

Going to a Health Professional



Going to a Health Professional - Visual Supports: Going to the Doctor Social Script

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Sometimes I go to the doctor. If I am sick, I might need to go to the doctor. I also go to the doctor when I am well for check-ups to make sure I continue to be healthy.

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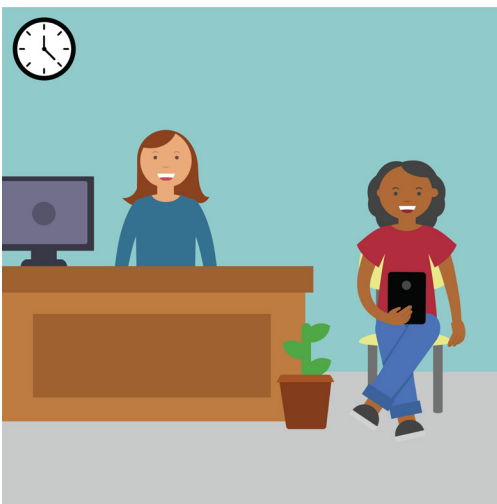
While I'm at the doctor's office, I may need to wear a mask over my nose and mouth.



When I get to the doctor's office, I go to the reception desk to check in first. The receptionist will ask me some questions. I will need to give them my I.D. and insurance card and I might need to pay for my appointment.



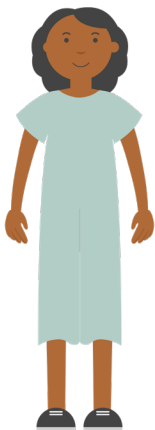
The receptionist might hand me paperwork to fill out. I take the paperwork and sit down in an empty seat in the waiting room. I answer all the questions and give the paperwork back to the receptionist when I am done.



I sit back down and wait for my turn. While I am waiting, I can do quiet activities. When it's my turn, I will hear my name. It is important for me to stop what I am doing and walk toward the person calling my name, even if I'm right in the middle of a game or a book.



I might have to do some things with a nurse before I see the doctor, like measuring my height and weight. I will do my best to listen to the nurse and follow directions.



I might need to change into a gown for my appointment. A gown is like a big sheet that covers my body. It is easier for the doctor to examine my body when I'm wearing a gown instead of my regular clothes. If I am asked to wear a gown, I can keep my underwear on, but I take off the rest of my clothes.



After I change, I may have to wait for the doctor. The doctor takes care of other people in addition to me, so I have to wait my turn. It can be hard to wait! I can do a quiet activity, just like the one I did in the waiting room.



When the doctor comes in to see me, they will ask me questions. I will do my best to answer the questions. If I don't know the answer, I can say, "I don't know" or give my best guess.



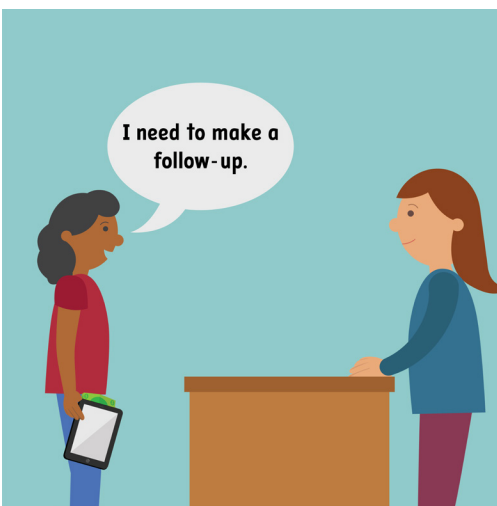
After we talk, the doctor may need to examine my body. This means they will touch my body to check all my different parts. The doctor will let me know when and where they will need to touch my body. I can ask for another person to be in the room if that will make me feel safer.



If I am uncomfortable with being touched, I can tell the doctor how I feel. It may be necessary for the doctor to touch areas of my body that hurt if I am seeing the doctor because of an injury.



When the exam is done, the doctor will leave. If I am wearing a gown, I will take it off and put my clothes back on. Then, I gather my things, open the door, and walk to the checkout area.



At the checkout area, I may need to make another appointment so the doctor can see how I'm doing. I might also get some papers with directions to follow at home.



I will go to the doctor for checkups to make sure I stay healthy. I will also go to the doctor when I am sick or injured to help me feel better. I am glad I have a doctor who helps me stay healthy!