SOCIAL STORIES

Social Story: A Doctor or Hospital Appointment

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A simple social story about a doctor or hospital appointment, including waiting and asking what will happen next.

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry. This is not medical advice.

Who this is for

Children and young people preparing for a health appointment, and the adults supporting them.

What is inside

- How to use the story
- Story pages
- A notes page

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

How to use this story

This is a simple social story you can adapt. Change names, details and wording so they are true for this person. Read it when things are reasonably calm, not only in a crisis. It is a support, not a script the person must perform, and it is not a licensed or official programme. Stop if it adds worry.

Ask the clinic what will actually happen, and whether a quieter wait or a longer slot is possible. Do not promise a pain-free test if that may not be true. Put only agreed supports in the story.

A DOCTOR OR HOSPITAL APPOINTMENT

I have an appointment

I am going to a doctor or hospital appointment. This is a visit to talk about my health, or to have a check, a test, or a treatment that has been explained to me.

I can take someone I trust. I can take a comfort item if that helps. It is okay to feel nervous.

Where I am going, and who will come with me

A DOCTOR OR HOSPITAL APPOINTMENT

Arriving and waiting

We will tell someone I have arrived, or follow the instructions we have been given. I may have to wait. Waiting can be the hardest part.

I can use a book, a quiet activity, headphones, or a walk if that is allowed. My adult can ask how long the wait might be.

What I can do while I wait

A DOCTOR OR HOSPITAL APPOINTMENT

Talking to the professional

A doctor, nurse, or other professional will talk with me and with the person who came with me. They may ask questions. I can answer, or my adult can help me answer.

I can say if I do not understand. I can ask them to tell me what will happen before they do it.

Things I want them to know about me

A DOCTOR OR HOSPITAL APPOINTMENT

If there is a check or a test

Sometimes there is a check, such as looking in my ears, taking my blood pressure, or another test. They should explain it first.

I can ask for a break. I can ask to see the equipment. I can hold someone's hand. If I am not ready, my adult can talk with them about what happens next.

Supports I want for a check or a test

A DOCTOR OR HOSPITAL APPOINTMENT

When it is finished

When the appointment is finished, we can leave and go to the next place we have planned. We can talk later about what was said, if I want to.

I got through the appointment one step at a time.

What we might do afterwards

Our appointment plan

Clinic name, what we know will happen, and supports we have asked for

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk family and school resources
- Adapt every story so the facts are true for this person
- This is not a licensed Social Story™ product

> **A reminder about this free pack**
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