



Health Care Accommodations My Checklist

This checklist helps you start a conversation with your doctor about accommodations that support you during your yearly check-up and any preventive screening. Not all accommodations may be available, but it is important to ask, so your doctor 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. Read through your checklist and ask which accommodations the office can provide.



3. Bring this checklist to your appointment

Discuss your completed checklist with your doctor.



4. Keep it for next time

Save your checklist to use for future appointments.

Communication Accommodations

	Large print materials
	Materials in Braille
	Audio recordings of materials or read out loud
	Magnifiers, including full page magnifiers
	The sign language interpreter stays in the room with me
	Video sign language interpreter (VRI)
	Communication Access Realtime Translation (CART)
	Voice amplifiers
	Portable hearing loops
	Health care professional wears clear face masks
	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
	Other:
	Other:
	Other:

Communication Before/After Appointments

	I prefer to communicate through the online portal
	I prefer to communicate over the phone
	Other:
	Other:

Scheduling My 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
	<p>Schedule my appointment for:</p> <p>___ the morning ___ lunchtime ___ the afternoon</p> <p>___ the end of day ___ a specific time: _____</p>
	Allow me to have a longer appointment time
	Have staff provide a tour of the office beforehand
	Allow me to choose my health care professional
	Other:
	Other:

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
	Staff assistance using the restroom
	Provide me with a quiet area to wait
	Read written information aloud to me in a private area
	Other:
	Other:

Getting Ready for the Screening

	Have staff available to assist me with written or electronic forms
	Alternative placement for ID band (around my ankle over sock) when medically appropriate
	Allow me to remain in personal clothing (where appropriate)
	Staff assistance with changing my clothes
	Extra time for changing my clothes
	Digital scale with lift (for weight measurement, if needed)
	If urine sample is needed, provide a urine hat
	Other:
	Other:

Getting Into Position for the Screening

	Staff assistance with transfer
	Lift/transfer equipment
	Staff assistance with positioning me
	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
	Support with: ___ pillows ___ rolled up towels ___ wedges
	Offer alternative positioning
	Other:

During the 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 health care professionals and staff in room
	Continue to explain in plain language what is happening, and can also provide picture cues
	Ask before touching me
	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 use my own noise-cancelling headphones

	Use of sensory fidgets
	Allow me to bring familiar comfort items
	Allow time for breaks
	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
	Other:
	Other:

After the 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
	Call me to share my results, whether they are negative or positive
	Other:
	Other:

My Additional Accommodations

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 health care practitioners with evidence-based tools and resources to make preventive health screenings accessible to all patients. Questions or comments can be sent to info@mcd.org.

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