

# Preparing for a Health Care Visit



**This workbook is designed to help you prepare for a successful visit to a healthcare provider or medical appointment**

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# Part A: All About Me

“All About Me” is where you can write down important information about yourself before you visit a health care provider or medical appointment. You can write about your own health and what you think is important for doctors, dentists, social workers, physiotherapists, occupational therapists, and other health care providers to know about you.

**Length: This section should take about 15 minutes to complete.**



If you are attending an appointment with a primary care physician for the first time, you can use the [“About My Health”](#) tool created by Surrey Place specific for this appointment type.

## My Information

**My name:**

**My birthday:**

**My pronouns are:**  He/him  She/her

They/them  Other: \_\_\_\_\_

**My home address:**

**My email address:**

**My phone number:**

**My health card number:**

**Version code: Health card expiry date:**

**I communicate  
(select all that apply):**

By speaking

With an augmentative or alternative (AAC) method (e.g., sign, speech generative device, writing/typing) : \_\_\_\_\_

**My preferred language:**

**I live:**  Alone  With family  With parents  With roommates  With friends

With spouse/partner  In a group home  In a supported living facility  Other

## My Safe Person/Emergency Contact

**Their name:**

**Their address:**

**Their phone number:**

**Their relationship to me:**

**I would like you to  
(select all that apply):**

Include them when you notify me of my medical appointments

Include them when you talk to me about what is happening to me

Let them help me make important decisions about my health

Include them when you give me all documentation/follow-up information

Only call them if there is an emergency



# Things I Want You to Know About Me

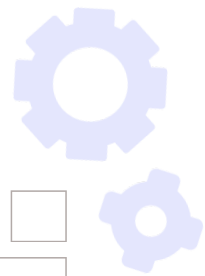


**My favourite things to do:**

**The things I am good at:**

**The things I might need help with:**

## My Health Care Team



**My Family Doctor:**

**N/A:**

**Phone number:**

**Address:**

**My Dentist:**

**N/A:**

**Phone number:**

**Address:**

**My Optometrist:**

**N/A:**

**Phone number:**

**Address:**

**My preferred pharmacy:**

**N/A:**

**Phone number:**

**Address:**

**Other (please specify):**

**Phone number:**

**Address:**

*N/A = not applicable*

# My Health Information

**My medical history including diagnoses and conditions:**

**My allergies and what happens to me:**

**My current medications:**

**How I like to take my medications:**

Whole

Crushed

Liquid

Mixed with food

Other (please specify):

\_\_\_\_\_

**My drug coverage:**



**Government benefit program**

Program: \_\_\_\_\_

# \_\_\_\_\_

**Private insurance**

Provider: \_\_\_\_\_

# \_\_\_\_\_

I do not have drug coverage

## To My Health Care Provider

It may be helpful to print this page, fill it out, and give it to your health care provider at the start of the appointment to give them tips to best help you have a successful appointment.



**I will need help when:**

**I will ask for help by:**

**Ways you can help me throughout the appointment (select all that apply):**

- Show and tell me what you're doing
- Let me ask questions
- Be quiet so I can concentrate
- Remind me to take deep breaths
- Talk me through each step as you do it
- Let me touch the equipment
- Play music or sing
- Give me a warning if something is going to be painful
- Provide me with information sheets or pamphlets

**Please consider the following to better help me understand during this appointment:**

- Look at me when you speak
- Speak slowly and clearly, using plain language
- Use pictures or gestures if I don't seem to understand
- Repeat things and ask me to repeat it back in my own words
- Write down any instructions/next steps I will need to follow

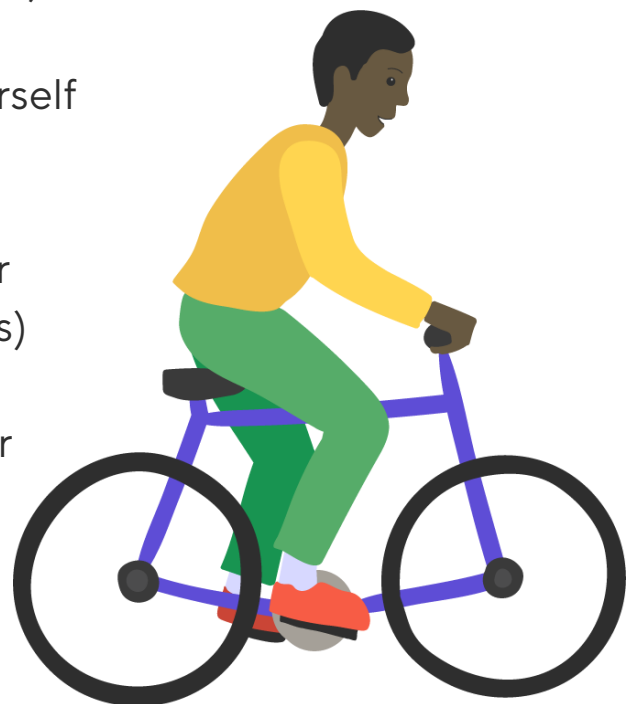


# Part B: What to Think About Before Your Appointment

Part B of this workbook has been created to help you learn more about what you might need for the appointment to go well. This section includes questionnaires and activities to help you learn more about yourself and what you can do to prepare for your appointment.

**Length: This section has four different parts and may take you a while to complete. Sometimes it can be helpful to complete one piece at a time and then reflect on your answers. In total, this section should take about 50-60 minutes to complete.**

- **Chapter 1:** Introduction to Supports and Accommodations (10 minutes)
- **Chapter 2:** Getting to Know Yourself (15 minutes)
- **Chapter 3:** Getting to Know Your Sensory Environment (15 minutes)
- **Chapter 4:** What to Bring to Your Appointment (10 minutes)

