

What I should bring to my appointment:

- Identification
- Insurance Card
- Questions for my doctor
- Medication List

Common examples to make your appointment go more smoothly:

Sound	Speaking to me quietly.
	Giving me a quiet place to wait. Allow me to listen to music on my headphones.
	Talking to me slowly and asking me follow up questions to make sure I understand. I will need extra time to respond.
Sight	Taking off your white coats before meeting with me.
	Keeping the lights low.
Time	Giving me examples of how long the wait will be.
	Minimizing my appointments to less than 5 minutes with the doctor in the room.
	Allowing me to nap in my wheelchair until the team is ready to see me.
Space	Keeping the room door open. I do not like small spaces.
Touch	Not offering me a Band-Aid, I do not like them.
	Asking my permission before touching me.
	Being extra gentle with my hand/leg/other body part. It is extra sensitive.
Reinforcement	Drawing pictures when you are explaining things helps me understand.
	Let my mom/staff/etc. join me at the appointment but direct questions to me.