

Speak Your **PATH**

Before Your Appointment

Support sensory sensitivities



Peaceful lighting



Favorite smell



Calm sounds



Gentle touch

Sensory tools such as stress balls, headphones, or chewing toys can be great to regulate senses, bring or ask for them!



Motor



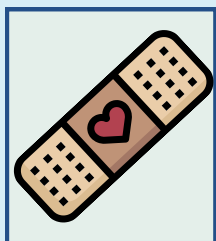
Hearing



Oral

During Your Appointment

FIRST



THEN



YES



NO



DON' T
KNOW

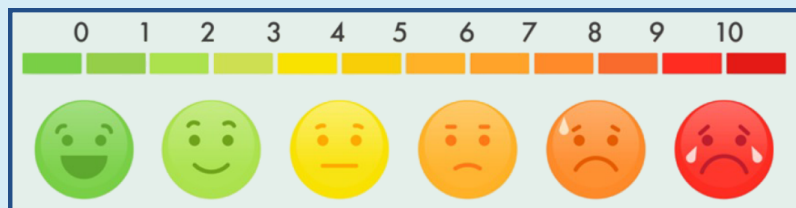


LATER

Waiting rooms can feel overwhelming. Ask if you can wait in your car or somewhere quiet instead!

Ask about visual supports:

- **First...Then**, visuals help show what's going on.
- **Choice boards** can help you effectively communicate.



This **QR Code** takes you to the PATH website, where you can find more resources for your specific visit!

After Your Appointment



*Please see the back for more details!

Speak Your **PATH**

Before Your Appointment: Get prepared

“What can I expect...”

Who: _____

Provider #: _____

Where: _____

When: _____

Why: _____

Visit Length: _____

I am bothered by... Suggest...

- | | |
|-------------------|-------------------------------------|
| • Bright lights | • Turning off bright lights |
| • Loud noises | • Using headphones |
| • Rough materials | • Using a cloth gown |
| • Excessive touch | • Ask before touching |
| • Tight spaces | • Open spaces or clearing furniture |

My Top 3 Concerns:

1. _____
2. _____
3. _____

Prepare questions:

1. _____
2. _____
3. _____

During Your Appointment: Communicate **your** preferences

Communication Styles

- “I understand better when...”
 - Things are shown to me
 - There’s only one voice speaking
 - People use plain language
- “I communicate through...”
 - Gestures, 1-2 words, visuals
- “If I seem quiet, I might need a moment to think.”

Things to Know about Me

- “I am **sensitive** to...”
 - Lights, noise, touch
- “It helps me feel **calm** when I have...”
 - Defined step, breaks, fidget toys
- “Things I **enjoy** are...”
 - Music, drawings, movies, animals
- “Please **avoid**...”
 - Specific words or topics

Speak to me **first**, not my support person!

After Your Appointment: Stay informed

Review the Plan & Feedback

- Do your notes and instructions make sense?
- Was there something that could’ve made your visit better?

Scheduling

- Communicate your scheduling needs:
 - By phone, MyChart, in person
 - Prefer extra allotted times
 - Other accommodations & needs