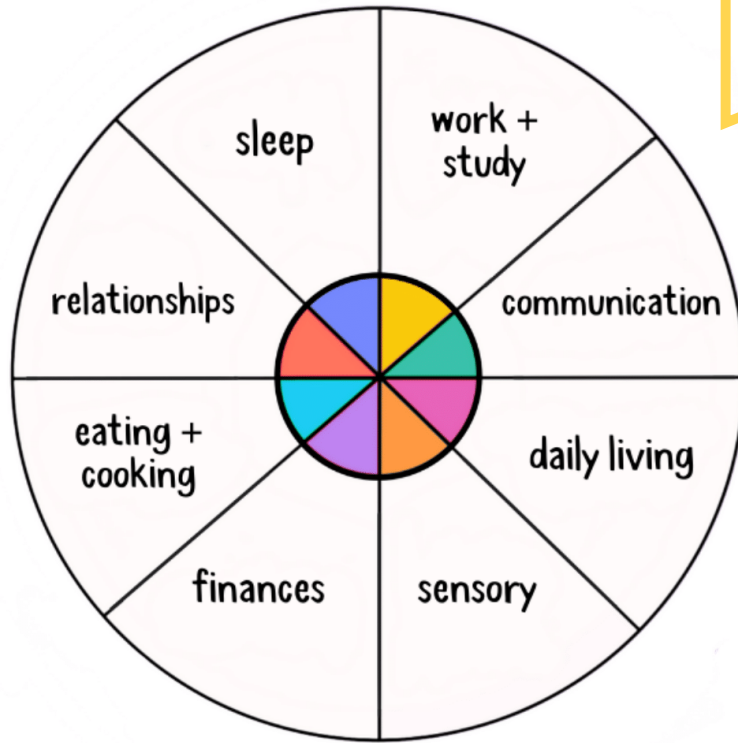


# Support and Accomodation Wheel

This section should take about **10 minutes** to complete

Using the wheel model, we can communicate how our mental illnesses, disabilities and neurodivergences may impact our lives as well as where we might need support, accomodations and understanding.

How they impact us will be different for everyone and each individual may find that they need different kinds of support in various areas.

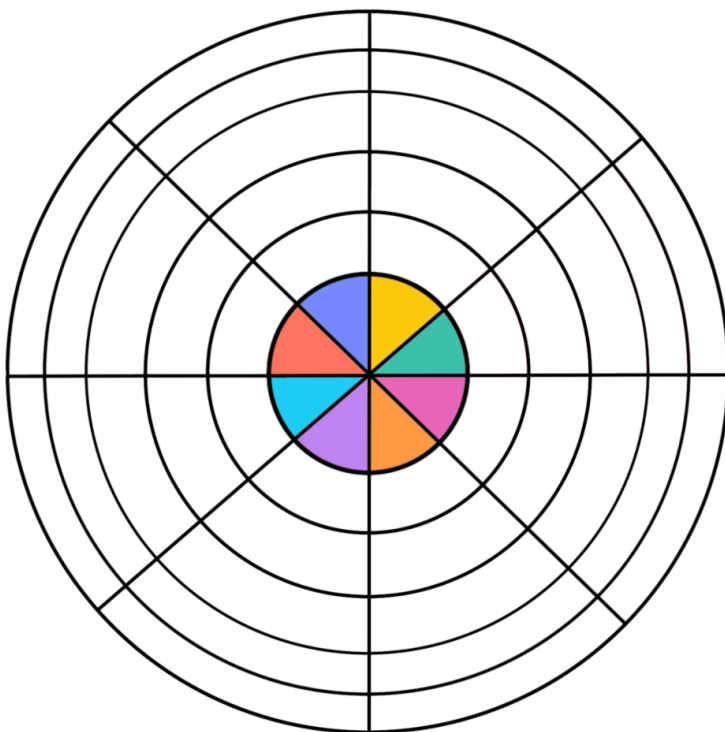
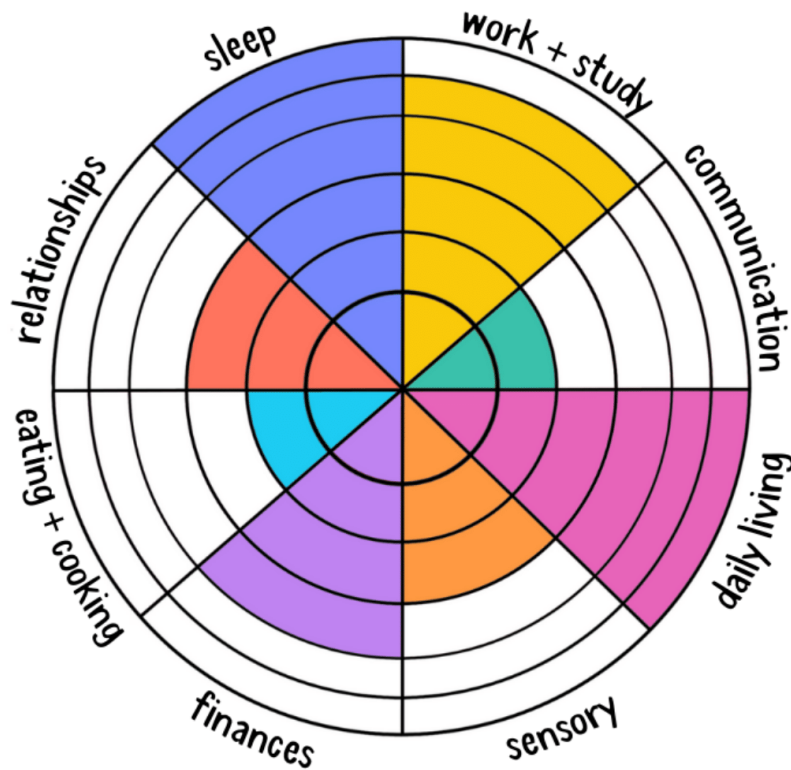


Check out the below examples of where you might need support and accomodations:

- falling asleep, staying asleep, sleep schedules, waking up.
- due dates, assignment instructions, flexibility with shifts, environment.
- relationships, work, calling on the phone, attending appointments, advocacy.
- cleaning, organisation, personal hygiene, appointments, reminders.
- environment, transport, food, clothing, meltdowns, burnout, sensory seeking.
- cost of aids and support, cost of living, debt, impulsive purchases.
- sensory sensitivity, intolerances, costs + access, struggles with executive function.
- social rules/expectations, stigma, communication, executive function.

