

Seeing the Doctor

Excerpt from *It's Finally Time to Go Out Again!* by Jill Hudson

Now that the world is starting to open back up, there are many things that you will be able to do out in your community that may not have been as routine this past year as they once were. Now let's get more specific and talk about someplace many of us haven't visited for the past year—the doctor or dentist office.

Communication and Visual Supports

Since the doctors and nurses will be wearing masks throughout your appointment, this may lead to muffled conversations or not fully understanding or hearing everything that is being said. It might help to create a written list, a visual schedule, or a graphic depiction of the steps involved with the appointment, so they can be pointed to when talked about to better ensure everyone knows what will happen next.

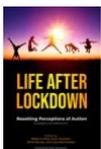
Doctor's Appointment List

- Drive to office
- Wait
- Go with nurse
- Get weighed
- Sit on bed in exam room
- Check temperature
- Doctor checks my ears
- Doctor checks my throat
- Go home

Going to the Doctor Schedule

	Nurse checks your temperature
	Doctor listens to your heart
	Doctor checks your reflexes
	Doctor checks your ears

These items can also be crossed off or removed as they are completed to indicate the lessening number of steps or tasks left in the appointment. This provides predictability to the individual about what is occurring and what comes next as well as helps them know how many items remain to be completed before you are done. In addition to the communication support, reinforcers could be placed throughout the list to give the individual a break in between steps. Reinforcements could also be used incrementally throughout all of the steps, for example, by giving a teen who loves space and astronauts a themed sticker to cover each item as it is completed.



<https://www.amazon.com/Life-After-Lockdown-Resetting-Perceptions/dp/1956110038>