The Medical Appointment Planner

HELPING YOUR AUTISTIC CHILD FEEL PREPARED, SUPPORTED, AND UNDERSTOOD.



Ground Yourself...

- ☐ My goal is for my child to feel safe, understood, and supported
- ☐ I will advocate when needed
- ☐ Each appointment is an opportunity for practice



Pack Your Appointment Bag

- ☐ Insurance card
- ☐ Required paperwork
- ☐ Medication list
- ☐ Questions for the provider
- ☐ Comfort items of your child's choosing
- ☐ Drink and snack (for each of you)



Make the Appointment

- ☐ Choose the best time of day
- ☐ Ask someone to be a second set of ears or note-taker at the appointment
- ☐ Get paperwork ahead of time
- ☐ Review what will happen in the appointment
- ☐ Advocate for your child's sensory needs - (waiting area, masking, lighting, paper sheets)
- ☐ Share important details with the provider



At the Appointment

- ☐ Share what helps your child feel successful
- ☐ Ask providers to explain before doing
- ☐ Allow extra processing time
- ☐ Ask your questions; encourage your child to ask theirs
- ☐ Speak up if something isn't working

Remember: You are the expert on your child.



Prepare Your Child

- ☐ Explain what will happen
- ☐ Answer questions honestly
- ☐ Look at photos or a social story
- ☐ Practice or role-play with toys



After the Appointment

- ☐ Leave time to decompress
- ☐ Skip extra errands
- ☐ Plan a calming activity
- ☐ Celebrate the progress

My Child's Appointment Profile



Things that help my child feel comfortable

_____

_____

_____



Sensory trigger(s) to avoid

_____

_____

_____



Communication tips for providers

Examples: • Give one direction at a time • Explain before doing • Allow for my child's pace



Important medical information

_____

_____

_____



Questions I want to ask today

1. _____
2. _____
3. _____



Follow-up

□ Schedule next appointment or referral
□ Prescription(s), lab work, test result(s)
□ Is any documentation needed?
(school, other providers)
□ Other: _____



Reflect - What worked / didn't?

_____

_____

_____



Progress is more important than perfection.