# Support and Accommodation Wheel

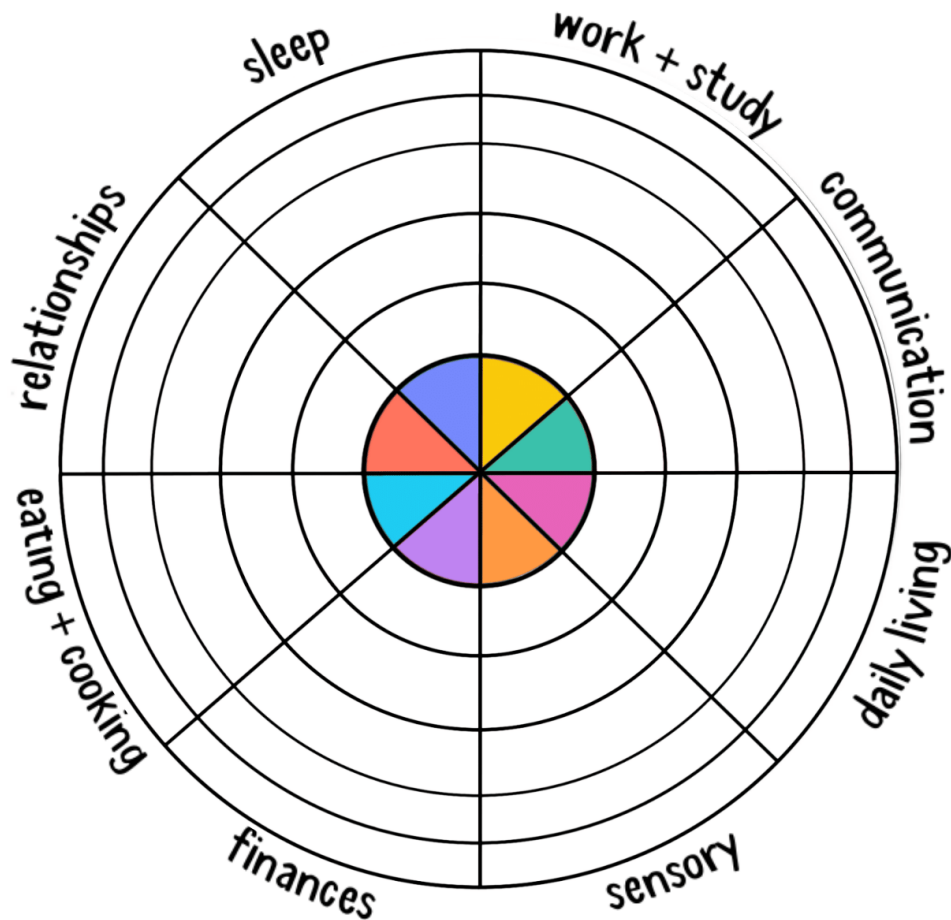
This is an example of the different areas in the creator's life (an autistic ADHDer with bipolar) that are impacted and the different areas where they often need more support, accommodations and understanding.



colour in according to:

- the areas of life that are impacted
- where I need more support
- where my skills and strengths are

# Support and Accommodation Wheel



colour in according to:

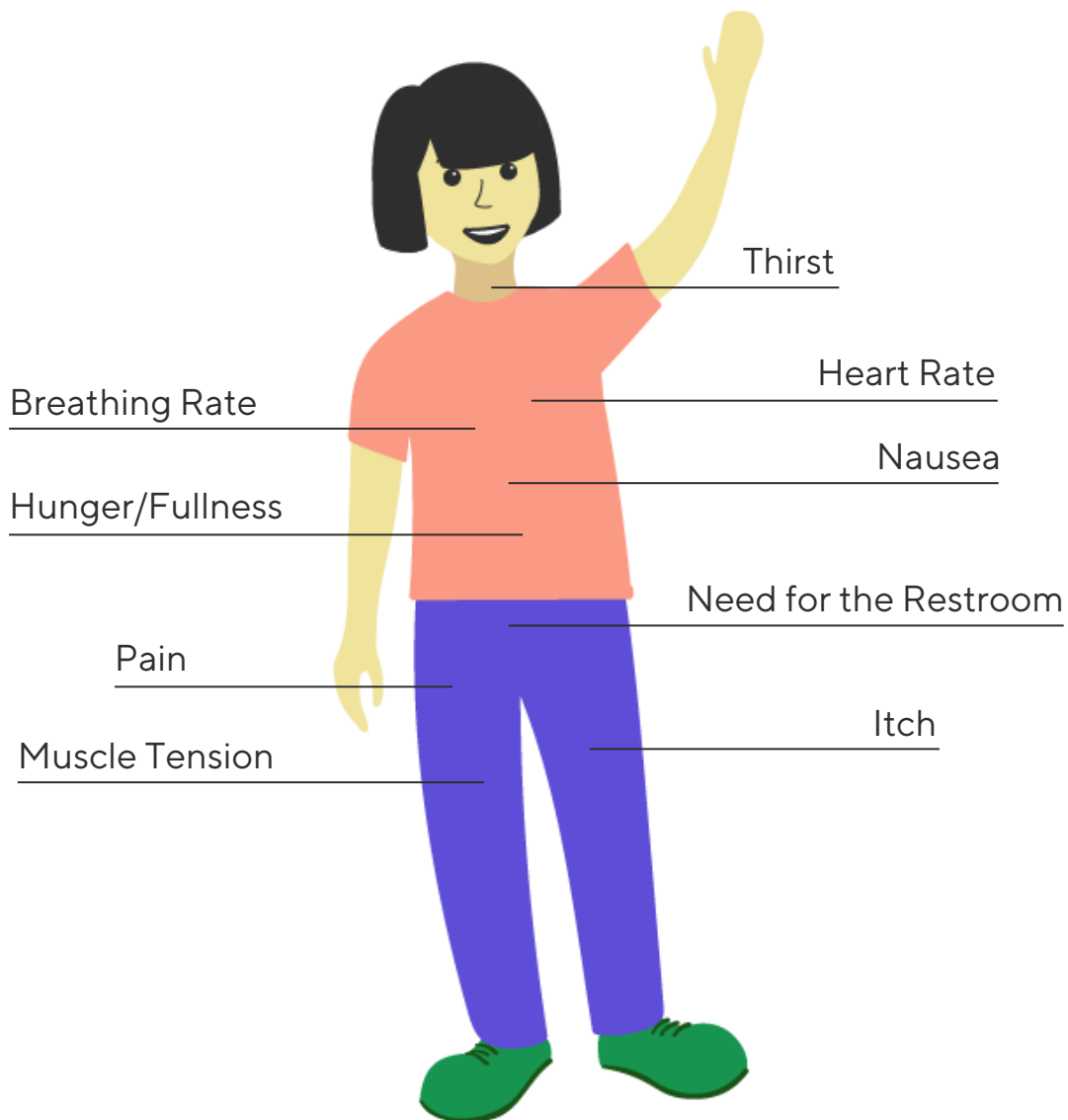
- the areas of life that are impacted
- where I need more support
- where my skills and strengths are

## Internal Environment

This section should take about **15 minutes** to complete

You may be familiar with the term **“interoception.”** Interoception refers to the sensations coming from inside our body. This is our internal environment. An example of interoception might be an empty gnawing feeling in your stomach which is connected to feeling hungry.

