Strategies for Successful Medical and Dental Office Visits

Things We Can Do To Make Visits Easier

Prepare the individual for doctor/dental visit through role-play, books, and pictures, etc.
Bring distractions for waiting and exam rooms (books, music, video games, snacks, etc.) and offer rewards (prizes, outings, edibles, etc.)
Ask for a "get acquainted" visit
Schedule appointment at a time that is best for the individual, such as the first or last appointment of the day
Keep a medical/dental journal of co-payments, medications, treatments, prior visits, and referrals
Make sure the parking lot, building, and office are accessible
Talk to the doctor/dentist before the visit
Bring a support person to listen to doctor, write things down, and help with other children
Research medical/dental issues in books, journals, and online, and ask lots of questions
Ask for the same doctor/staff each time

Notes

New York State
Developmental Disabilities Planning Council

David A. Paterson
Governor

Sheila M. Carey
Executive Director

George E. Fertal, Sr.
Chairperson

Rose Marie Toscano
Vice - Chairperson

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