

Top 10 Tips

For people with Learning Disabilities, Autistic Spectrum Conditions and Carers when going to health appointments



1. Ask for the first, or last appointment of the day
2. Try and arrive on time to avoid the stress of waiting around
3. Ask the health professional to explain what they will be doing
4. If it would help, ask to be shown a picture, or use of a doll before you are physically examined
5. Ask people to use simple language and to ask direct questions
6. If you prefer, take someone who knows you really well with you to your appointment
7. If you have a high, or low pain threshold, then let the staff know before your appointment
8. If you don't like bright lights, or noise, then let the staff know before your appointment
9. If you have one, take your Health Action Plan, or Communication Plan with you
10. If you sometimes get upset, or distressed at appointments, let the staff know before you go what support you may need

Thank you to the Aspergers Family Group who kindly provided information that helped us put our Top Tips together



North of England
Commissioning Support Unit



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