

Preparing For Your Appointment

- **Create lists of:**

- Medications you are taking
- Other doctors treating you
- Referrals that you need
- Notes for the appointment
- Immediate needs related to the appointment
- All questions that you want your doctor to answer (all questions are okay, if you don't understand something)

- **Collect and prepare documents that need to be completed by your doctor**

- Ask medical personnel to make copies of completed documents incase you need them later.

- **Call ahead of time to ask:**

- If you need to bring anything to the appointment
- Tell your doctor's office if you are taking medical transportation
- If you need to: arrive early, not wear certain products, not wear metal, wear comfortable clothes, etc.

About your accessibility needs (e.g. large print materials, accessible exam table, assistance with transfer to exam table)

- If the office requires you to wear a mask or other personal protective equipment or if you would like your doctor to wear a mask

If you can bring a chaperone, advocate, other support as part of the appointment

Proudly created by people with disabilities



Image Description: Photo of a white woman in a standing wheelchair wearing a blue shirt smiling at the camera while playing at the bedside of a young child smiling at the camera while sitting in a hospital bed playing with toys. Photo credit: Rady Children's Hospital

CONTACT US

Adaptive Parent Project

Website: AdaptiveParentProject.org

Email: info@AdaptiveParentProject.org

Instagram: [@AdaptiveParentProject](https://www.instagram.com/AdaptiveParentProject)

San Diego County Breastfeeding Coalition

Website: breastfeeding.org

Phone: 1-800-371-MILK (6455)

Email: info@breastfeeding.org

Rady's Children's Hospital San Diego

Website: rchsd.org

Phone: 858-966-4096

E-mail: refsvc@rchsd.org

Gia's Club

Website: giasclub.org

Phone: (323)868-2268

Email: info@giasclub.org

What To Expect When Going To The Doctor

TIPS FOR PEOPLE WITH DISABILITIES



Empowering Parents with Disabilities



San Diego County Breastfeeding Coalition



Rady Children's Hospital San Diego



Image Description: Woman sitting in her wheelchair at her desk writing in a journal. She is smiling with her hair up in a messy bun. Photo Credit: [megandejarnett](#)

Tips For A Successful Appointment

- Ask your doctor:
 - If they understand your concerns
 - If what you are saying makes sense to them
- Have a note put in your chart about:
 - How you learn best
 - How to best check for your understanding (physical cues, verbal cues)
- Ask someone to take notes for you (caretaker, family members, friend)
- Check if your provider/hospital has an online portal and register
- If you can check in electronically for your appointment

During the Appointment

- Make sure to talk about your needs with your doctor remember, you are the expert on your needs and body.
- If your needs cannot be taken care of, ask for a referral to another provider. Make sure that you are comfortable with your doctor.
- Talk to your doctor about your immediate needs related to the appointment. Make sure your doctor knows when you understand and when you do not understand the information they are giving you. Ask any questions you may have.
- Ask for the pros, cons, and alternatives to any treatment or medication your doctor recommends. If you do not understand something, ask your doctor to explain it in a different way. If you do not agree or feel comfortable with something the provider is recommending, ask for a second opinion. Make sure your prescriptions are sent to the right pharmacy. Remember you are always allowed to have choices. Before your appointment ends, make sure you understand the plan in place and what the next steps are for your care plan to keep yourself healthy (e.g. why you are starting a new medication and how to take it or why you need to have a certain test done).

AFTER THE APPOINTMENT

- How will you get your prescription?
 - Will you pick it up yourself?
 - Will someone pick it up for you?
 - Is mail order or delivery an option?
- Make sure you have enough refills for all your medications.
- Schedule your next appointment before your refills run out.
- Prescription availability:
 - If your prescription is not available due to shortage, call your provider immediately and discuss a backup plan.
- Follow up on all referrals, appointment, and procedures.

Call Your Insurance

- Ask your insurance if you are eligible for additional benefits due to your disability, including case management, helping with appointment scheduling, and transportation.

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