

Going to Emergency



A social story by Blue Sky Community Services

This social story is about going to Emergency at the hospital.

This experience can feel a little different when it is new to you.

We hope this story helps you prepare for going to Emergency.

Sometimes I might need to go to Emergency at the hospital if I am really sick or have an accident.



If I need to go to Emergency urgently, I might go in an ambulance, or someone might drive me to the hospital. The ambulance is a special van that takes people to hospital quickly. I might hear loud sounds like a siren or beeping. The siren helps keep me safe. There may be bright lights, and the ambulance might feel bumpy when it moves. Paramedics will be there to help me and keep me safe. If I feel worried, I can tell them how I feel.

This can be scary and upsetting. It's okay if I feel like this. It might help to remember there are lots of people to help me.



I might need to wait in Emergency for a while. There might be other people waiting too. I might see doctors, nurses and other people who work at the hospital wandering around.



There might be strong smells in the hospital. There might be bright lights and loud noises, too. It's okay if I feel nervous. Some sensory tools might help.

After I get to Emergency, a nurse might see me in a little room. The nurse will want to know how I'm feeling and why I need to see a doctor. It's important that I tell them what's happening with me.



It's okay for the person supporting me to come into the room and sit close to me.

After I see the nurse, I might need to wait again until I see a doctor. It might be a long wait.



There might be a TV to watch or a book or magazine to read while I wait. If I start to feel worse or hurt more I should tell someone.

A doctor will call my name when it's my turn to see them. I'll go with them into another little room.



The person supporting me can come into the doctor's room with me and sit nearby.

There might be a bed in the room too. Later, I might need to sit or lie on the bed if the doctor needs to examine me.



There might be lots of things in the room the doctor uses to look after people.

The doctor will talk with me about why I've come to see them. They might ask questions, so they can understand what's happening with me.



I should tell the doctor how I'm feeling and what is wrong.

The doctor might need to examine me, which means they will check my body to see how healthy I am.



I might stay in the chair I've been sitting in, or I might sit or lie on the bed when they examine me.

The doctor might check my temperature by putting a device in my ear or holding a device near my forehead. This doesn't hurt.



The doctor might check my blood pressure by putting a piece of material called a cuff around my arm. This doesn't hurt, but the cuff can feel quite tight.

The doctor might listen to my heart and breathing by putting a little circular-shaped device on my chest and back.



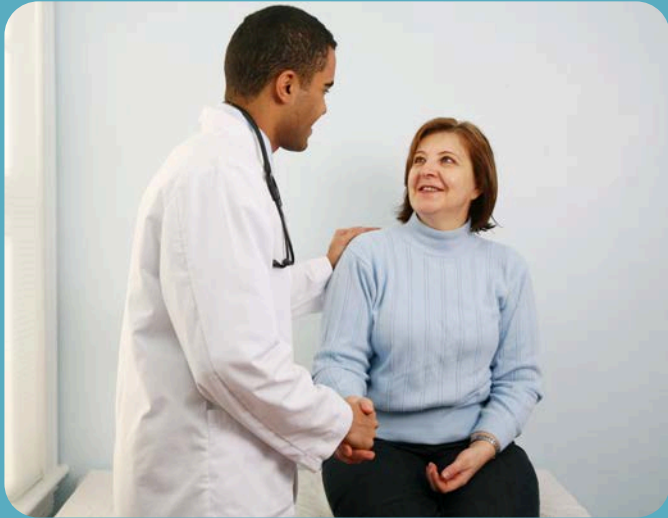
This doesn't hurt, but it might feel a little cold.

The doctor might use their hands to press on parts of my body. I should tell the doctor if it feels uncomfortable or hurts.



The doctor might need to do other tests too.

If the doctor is going to do something that might feel uncomfortable, they will tell me.



If I need to take a break, that's okay, I can ask the doctor to stop for a minute.

Sometimes I might need to go to other parts of the hospital for tests.



The nurse or doctor will tell me what's happening, and it's okay for me to ask questions if I need to.

After the doctor is finished talking with me and doing tests, they will tell me what they think is making me feel unwell or sore.



They will also tell me what they think will help me feel better.

The doctor will also tell me if I need to stay in the hospital for a while or if I can go home.





If I start to feel overwhelmed at any time while at the hospital, that's okay. I can let someone know and they will help me.

We hope this social story helped you prepare for going to Emergency at the hospital.

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