

# Being in hospital



A social story by Blue Sky Community Services

This social story is about being in hospital.

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

We hope this story helps you prepare for being in hospital.

Sometimes I might need to be a patient in hospital if I am unwell or have an accident.



I might need to stay in hospital for just a short time, or I might need to be in there for longer.

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.



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.

I might wear a special hospital gown, or I might wear my own pyjamas from home.



I will wear a band with my name on it around my wrist.

When I'm in the hospital I might spend lots of time lying or sitting in a bed.



There might be other patients sharing a room with me.

There will be things I can do to relax while in hospital. I might watch TV, read a book, colour in or play a game.



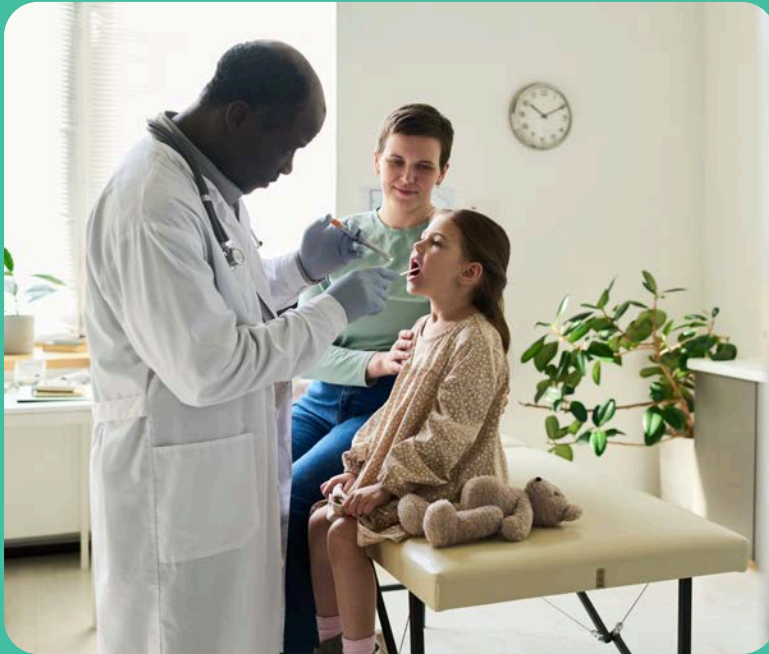
It's okay for the person supporting me to be in the hospital with me. They might sit near my bed.

There will be many nurses in the hospital. The nurses will help and take good care of me. Doctors will be there too to make sure I stay healthy and safe.



The nurses and doctors will ask me questions about how I'm feeling. They might ask me this a lot of times to see if I'm getting better.

The doctor might need to examine me. This means they will gently check my body to make sure I am healthy.



The doctor might check my temperature using a small device in my ear or near my forehead. This does not hurt and is very quick.

The doctor might check my blood pressure using a soft band called a cuff that wraps around my arm. It doesn't hurt, but it might feel a bit tight or like a gentle squeeze for a short time.



The doctor might listen to my heart and breathing by placing a small, 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. They might need to take special pictures of inside my body.

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



I might need to take special medicine to help me get better.

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.

It's okay to ask questions to help me understand. I can ask as many questions as I need to.



It might help me to remember that everyone is there to look after me.

The doctor 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 tell me when I can go home.



They will tell me what I need to do at home to feel better, and when I need to see the doctor again.



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

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