

# Supporting Someone through a Medical Appointment

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## Getting Prepared

- Know when and where the appointment is.
- Be sure the person you are supporting can access the office (physically, planning transportation, accessible exam tables, or sensory concerns in the space).
- Ask the person you are supporting whether they want you to be an active part of the conversation during the appointment or a less active supportive person in the room.
- Talk to them about the appointment, talk about details like what procedures will be done during the appointment or specific questions they want to ask.
- You can offer to role-play their parts of the visit to maximize their participation.

### On the day of the appointment be sure to bring:

List of current medications and dosage

Insurance information - like a health insurance card

State ID

## During the Appointment

- As you are supporting someone to be as independent as possible, you can fill in information they forget to include but let them be the focus person for the medical professional's questions. **Follow their lead!**
- If the medical professional uses language that you or the person you are supporting may not understand, you can ask for clarification.
- If there are any medication changes or follow-ups needed: ask the medical professional to write an appointment summary to take home.

## After the Appointment

- If there are any changes in medication, or follow up needs: communicate with other people (family or other caregivers) to ensure everyone knows what to do.
- Make sure the summary or follow up information is put in an easy to find place and a copy goes to each person who may need the information.
- Talk with the person you are supporting about their appointment. Ask them how they felt about the appointment, and if they have any questions now that they have had time to think about it.