

VISUAL SCHEDULE: GOING TO THE DOCTOR - ENGLISH

<p>1.</p>	<p>Covid screen Take temperature and sanitize hands</p>	<p>7.</p>	<p>Greet the doctor; tell him/her what is wrong/show him/her where it is sore. The doctor will examine you.</p>
<p>2.</p>	<p>Go to receptionist</p>	<p>8.</p>	<p>Say thank you and wave good-bye</p>
<p>3.</p>	<p>Give her your appointment card / Register</p>	<p>9.</p>	<p>Go to the pharmacy</p>
<p>4.</p>	<p>Wait for your file</p>	<p>10.</p>	<p>Wait in the queue. Remember to stand far away from the person in front of you</p>
<p>5.</p>	<p>Wait on the bench or chair for your name to be called</p>	<p>11.</p>	<p>Get your medication</p>
<p>6.</p>	<p>Go with the doctor when your name is called</p>	<p>12.</p>	<p>Go home</p>

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This is a visual schedule. A visual schedule can help people to understand how a sequential process or procedure works. It is especially helpful for people with intellectual disabilities or autism, to help them understand what to do next or what will happen next. When a person is able to anticipate what will happen next it can decrease their anxiety and increase their independence. To use the visual schedule, before an activity sit with the person and explain the procedure to them step by step, pointing to the pictures as you go. During the procedure before each step show the person the picture and when that step is completed show them that you are moving on to the next step.

*symbols from www.bildstod.se and ^https://www.vecteezy.com.