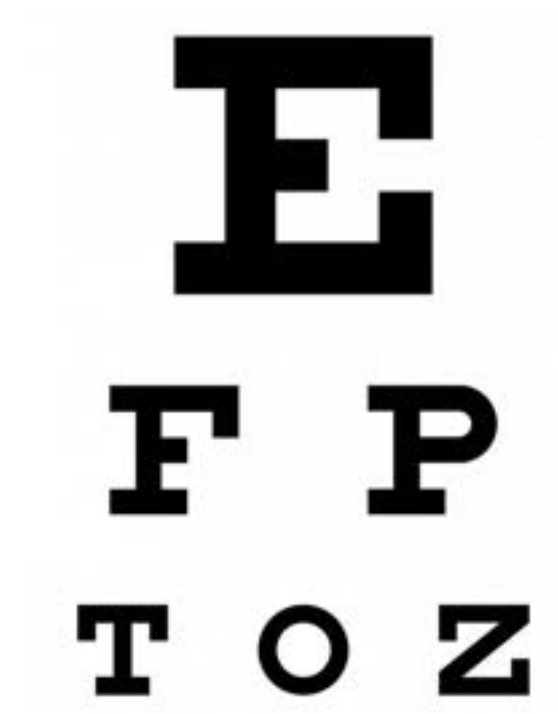
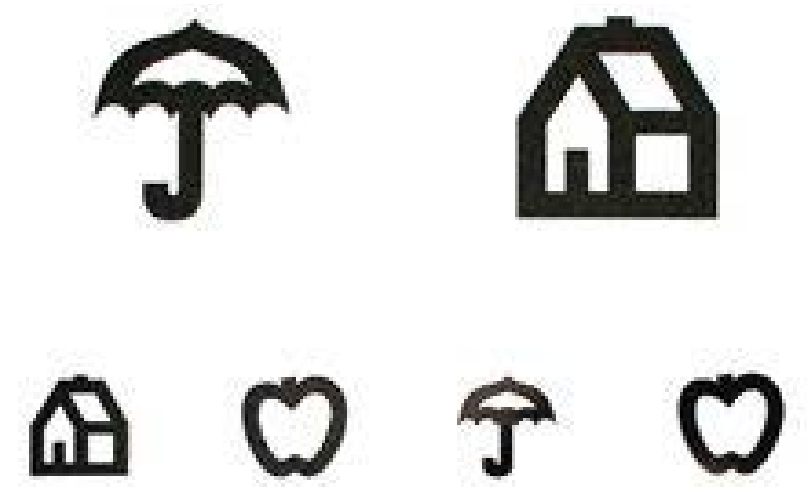
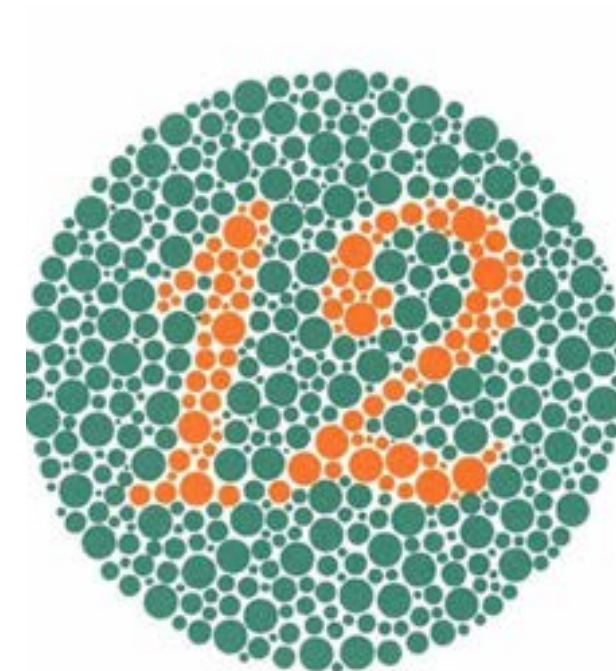


**The doctor will look at my eyes using a big microscope.**

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**I will look at the different books, pictures, letters, and symbols again.**

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**The doctor will cover one of my eyes sometimes.**

**They will also put lenses in front of my eye.**

**These will not hurt.**

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**I am all done with my eye test!**

**I will wear special sunglasses so my eyes do not hurt.**

**Now it's time *[insert reward]*!**

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# The End

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**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 thier 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 eye test, then Switch.”

