



# Supporting Black Autistic Girls

in the Transition to Adult Health Care



## Preparing for a Health Care Visit

*For self-advocates and families*

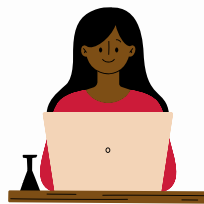
Preparing for a health appointment can be challenging for autistic individuals.

Black autistic girls and young women often enter the health care space expecting to be misunderstood. The data Black women's health care experiences tells us we often aren't listened to, and our neurodivergence can be misunderstood. Feeling prepared for health care visits can help.

### Before the Health Care Visit



**Write questions ahead of time** to ask during your health care visit. Prepare a script and practice it if that is helpful to you.



Ask important questions before the appointment, through your **patient portal**, by email or by calling your health care provider.



Make a **list of symptoms** you are having and do some research in advance on what those symptoms might mean so you can discuss them with your health care provider.



**Plan what you want to wear** to feel comfortable and feel that you are dressed appropriately for the health care visit.

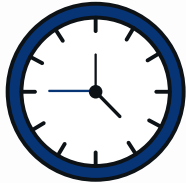


**Prepare to have a clear discussion about your needs.** If your health care provider does not understand your perspective or experience, plan for how you will make your ideas clear.

Participating and **feeling engaged during a health appointment** can be challenging for autistic individuals.

Black autistic girls and young women shared their best advice on how to get the most out of a medical visit.

## During the Health Care Visit



**Prepare for delays and uncertainty.** Bring something to do. If there is a delay, ask what time you can expect to see your health care provider.



**Start by sharing any concerns you have** with your health care provider and any ideas you have about planning your care.



Take paper and a pen or pencil to **write notes** during your visit or use your phone to take notes.



**Listen** carefully and **ask** questions.



**Take a care partner** with you as a second set of ears who can help you listen, advocate for yourself, and understand what the health care provider is saying.

**Following up after a health care visit** is an important step in managing your care.

Black autistic girls and young women shared their best advice on how to stay informed after a health care visit.

## After the Health Care Visit



**Review appointment notes** to make sure they reflect your conversation with the provider. You have the right to request that your medical record be corrected if you find an error.



Share any **questions or thoughts** you had after the visit through your patient portal, by email or by calling your health care provider.

## Resources to Help You Prepare for Health Care Visits

- [For Autistic Adults: Preparing for a Visit](#) | Academic Autistic Spectrum Partnership in Research and Education
- [The Right to Make Choices](#) | Autistic Self Advocacy Network (ASAN)
- [Making Appointments](#) (3-minute video) | Waisman Center
- [Healthy Living](#) | LifeCourse Nexus
- [Healthcare 101: Medical Terminology for Beginners](#) | AIHT Education



**Share this document**