

Tips for hospital visits and treatment due to Covid-19



- Hospitals may look different at the moment and it can be useful to prepare for this in advance, just in case you need to visit one.
- Autistic people often learn things off by heart e.g. what places look and sound like, and how they should act when they visit them. It can feel very distressing when familiar places suddenly become unfamiliar.
- Social stories, discussions and looking at photographs can help prepare people for these changes.
- Learning some facts about how hospitals are at the moment can be useful:
 - Some hospitals have large tents for treating people in.
 - Staff may be wearing protective clothing.
 - Staff may wear face masks and it may be harder to tell who's who.
 - Staff may speak to you differently because they are busy, scared and learning about coronavirus just like everyone else is.
 - It could be noisier, brighter and smell different to normal.
 - There may be lots of instructions that you must follow to keep everyone as safe as possible.
 - People may not be able to answer some of your questions.
- If you have to visit a hospital then remember to take things that will help with your sensory processing and communication:
 - Support plans/hospital passport etc.
 - Headphones, sunglasses, fidget toys, favourite items that provide comfort and sensory regulation.
 - Phone and charger.