

My Healthcare Accommodations Checklist

This checklist helps you start a conversation with your healthcare provider about accommodations that support you during your yearly check-up and any preventive health screening. Screenings are medical tests to check for health conditions (problems) before you feel sick or notice any symptoms. Accommodations are changes or supports that help people get healthcare in a way that works for them. Some accommodations may not be available, but it is important to ask so your healthcare provider can understand your needs.

Instructions



1. Complete this checklist at home

Read through the list and add a check mark next to any accommodations that would support you at your next appointment.



2. Schedule your appointment

When you schedule your appointment, let them know that you may need some assistance. Send or read through your checklist and request that it is added to your medical record. Ask which accommodations the office can provide. Ask to speak to the clinic manager to discuss further, if needed.



3. Bring this checklist to your appointment

Discuss your completed checklist with your healthcare provider.



4. Keep it for next time

Save your checklist to use for future appointments. Update the checklist if your accommodations needs have changed.

Communication Accommodations

Place a check mark next to any accommodations that would support you.



Vision-Related

Large print materials

Materials in Braille

Audio recordings of materials

A qualified reader

Magnifiers, including full page magnifiers

Announce medical staff's name and title and provide verbal descriptions of what is happening throughout the appointment

Offer reader and scribe services



Hearing-Related

A sign language interpreter stays in the room with me

Video sign language interpreter (VRI)

Communication Access Realtime Translation (CART)

Voice amplifiers

Portable hearing loops or plugs

Healthcare professional wears clear face mask



Learning Supports and Communication Aids

Written materials in plain language

Visual aids

Extra time for communication and processing

Communication boards (word boards, picture boards, letter boards)

White board and dry erase marker

Text-to-speech apps

Speech-to-text apps

Allow me enough time to communicate using my Augmentative and Alternative Communication (AAC) device

Someone to take notes for me in plain English

Communication Before/After Appointments

I prefer to communicate through the online portal

I prefer to communicate over the phone

I prefer to communicate over text message

I prefer to communicate through email

Other Communication Accommodations

Scheduling My Appointment

Place a check mark next to the accommodations that would support you for scheduling your appointment.

Schedule my appointment when accessible equipment or extra staff are available

Schedule my appointment at times of day that will limit waiting or delays

Schedule my appointment for:

the morning

lunchtime

the afternoon

the end of day

a specific time: _____

Allow me to have a longer appointment time

Have staff provide a tour of the office beforehand

Allow me to choose my healthcare professional

Consistency in care teams (same MAs, nurses, CNAs, etc.)

Provide intake paperwork at least 2 days in advance

Notify me if I will be unable to drive after the appointment

Explain possible drowsiness or fatigue from procedure

Allow me to wait in my vehicle until the healthcare professional is ready for me

Other:

Getting Around the Office

Place a check mark next to the accommodations that would support you in getting around the office.

Accessible parking close to the entrance

Wheelchair accessible office

Wheelchair accessible exam room

Staff available to assist me in navigating the facility and to push wheelchair, as needed

Staff assistance getting to and from the restroom

Provide me with a quiet area to wait

Read written information aloud to me in a private area

Other:

Getting Ready for the Exam

Place a check mark next to the accommodations that would support you in getting ready for a check-up or a screening.

Have staff available to assist me with written or electronic forms

Ask if a wheelchair-accessible scale is available

Let me choose a different place for my ID bracelet if the usual placement is uncomfortable

Allow me to remain in personal clothing (where appropriate)

Staff assistance with changing my clothes

Extra time for changing my clothes

If urine sample is needed, provide a urine hat (container that sits in toilet to collect urine)

Other:

Getting Into Position for the Exam

Place a check mark next to the accommodations that would support you in getting into position for the screening.

Staff assistance with transfer

Lift/transfer equipment

Height adjustable exam table

Staff assistance with positioning

Clear directions about which clothing items can stay on

Staff assistance with undressing, as needed

Private space for assistance with clothing

More time for getting ready

Bodily support with: pillows rolled up towels wedges

Offer alternative positioning

Other:

During the Exam

Place a check mark next to the accommodations that would support you during a check-up or screening.

Allow me to have a support person present, and if there are times when it is not possible, explain why, and tell me where my support person will be waiting for me

Have a minimal number of healthcare professionals and staff in room

Explain what is happening in plain language, and provide picture cues if helpful

Ask permission before touching me

Healthcare professional wears face mask

Tell me how long I need to keep still or hold a position

Explain machine sounds

Low stimulation environment (low noise, low light, low odor)

Allow me to wear sunglasses

Allow me to use my own noise-canceling headphones

Allow me to use sensory fidgets

Allow me to bring familiar comfort items

Offer me a blanket

Allow time for breaks and communicate about how long breaks would be and any times when breaks are not possible

Check in with me to ask about my comfort

Explain positioning needed for the screening and ask about my mobility in those positions

Additional staff to assist me in changing and holding positions

Low volume, calming music

Allow my service animal to stay with me, on the floor, when possible

Allow me to record visit on my personal device

Avoid unrelated conversations

Go through the screening slowly while carefully explaining

Go through the screening quickly and only tell me what I need to do

Provide quiet environment during appointment

Other:

After the Exam

Place a check mark next to the accommodations that would support you after a check-up or screening.

Assistance with dressing

Explain the timeline for when I will receive my results

Provide me with written instructions on what to expect next

Provide me with contact information for how to follow up on my results or if I have questions

Call me to share my results, whether they are negative or positive

Other:

My Additional Accommodations

Use the space below to write in any other accommodations that would support you before, during, or after the appointment.

Screening for All



**Making preventive health screenings
accessible for everyone.**

More resources available at
mcd.org/screening-for-all



Screening For All is an initiative funded by the Centers for Disease Control and Prevention (CDC)'s National Center on Birth Defects and Developmental Disabilities (NCBDDD) to address the significant barriers people with disabilities face in accessing preventive health screenings.

Developed by MCD Global Health, this project provides patients and healthcare providers with evidence-based tools and resources to make preventive health screenings accessible to all patients. Questions or comments can be sent to ScreeningForAll@mcd.org.

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