Our internal sensations can also give us clues or information about how we are feeling, and then we can pair that feeling with an emotion word. For example, a tight or fluttery heart-racing feeling in your chest might be connected to feeling anxious, nervous, or excited. We can practice using our internal sensations to help us identify how we are feeling, and then we might feel more comfortable communicating our emotions to others.



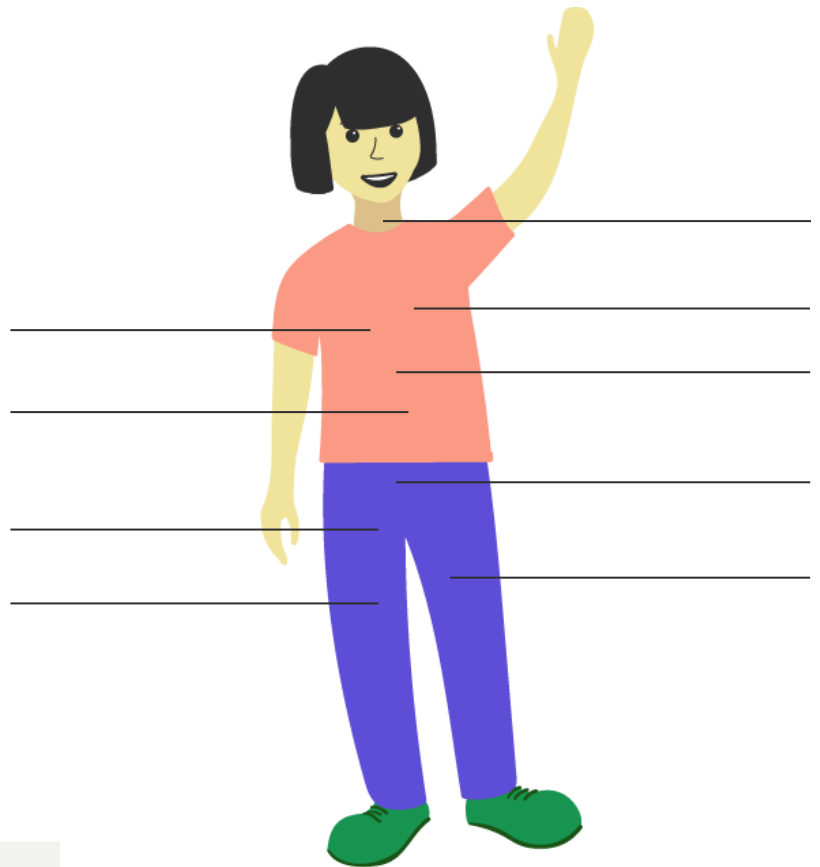
## Self Check-In

Here is a self check-in you can practice. Before leaving the home for your appointment, ask yourself the following questions:

### What is happening in my body right now?

Am I hungry? Am I tired? Do I feel nauseous? Are my palms hot or sweaty? Do I have a headache? Am I breathing fast or slow? Do I have any tension or pain?

You can fill in the diagram on the right if you find it helpful.



### What do these body signs tell me about my emotions?

Am I feeling excited? Agitated? Explosive? Or am I feeling calm?

### Mindfulness Activities

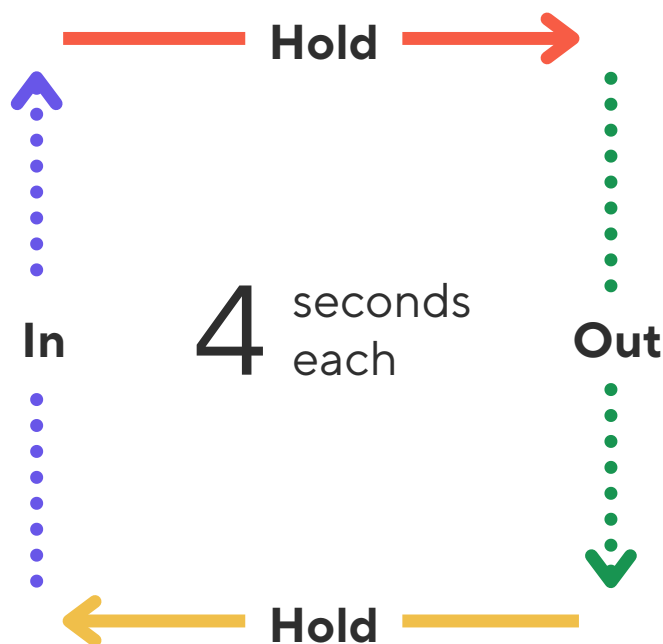
Mindfulness means being aware of our thoughts, feelings, bodily sensations, and surrounding environment. When we act “mindfully,” we slow down, focus our attention, and become aware of our internal environment, as well as what’s going on around us [4].

Mindfulness has been shown to reduce anxiety and increase positive affect and well-being in youth and adults with neurodiversities [1][3]. This means that using mindfulness exercises can help calm your internal environment and prepare you to go to your appointment.

**Here are a few mindfulness exercises you can practice before your appointment so you have some tools for calming your body.**

### Box Breathing

Use this technique to bring awareness to your breathing. **Breathe in** for 4 seconds; **hold** your breath for 4 seconds; **breathe out** for 4 seconds; **hold** your breath for 4 seconds; **repeat** until you feel calm.



## Calm Down Cocoa

This is another breathing technique you can use to help you feel calm. Pretend you are smelling a cup of hot cocoa. **Breathe in through your nose** for 5 seconds; **breathe out through your mouth** for 5 seconds; **repeat** until you feel calm.

