

# SUPPORTER TIPS

*When preparing to accompany someone you support to a clinician's visit, keep these in mind:*



**1. Know the purpose of the visit**  
Is it routine, follow-up, pre-employment, specialist visit or something else?

**2. Know about the healthcare provider**  
Are they a generalist, a specialist, a physician, or a nurse practitioner? Do they have experience with people with intellectual or developmental disability?

**3. Prepare yourself**  
Plan to stay for the whole visit. Understand HIPAA guidelines. Gather necessary information like medical records, medication lists, seizure and glucose logs and other notes.

**4. Know about pre-visit instructions**  
Should the person be fasting before the appointment? Should they take their medications before going? Remember to bring any necessary communication devices and items of comfort.

**5. Inform the office staff about any accommodations**  
Will they need a longer appointment time? Can they wait in the exam room rather than the waiting room?

**6. At the appointment**  
Identify yourself as a supporter. Provide medical information that is needed. Ask any questions you may have.

**7. Know the next steps**  
What are the follow-up instructions? Any medication changes? Diet changes? What are the treatment plans?

**8. Communicate the information to the person and the team**  
Ensure that the person and the team are aware of any changes, new recommendations and the next appointment time.