

My Health Care Visit

Understanding Today's Visit and Follow-up

Introduction

FOR PERSONS WITH AN INTELLECTUAL OR DEVELOPMENTAL DISABILITY

This is a worksheet to help prepare for your medical appointment, and to help understand and remember what happened. Bring this to every health care visit, even if you already know the doctor.

There are three parts of this form:

- ▶ **About My Health Care Visit:** Print out this form and write out why you are seeing the doctor. You should fill this out before you go.
- ▶ **During My Health Care Visit:** This section is for you, the doctor and anyone else who is helping you during the visit, to help remember what was done, and what you need to do after you leave.
- ▶ **After My Health Care Visit:** This section can be finished when you are back home. It is a chance for you and people who support you to discuss the visit, and review what you liked, and what might make it better next time.

FOR PROVIDERS AND FAMILY MEMBERS/SUPPORT PERSONS

My Health Care Visit is a tool for people with intellectual and developmental disabilities to complete with health care providers to help understand and remember today's health care visit. The first section is to summarize why the person is coming in today; the second section is intended to give a summary of what was discussed, to help the person understand the information, and what follow-up steps are needed, if any. The third section is optional and is intended as a 'debrief' back home, after the appointment to reflect on what went well, and for any ideas to improve future appointments. This could ideally serve as documentation of a health care visit for the person's record, if needed.

Supporting materials

Going to the Doctor?

Health Care Access Research and Developmental Disabilities (H-CARDD), Centre for Addition and Mental Health, Toronto [video] www.youtube.com/watch?v=6HZ6DOnXtB0&t=59s

2. Medicines

Were there changes to my medicines?	Yes	No
New medicine (if any)		
Medicine Name	Why do I need to take this medicine?	

3. Things to remember to do before I leave

Don't forget to:		
Make sure this page is done.		
Schedule any upcoming appointments with the front desk	Appointment date:	_____
If there is a referral, make sure I know whether I need to call to follow up	Referral:	_____
Doctor's Name: _____	Signature: _____	Date: _____

After My Health Care Visit

► FILL OUT after the visit with the person supporting me

1. Comments about the visit

Things like: How did the visit go? What do I need to do now? What could we do differently next time?

Copyright

This document complements "Primary care of adults with intellectual and developmental disabilities: 2018 Canadian consensus guidelines", published in Canadian Family Physician, Volume 64(4): April 2018, p254-279.

Originally published as: My Health Care Visit: Understanding Today's Visit and Follow-up. Malhas, M., Hermans, H., Orr, E., Salonia, C., Zaretsky, L., & Lunsky, Y., Developmental Disabilities Primary Care Program of Surrey Place, Toronto, 2019.

Modified with permission of the copyright owner, Surrey Place, Toronto, Canada. This tool was reviewed and adapted for U.S. use by Vanderbilt Kennedy Center, Toolkit Advisory Committee, including primary care providers, self-advocates, and family caregivers.

All rights reserved. The content of this tool may not be reproduced or stored in a retrieval system, or transmitted in any form or by any means without the prior written permission of the copyright owner. All content © Surrey Place, 2023. Contact the IDD Toolkit at iddtoolkit@vumc.org for permission to adapt information and tools to your local practice setting.