

## Going to the doctor



### Some things you can do to get good care from your doctor

#### 1. Tell your doctor what you need and how they can help you



There are lots of things you may need like:

- easy information about your health
- more time for your appointment
- somewhere quiet to wait
- seeing the same doctor every time



Tell your doctor what you need.

They should try to help you.



Make sure your doctor puts this information on their computer.

Then they will know what you need next time.



If you need to go to hospital make sure the doctor tells the hospital what you need.



## **2. Tell your doctor if you do not understand what they say**

Ask them to say it again or use easier words.

## **3. You can take some information with you to the doctor**



You can take a hospital passport with you.

This is a small book.

It tells doctors and nurses what you need.

You can make it yourself.



Or there is one on this website:  
[www.autism.org.uk/living-with-autism/out-and-about/my-hospital-passport.aspx](http://www.autism.org.uk/living-with-autism/out-and-about/my-hospital-passport.aspx)



#### **4. If you are worried about seeing a new doctor**

You can ask to visit the doctor's surgery first to see what it is like.



#### **5. Ask your doctor to put something on their computer to say you have autism**

This will help people know you have autism so they can give you the right support.



#### **6. If you look after someone else who needs support**

Tell your doctor this as well.

They can put something on their computer to say you are a carer.

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