Smell the hot cocoa












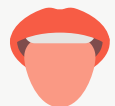
Blow to cool the cocoa



Repeat until you feel calm

## 5-4-3-2-1 Grounding Technique

Use this calming technique to help you reconnect to the present by exploring the five senses. Look around and identify **5** things you can see, **4** things you can touch, **3** things you can hear, **2** things you can smell, and **1** thing you can taste.

|   |   |   |   |   |
|---|---|---|---|---|
|  |  |  |   |  |
| Things you can <b>SEE</b>   | Things you can <b>TOUCH</b>   | Things you can <b>HEAR</b>  | Things you can <b>SMELL</b>   | Thing you can <b>TASTE</b>  |
|  |  |  |  |  |

### External Environment

To help prepare for an appointment, we may also want to explore how we might respond to our external environment. Our external environment includes everything that is going on around us. This section explores how we take in information in the environment around us using our senses (e.g., sight, sound, smell, taste, touch, movement).

**Here is a tool you can use to help figure out how you might respond to certain aspects of your sensory environment:**

This section should take about **15 minutes** to complete

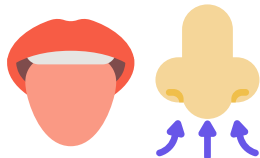


### Sensory Self-Assessment

*Based on the Adolescent/Adult Sensory Profile™ by Catana Brown and Winnie Dunn.*

The purpose of this questionnaire is to help you think about how you respond to sensory information from the environment in a variety of situations, and to think ahead to what sensory supports you might need during an appointment. **For each section below, circle one statement that best matches how you feel (A, B, or C).**

#### Taste/Smell



- A.** I leave when I smell a strong odor (e.g. perfume in a store). I don't like strong tasting mints or candies.
- B.** I don't smell things that other people say they smell. Many foods taste bland to me.
- C.** I add spice to my food. I go over to smell fresh flowers.

#### Movement



- A.** I'm afraid of heights. I avoid elevators and escalators. I dislike riding in a car. I become dizzy easily.
- B.** I trip or bump into things. I am unsure of footing when walking on stairs.
- C.** I enjoy movement such as dancing or running. I choose to engage in physical activities.

### Visual



- A.** I keep the shades down during the daytime. I am bothered by fast-moving visual images on TV. I choose to shop in smaller stores because I'm overwhelmed in large stores.
- B.** I have a hard time finding something in a crowded drawer or messy room. I miss the street, building, or room sign when going somewhere new. I don't notice when people come into the room.
- C.** I enjoy colorful places with bright lights. I like to wear colorful clothing.

### Auditory



- A.** I startle easily at loud or unexpected noises. I stay away from noisy settings. I am easily distracted if there is a lot of noise around.
- B.** I have trouble following what people are saying when they talk quickly or about unfamiliar topics. I don't notice when my name is called.
- C.** I like to hum, whistle, sing, or make noise. I like to attend events with lots of music.

### Touch



- A.** I don't like having my back rubbed. I avoid getting my hands messy (or I wear gloves). I'm uncomfortable wearing certain fabrics. I move away when others get too close to me.
- B.** I don't seem to notice when my hands or face get dirty. I get scrapes or bruises but don't remember how I got them.
- C.** I touch others when I'm talking. I like how it feels to get my hair cut.

**How did you answer? The next page has a guide to what your answers can tell you about your sensory needs and sensory "style." Keep in mind that your sensory needs may change from day to day and may change depending on your surroundings/environment.**

### Sensory Style Guide

**For each category where you answered A, your sensory style may be “sensory sensitivity” or “sensory avoiding.”** This means these sensations may be upsetting or uncomfortable for you. You may choose to use strategies to reduce or avoid these sensations. For example: using noise-canceling headphones to dampen sound or wearing sunglasses to reduce glare or brightness.

**For each category where you answered B, your sensory style may be “low registration.”** This means you may have a hard time recognizing or noticing these sensations. You may choose to use strategies to help you pay attention to this sensory information. For example: using a highlighter to draw attention to important visual information or using a map app to help you plan your route to the appointment.

**For each category where you answered C, your sensory style may be “sensation seeking.”** This means you may enjoy these sensations and tend to seek them out. This type of sensory information might be helpful to use as a calming strategy. For example: chewing gum, using scented/aromatherapy oils or sprays, or using a lap weight or fidget tool.



Now that you have an understanding of your sensory style and needs, the next chapter will talk about sensory tools you may want to consider bringing to your appointment based on your results from the self-assessment.

## Sensory Tools

Once you've completed the sensory self-assessment and looked through some of the strategies, what items can you take with you to support your sensory needs during your appointment?

This section should take about **10 minutes** to complete

Here is a checklist you can use to help figure out what to bring:



|  |                                     |
|--|-------------------------------------|
|  | <input checked="" type="checkbox"/> |
| <b>Taste/Smell</b>                           |                                     |
| Chewing gum                                  | <input type="checkbox"/>            |
| Sucking on a hard candy or mint              | <input type="checkbox"/>            |
| Aromatherapy                                 | <input type="checkbox"/>            |
| <b>Movement</b>                              |                                     |
| Plan your route                              | <input type="checkbox"/>            |
| Calming movement exercises (e.g. chair yoga) | <input type="checkbox"/>            |
| <b>Visual</b>                                |                                     |
| Sunglasses                                   | <input type="checkbox"/>            |
| Map  | <input type="checkbox"/>            |
| Pen/highlighter                              | <input type="checkbox"/>            |
| <b>Touch</b>                                 |                                     |
| Loose fitting clothing                       | <input type="checkbox"/>            |
| Lap weight                                   | <input type="checkbox"/>            |
| Fidget tool                                  | <input type="checkbox"/>            |
| <b>Auditory</b>                              |                                     |
| Noise-canceling headphones                   | <input type="checkbox"/>            |
| Earplugs                                     | <input type="checkbox"/>            |
| Music/podcast                                | <input type="checkbox"/>            |



### Plan Your Route!

Apps such as Google Maps or Waze can help you navigate the quickest or most direct way to get to your appointment. If you have questions about parking or how to access the building, you can always call or email the office ahead of time. **Here are some scripts you may wish to use:**

"I will be travelling to the office by \_\_\_\_\_  
(insert car, public transit, taxi, etc.)  
Can you please tell me directions to  
the office from \_\_\_\_\_?  
(insert starting point)  
Can you please tell me where I/we  
should park?"

"Hello. I have an appointment scheduled  
with \_\_\_\_\_ on \_\_\_\_\_."  
(insert name) (insert date)

"What is the best way  
to access the building?  
Is there a specific door  
I will need to use?"

"What floor is the office on?  
Do I need to use an elevator,  
escalator, or stairs?"

