

Healthcare Visit Preparation Checklist

A pre-visit tool to improve predictability, communication and access.

Tool type

Checklist

Primary users

Autistic people, families, clinicians, nurses and healthcare teams

Use note: This is a practical institutional resource. It is not a diagnostic instrument, clinical assessment, or legally sufficient consent/approval document. Adapt to local law, policy, ethics requirements and individual needs.

Quick Checklist

Tick each item that is currently in place. Use the final column to record a specific action, owner or date where improvement is needed.

Check	Item	Notes / action
☐	Preferred communication method is known.	
☐	Important sensory triggers and useful adjustments are recorded.	
☐	The person knows why they are attending and what may happen.	
☐	Expected duration, waiting process and likely sequence are explained.	
☐	Essential procedures are distinguished from optional or deferrable steps.	
☐	A supporter is involved only as requested or clinically appropriate.	
☐	Medication, allergies and relevant medical information are available.	
☐	Known signs of pain, distress or overload are documented.	
☐	A stop/pause signal has been agreed where appropriate.	
☐	Waiting alternatives have been considered.	
☐	Discharge or follow-up instructions will be provided in an accessible	

Check	Item	Notes / action
	format.	
☐	Any urgent or new symptoms will be assessed on clinical merits rather than attributed automatically to autism.	

Priority actions

1. Highest-priority change:

2. Responsible person / team:

3. Target date:
