

Tips for a Successful Healthcare Visit for CYSHCN and their Families

1. When you schedule your child's appointment, remind the receptionist that your child has a disability and mention any special needs for the appointment.

2. Know your child's needs and strategies that work:

A longer appointment if needed.

A special time of day.

Limited time in the waiting room (e.g., a child with autism and parent who wait in the family car for a call from the receptionist when the doctor is ready and in the exam room).

Special lighting or a quiet environment

A time when few children and parents are present in the office

3. Prepare for the visit:

Prepare your child by a pre-visit to the office, or prepare a picture schedule or social story of the visit (see www.handsinautism.org for examples of visual supports and social stories)

Bring toys and visual supports from home as needed

List 1 or 2 questions you would like answered

Think of 1 or 2 goals you and your child would like to address over the next 6 months or so (consider self-care skills and independence)

Make sure you bring your child's care plan and care notebook to the appointment, bring copies of school reports and discuss any school issues.

Ask the office care coordinator to update your child's care plan at the end of the visit.