

# A guide to attending your COVID-19 vaccination appointment

For Autistic young adults and their  
supporters



OFFICIAL

## Information about this guide:

This resource will support you to feel more confident attending your vaccination appointment and make the process easier to navigate.

This guide will prompt you on what to say and do before, during and after your appointment.

It can be used for vaccination appointments at any location, such as a walk-in vaccination clinic, a general practitioner (GP) clinic, a pharmacy or a drive-through clinic.

## Before your appointment:

Start by considering if you need to:

- Contact a [Disability Liaison Officer \(DLO\) if you are in Victoria](#) to access external supports e.g., accommodations you might need, strategies for managing needle phobia or alternatives to attending a vaccination site. Consult the Amaze resource [‘COVID-19 accommodations for autistic people’](#) for more information on DLOs.
- Decide which vaccination site you will attend. Consider the following:



- the site's ability to support your access needs (if you have any)
  - whether they can accommodate your communication preferences
  - your familiarity with the staff and the clinic
  - how you will travel there
  - parking options (if applicable)
  - your time preferences
- 
- Contact the vaccination site beforehand and ask them if they can make accommodations based on your needs. Consider consulting the Amaze resource '[COVID-19 accommodations for Autistic people](#)' for guidance.
  
  - Book an appointment with the vaccination clinic. Write down the details of the appointment in your phone. Set reminders in your calendar/phone to help you remember it is coming up.
  
  - Before the appointment, arrange for a support person to attend it with you, if you need them. Think about what aspects of the appointment you will need help with and if there are aspects you don't want them to be present for,



e.g., conversations about your health conditions. Let them know this.

As the time of the appointment gets closer, consider if you need to:

- Complete the '[COVID-19 Vaccination Appointment Day Checklists](#)'.
- Decide if you will need to refer to [a social script during your appointment](#).
- Prepare and print any medical documents relevant to health conditions you might have.
- Prepare any notes you might need to refer to when talking with the health professional, about any questions and concerns you may have.
- Consider preparing a list of personal details to read from or hand over at reception if you are asked to provide them. The list could include:
  - first name



- middle name
  - last name
  - date of birth
  - current address
  - email address
  - gender
  - country of birth
  - preferred language
  - ethnicity
  - first and second COVID-19 vaccination dates and locations (if applicable)
- Print and review the Australian Government's '[Consent form for COVID-19 vaccination](#)'.

This form includes a 'consent checklist'. Go through the checklist and answer **yes** or **no** to each item on the list. If you aren't sure how to answer these, ask your GP or someone who is familiar with your health history to help you complete the checklist.



- Consider taking with you any tools or strategies to help distract you during the vaccination, e.g., headphones, stim item.
- If a support person is going to the appointment with you, read through this guide with them and confirm what aspects of the appointment you will need their support with.
- Print out/upload to your phone all the documents and Amaze resources you will need throughout your vaccination appointment. Put these in a folder/have the webpages up on your phone and bring these with you to the appointment.
- Here is a list of the documents and resources you might need:
  - Medicare card
  - photo identification
  - list of personal details
  - medical documents
  - notes on what you want to talk about with the health professional before the vaccination.
  - [COVID-19 vaccination appointment day checklists](#)
  - [social script](#)
  - [consent checklist](#)



- Review the '[COVID-19 vaccination appointment day checklists](#)' a day or a few hours before going to your appointment, so you can remember the basic steps you will need to take during the appointment.

## During your appointment:

When you get to reception, remember to:

- Have this list, the '[COVID-19 vaccination appointment day checklists](#)' and any [social scripts](#) ready.
- Say hello, state your name and the time of your appointment. E.g., "Hello, my name is Jane Brown. I am here for my appointment at 10.00am."
- Have your Medicare card and photo identification ready in case they ask to see them.
- Have your list of personal details ready if you have prepared one, so you can read your details to them if asked.



Once you are sitting with the health professional, remember to:

- Let the health professional know about your communication preferences, if you have any.
- Discuss any health conditions you might have, as well as concerns or questions about the vaccine. Have your notes and any medical documents ready in case you need to refer to these.
- Have your consent checklist ready to read or hand to the health professional once they start going through the consent information and questions with you.
- Consider letting them know if you are feeling anxious or stressed about the vaccination. Have ready for yourself anything that will help distract you during the procedure.

After you receive the vaccination, you will be asked to wait.

While you are waiting, consider doing the following:

- Ask a staff member at the vaccination clinic to remind you when your wait time is over.





- Use any sensory tools and activities you brought with you to keep yourself occupied during the wait.

## After your appointment:

Consider doing the following:

- Read the after-care information you were given at the vaccination clinic. If you misplaced it, you can download another copy at one of these links:
  - [Novavax vaccine](#)
  - [Pfizer vaccine](#)
  - [AstraZeneca vaccine](#)
  - [Moderna vaccine](#)
- Monitor how you are feeling and if you have any side effects. If you need support doing this, ask someone you live with to check in with you or call Nurse-on-call on 1300 60 60 24 and check with the nurse who answers.
- Amaze will be publishing a resource to help you take care of yourself if you have side effects from COVID-19 vaccination. If you do happen to experience side effects



from the vaccine, look out for this upcoming resource on the Amaze Coronavirus Community hub.

*If you have any questions or would like further guidance on attending your vaccination appointment, call the Amaze Autism Connect helpline on: [1300 308 699](tel:1300308699).*

*[Autism Connect](#) is a free, national autism helpline, providing independent and expert information over phone, email and webchat.*

*It supports Autistic people, their families and carers, health professionals, researchers, teachers, employers and the broader community.*

