DOWN'S SYNDROME ASSOCIATION

# Top Tips from parents

## Attending a health appointment

### PREPARATION:

Think about when it is the best time to tell the person about the appointment.
Use visuals (video, photos) ahead of the appointment or event to help the person understand what might happen.
Use a checklist approach from leaving the house to help the person know what is happening and when.
Look on easyhealth.org.uk for resources.
Perhaps watch BBC "Operation Ouch" programme if having a procedure.

### CONTACT THE VENUE IN ADVANCE

Contact secretaries to explain the needs of child.
Find out if there is a learning disability nurse who can support during the appointment.
Ask if they have any accessible resources that might be helpful.

### WHAT TO TAKE:

Have things with you should you need to sit around or wait such as music, books, food and drink.
Take any questions you have and relevant information such as medication.

### ON ARRIVAL:

Ask for a quiet room or a corner to wait in.
Take photos of the setting to help prepare for next time.

### IN THE APPOINTMENT:

Don't be afraid to ask questions.
Involve your child as much as possible.
Write down anything important or ask the health professional to.
Check you have sufficient information before leaving.

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