"If I have trouble finding the office,  
who can I call for help?"

Once you have an understanding of the challenges you might face when preparing for an appointment, you may wish to share them with your healthcare team when you book your appointment.

Nonetheless, even with a lot of preparation ahead of time, things may still not go as planned or expected—and that’s okay!

**In the next section, we provide some tips and tricks you can refer to during your appointment. In our last section, you can spend some time reviewing how things went and making plans for next time.**

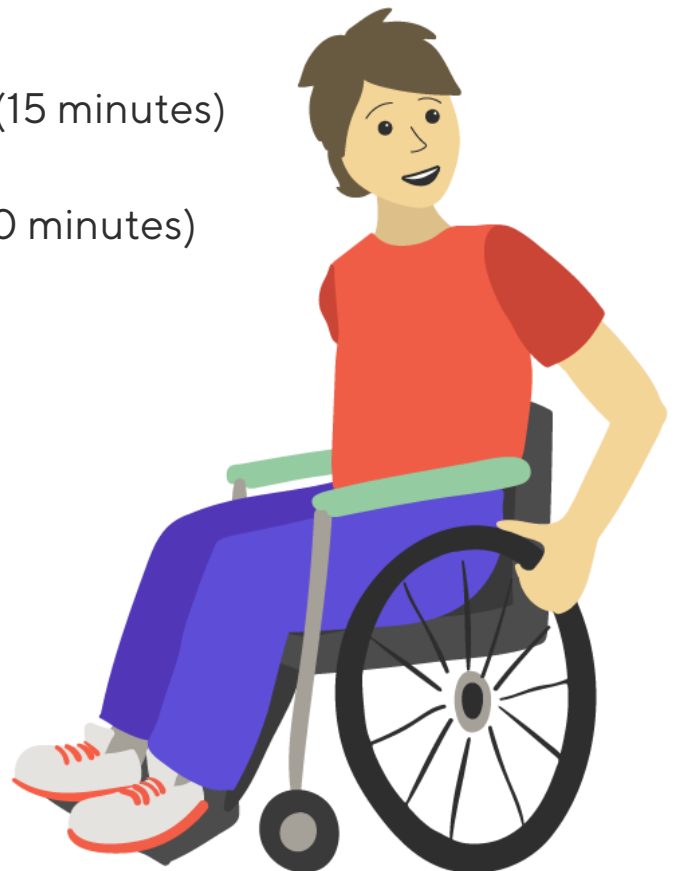


# Part C: What to do During Your Appointment

Part C of this workbook is designed to help you learn what to do during your healthcare appointment.

**Length: This section has three different parts. In total, this section should take about 50-60 minutes to complete.**

- **Chapter 5:** Strategies for Coping During Your Appointment (25 minutes)
- **Chapter 6:** Things to Remember (15 minutes)
- **Chapter 7:** Crisis Management (10 minutes)



### Acceptance and Commitment Therapy (ACT)

Acceptance and Commitment Therapy (ACT) can help give us strategies to try when we are in stressful situations that we cannot avoid. Attending medical appointments is important, and we know it can be risky to avoid them for too long. ACT helps to show us that we can experience the negative emotions of going to appointments (for example, stress, fear, and discomfort), and it can still go well. [2]

This section should take about **25 minutes** to complete

Here are the steps that ACT outlines that can be helpful in these situations:

- 1 Notice your feelings
- 2 Label the emotions
- 3 Use a strategy to cope with that feeling in that moment

However, sometimes attending the appointment can just be **too much**. If you think that it will be too much, it can be helpful to set a smaller, more realistic goal for yourself around what you *can* do. Having a positive experience will make future appointments and goals feel more manageable.

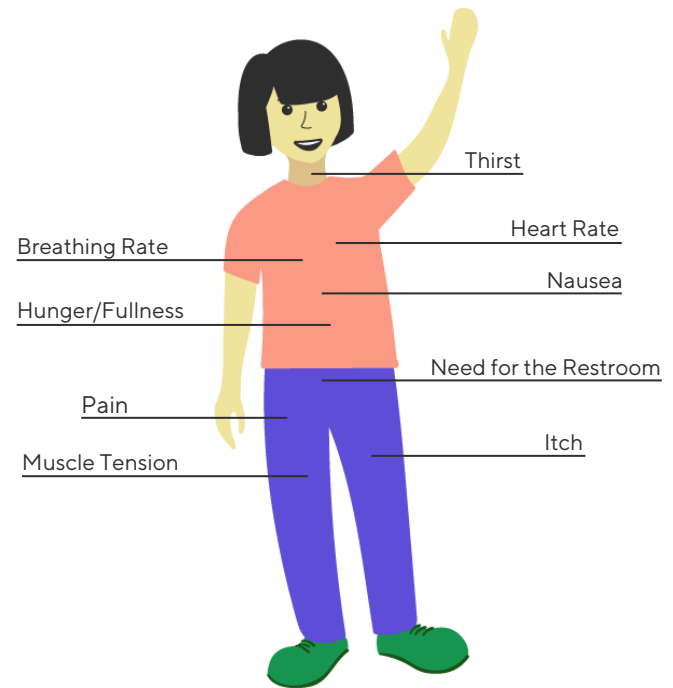
Here are some goals you may want to start with:

- A "meet-and-greet" appointment just to introduce yourselves
- Go to the office in person to schedule the appointment
- Schedule a virtual appointment to see the office space and where you will be going

### Notice the Feelings

We talked about noticing your feelings in part B of this toolkit—as a reminder, here is the interoception map that may help you notice your feelings in the moment. Remember—interoception means that the sensations are coming from inside our body. Paying attention to these sensations can help us to identify how we are feeling.

Another way of paying attention to your feelings in the moment is called a body scan. It is something you can read that helps you notice different parts of your body. **Here is a sample of a body scan you can bring to your appointment.**



Begin by bringing attention to your body. If someone is reading this to you, you can close your eyes if that is comfortable for you. Notice your body seated wherever you're seated, feeling the weight of your body on the chair, on the floor. **Take a few deep breaths.**

As you take a deep breath, bring in more oxygen, enlivening the body. As you exhale, have a sense of relaxing more deeply. You can notice your feet on the floor, notice the sensations of your feet touching the floor. The weight and pressure, vibration, and heat. You can notice your legs against the chair—pressure, pulsing, heaviness, lightness. Notice your back against the chair. Bring your attention to your stomach area. If your stomach is tense or tight, let it soften. **Take a breath.**

Notice your hands. Are your hands tense or tight? See if you can allow them to soften. Notice your arms. Feel any sensation in your arms. Let your shoulders be soft. Notice your neck and throat. Let them be soft. **Relax.** Soften your jaw. Let your face and facial muscles be soft.

