



Supporting Black Autistic Girls

in the Transition to Adult Health Care



Preparing for a Health Care Visit

For health care providers

Preparing for a health appointment can be challenging for autistic individuals. For those with intersectional identities, the preparation can be complex.

Black autistic girls and young women often enter the health care space expecting to be misunderstood. The data on the impact of bias on Black women's health care experiences, combined with misconceptions about neurodivergence and how it presents in Black women, can lead to miscommunication. Providers can build trust and set the stage for a successful health care visit.

Before the Health Care Visit

- Communicate with the patient and **encourage them to write questions ahead of time** to ask during the health care visit.
- **Send any paperwork** that will need to be completed by mail or through your patient portal in advance, since the task of completing forms might feel overwhelming to the patient on the day of the visit.
- **Prompt the patient** to share about symptoms they are having and be open to discussion about what they may have researched in advance about their symptoms.
- **Prepare** for how to approach a conversation in which the patient does not feel understood.

During the Health Care Visit

- Prepare office staff to **communicate about delays**.
- **Provide time** for the patient to take notes during the appointment.
- If a patient brings a care partner, **acknowledge the care partner** and ask the patient how you should engage with the care partner during the visit.

After the Health Care Visit

- Share information and educational materials with the patient through the **patient portal**.
- Encourage **two-way communication** between visits.

Resources to Help Providers Prepare for Health Care Visits with Autistic Individuals

- [AASPIRE Healthcare Toolkit: Patient-Centered Care Tools for Autistic Adults](#)
- [Supported Decision Making video, UCSF School of Medicine \(5:35\)](#)
- [Healthy Living | LifeCourse Nexus](#)
- Share the tools for self-advocates and families with your patients.