

Making a Doctor Visit Successful



Minimize wait time. Waiting in the private exam room is easier than the large waiting room.

Allow the family to check in from the car or request to wait in a quiet space.

Smile and introduce yourself to the patient with autism. Talk to the patient as much as possible.

Speak in short, direct sentences.

Allow time for processing and responses.

Advocate for Sensory-Friendly Adjustments such as first letting the patient touch the instruments and sitting in a chair where their feet can touch the ground instead of the exam table.

Use alternative examination methods (e.g., using a stethoscope over clothing instead of directly on skin).

Explain what you are doing as you are doing it.

Let the patient choose the order of procedures when possible.

Encourage participation at their comfort level.