Notice your whole body present. **Take a breath.** Be aware of your whole body as best you can. **Take one more breath.**

For other body scan and awareness activities, check out [Anxiety Canada](#) and [Positive Psychology](#).

### Label the Feeling

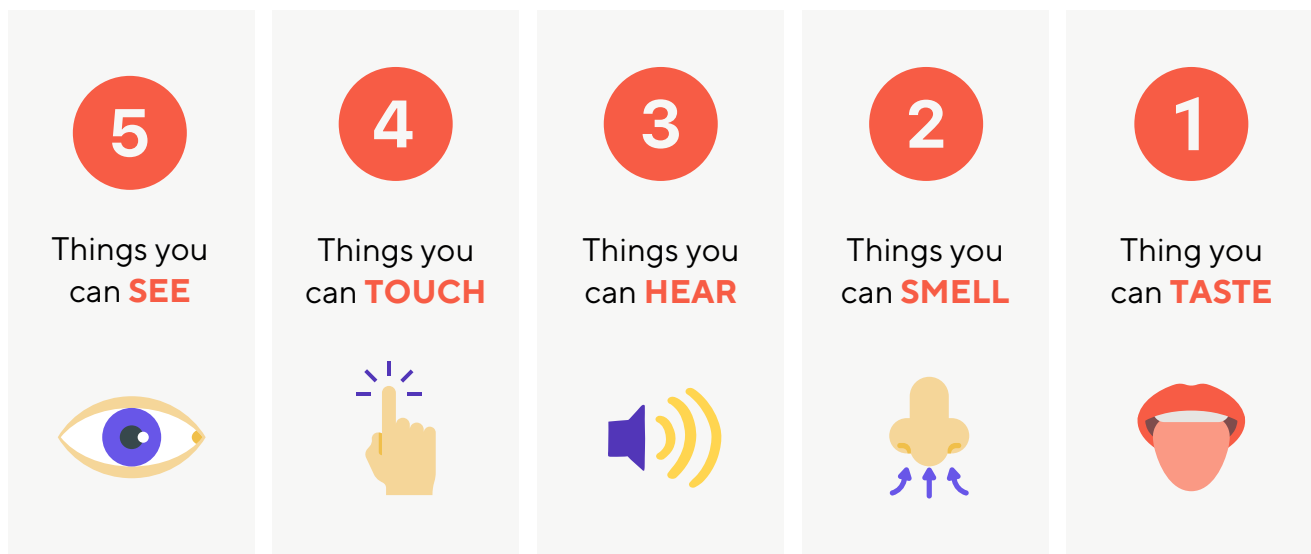
Labelling feelings, emotions, and/or thoughts helps clarify what is happening for you in that moment. It can be helpful to phrase it this way: "I am feeling that ..." or "I am having the thought that ...", but it doesn't need to be. However you want to label/identify the experience works.

It can even be helpful to write it down, so you can remember later what it was like for you in that moment. Here are some examples:



### Try a Strategy

Remember the mindfulness strategies introduced in Chapter 2? Now is the time to go back to some of these breathing techniques to address your stress, nervousness, or anxiety when you're at the appointment.





## Affirmations

It can be difficult being neurodivergent in a neurotypical world, and as a result, we can often hear and internalize some negative views, beliefs, and stereotypes. These affirmations are neurodivergent-friendly and we hope they will bring you some comfort. You can read these out loud or quietly in your head.



It's okay if most strategies and tools that were designed for and by neurotypical people don't work for me.



My brain works exactly the way it was designed to, and I deserve to find ways to support my brain.



I will not hide my identity and neurodivergent traits just because they make people uncomfortable.



I can forget to close cabinets, brush my teeth, and reply to messages and still be worthy.



I do not have to hold myself to the same standards, rules, or expectations as neurotypical people.



My sensory differences are real and valid, and they deserve to be accommodated.

As discussed in Chapter 3, sensory tools and supports can help you respond to sensory information in the environment. It can be helpful to review your sensory assessment and ensure that you have the tools you need packed and ready to go to your appointment. Once you get there, you may want to check in with your healthcare provider to let them know which tools you are using. You can read through this list, then check off the items you are using. You can share this list if you want to keep your healthcare team informed.



|  |                                     |
|--|-------------------------------------|
|  | <input checked="" type="checkbox"/> |
| <b>Taste/Smell</b>                           |                                     |
| Chewing gum                                  | <input type="checkbox"/>            |
| Sucking on a hard candy or mint              | <input type="checkbox"/>            |
| Aromatherapy                                 | <input type="checkbox"/>            |
| <b>Movement</b>                              |                                     |
| Plan your route                              | <input type="checkbox"/>            |
| Calming movement exercises (e.g. chair yoga) | <input type="checkbox"/>            |
| <b>Visual</b>                                |                                     |
| Sunglasses                                   | <input type="checkbox"/>            |
| Map  | <input type="checkbox"/>            |
| Pen/highlighter                              | <input type="checkbox"/>            |
| <b>Touch</b>                                 |                                     |
| Loose fitting clothing                       | <input type="checkbox"/>            |
| Lap weight                                   | <input type="checkbox"/>            |
| Fidget tool                                  | <input type="checkbox"/>            |
| <b>Auditory</b>                              |                                     |
| Noise-canceling headphones                   | <input type="checkbox"/>            |
| Earplugs                                     | <input type="checkbox"/>            |
| Music/podcast                                | <input type="checkbox"/>            |



## Appointment Reference Sheet

It may be helpful to print this page off and bring it with you to complete while you are at your appointment. Alternatively, you can take notes during your appointment and complete these pages when you get home.

If you are attending a follow-up appointment with a primary care physician, you can use the [“My Health Care Visit”](#) tool created by Surrey Place specific for this appointment type.

This section should take about **15 minutes** to complete

### Tips for a successful visit:

- Consider bringing a support person or trusted advocate to help you take notes and remember any instructions
- Take notes or record the session on a phone or other device (you may want to let your medical professional know that you are recording)
- Ask the doctor for a written summary of the visit
- Ask your medical professional to repeat any instructions or information you are unsure or unclear about

### Appointment Summary

What did we talk about?