<b>FIRST</b>	<b>THEN</b>
	



**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.**

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**I'M WORKING FOR**



**=**



# I'M WORKING FOR

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## Visual Schedules

If your child benefits from the use of visual schedules, the next pages may be helpful. As you point to each picture, you can briefly explain what will happen. Please keep in mind that the exact order of testing and exams may change.

Pg 24... Exam with dilation part 1

Pg 25... Exam with dilation part 2

Pg 26....Exam without dilation

## Video Prep

Autism Speaks YouTube



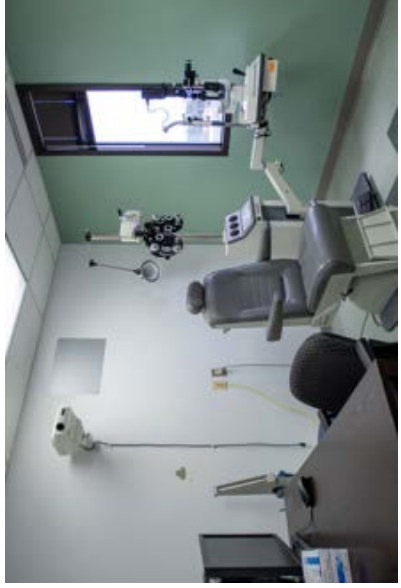
American Association for Pediatric  
Ophthalmology & Strabismus (AAPOS)

YouTube

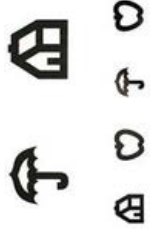




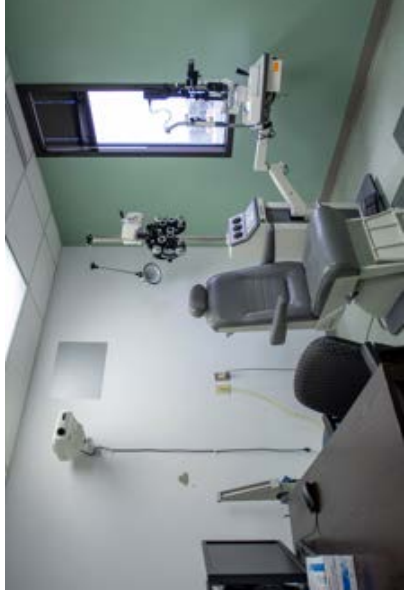
Exam with Dilation (Part 1)



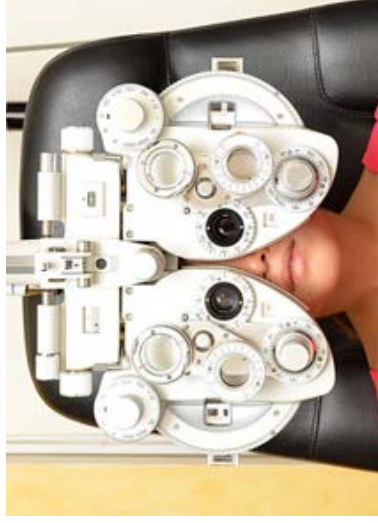
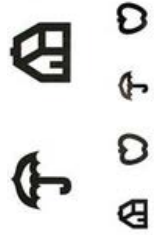
**E**  
**F P**  
**T O Z**



Exam with Dilation (Part 2)



**E**  
**F P**  
**T O Z**



all done





Exam Without Dilation



**E**  
**F P**  
**T O Z**



all done