What are my next steps?

If you are struggling to complete this form or are having a hard time understanding something that your healthcare provider is saying, tell them! Your healthcare professional or their staff can help you understand. **Here are some clarifying questions you may want to ask:**

- Can you clarify what you mean about my next steps?
- If my symptoms or concerns get worse, who do I contact? What do I do?
- Can you repeat the medication instructions?
- Can you send me a message with my next steps via the secure messaging system that uses my email?
- Can you speak slowly, so I can write down what you are telling me?
- Who can I contact if I have questions when I get home?
- Is there anything I need to prepare for my follow-up appointment or new referral?
- When should I expect to hear from someone? (if applicable)

### Medications\*

| Medication name | Dosage: How much do I need to take?<br>How often do I need to take it? | Why do I need this medication? |
|-----------------|--|--------------------------------|
|                 |  |                                |
|                 |  |                                |

### Referrals

| Physician/program name | Why do I need this referral? |
|------------------------|------------------------------|
|                        |                              |

**Follow-up Appointment Date:** \_\_\_\_\_

\*Consult your pharmacist for information on side effects, advice about food/drinks, missed doses, etc.

### What to Do if Something Goes Wrong

Sometimes, no matter how prepared you are, things can go wrong. The transit system can be delayed, too smelly, or too loud; the receptionist can be missing from the office, or your phone could die and make it hard to find the address. These things happen. It's normal, and it's okay! Sometimes, despite our best efforts, it just doesn't work, and it's okay to go home.

This section should take about **10 minutes** to complete

**Before you decide to go home and not go to the appointment, here are some things to think about:**

#### Is this appointment important to me?

- Why do I need to go?
- What will be the negative impact if I don't go?
- Will there be a charge/financial cost if I don't go?

Is there a strategy I can try to make it through this?  
Have I tried all my tools?

#### Who are my support people?

- Is there someone I can call to help me?
- If I can't reach someone, what would they say if I could talk to them?

What would I say to a friend struggling with going to a doctor's appointment?

### Repairing the Visit for Next Time

If the appointment did not go as expected, it's important to repair or change the experience for the next time. You can work with your healthcare provider and/or support person to help outline what could be done differently. **Here are some ideas to try:**

- Ask the healthcare provider for a list of what will be expected of you at the appointment.
- Role-play various situations ahead of time so you have a different way of responding or are more prepared for the situation.
- Schedule positive visits where you can visit the office without the pressure or the expectations of the appointment.
- Plan to bring a support person with you and talk with them ahead of time about what went wrong the first time.

# Part D: Reflecting After Your Appointment

Part D of this workbook has been created to help you reflect on your experiences at your healthcare appointment. It is important to reflect on what went well, what didn't go as planned, and what you might do differently for future appointments.

**Length: This section has two different parts that may take about 20-30 minutes to complete.**

**It can be helpful to get started and come back to the section that you want to think more about.**

- **Chapter 8:** Debrief Journal (20 minutes)
- **Chapter 9:** Support System (10 minutes)



## Reflection

It may be helpful to read through this section, take some time to think about your answers, and come back to fill out the sections.

Taking this time to stop and reflect on your appointment helps you to check in on your needs and move forward. It is important to celebrate successes in any form and feel good that you were able to take any of the necessary steps.

This section should take about **20 minutes** to complete

**What went well?**

**What do you want to do again next time?**

It is equally important to acknowledge the things that were not as successful as you would have liked. Recognizing challenges is the first step to moving forward and making change.

**What did not go well?**

**What do you want to do differently next time?**

Once you know what your challenges are, you can identify goals and next steps to overcome these challenges.

**What is one thing you would like to try next time?**

## Creating my Support Network

Once you have reflected on your visit and identified next steps to overcome any challenges, it can be helpful to check in with people who care about you. The people in your support network can offer advice, support, and/or a listening ear.

This section should take about **10 minutes** to complete

### Who is in my Support Network?

#### Informal Supports

- Family
- Friends
- Neighbours

#### Formal Supports

- Doctor
- Social Worker
- Counsellor
- Community Service Agencies
- Support workers

#### Unique Supports

- Support group
- Faith or spiritual group

Complete this worksheet by thinking about how you can strengthen your present relationships and make new connections.

| What help do I need?  | Who can help me? | How can they help me?  |
|---|------------------|--|
| <b>Example:</b> Talk to someone                                   | My best friend   | Over coffee or the phone   |
| <b>Example:</b><br>Someone to come with me to my next appointment | My sister        | My sister and I can find a time that works in our schedules to book my next appointment. During the appointment, my sister can write down what the doctor says while I talk to the doctor. |
|   |                  |  |
|   |                  |  |
|   |                  |  |

# Resource List

## Online Resources & Books

- [Adolescent/Adult Sensory Profile TM by Catana Brown and Winnie Dunn](#)
- [Family Matters Toolkit: Tools and Resources to Help Adults with Intellectual and Developmental Disabilities Manage their Health and Health Care](#)
- [Taking Care of Yourself by Ottawa Public Health](#)
- [The Neurodivergent Friendly Workbook of DBT Skills](#)
- [Support and Accommodations Worksheet](#)
- [York ASD Partnership: My Medical Appointment- Reason For Today's Visit](#)
- [York ASD Partnership: Medical Appointments - Additional Resources](#)
- [ACT Made Simple by Russ Harris](#)
- [About My Health by Surrey Place](#)
- [My Health Care Visit by Surrey Place](#)

## References

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- [2] Harris, R. (2019). *ACT Made Simple*. New Harbinger Publications.
- [3] Hartley, M., Dorstyn, D., & Due, C. (2019). Mindfulness for children and adults with autism spectrum disorder and their caregivers: A meta-analysis. *Journal of Autism and Developmental Disorders*, 49, 4306-4319.
- [4] Ridderinkhof, A., Bruin, E. I., Blom, R., & Bogels, S. M. (2018). Mindfulness based program for children with autism spectrum disorder and their parents: Direct and long-term interventions. *Mindfulness*, 9(3), 773-791.
- [5] Wise, S. J. (2022). *The neurodivergent friendly workbook of DBT skills*. Lived Experience Educator.
- [6] Wise, S. J. (2019). *Support and Accommodations Wheel*. Lived Experience Educator.