



COVID-19 Vaccination Appointment Checklists

For autistic people and their supporters

About the vaccination checklists

These checklists are to help you book, plan, and attend your vaccination appointment.

Before booking the appointment, you may want to think about if you need a support person to assist you, with all, some, or none of the steps.

Booking the appointment

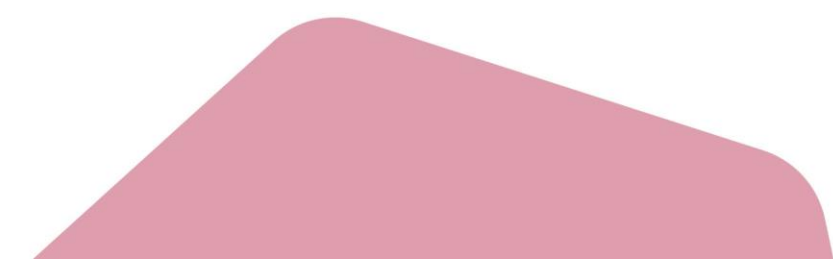
Steps	Who will do it?		
	Me	Support Person	Not needed
Decide where you want to go to get the vaccination. List options.			
Check that your Medicare card has not expired.			
Call to make an appointment -or-			
Book online.			
Compare available times to your diary/calendar.			
<i>--- Add your own steps here ---</i>			

Getting to the appointment

Steps	Who will do it?		
	Me	Support Person	Not needed
Choose the best way to get to your appointment. You may want to allow extra time for delays or weather that may affect your travel.			
Think about the best way to get home after the appointment and whether you may need support. You may choose to use a different mode of transport.			
If you're taking a support person, decide whether they'll travel with you or meet you at the clinic.			
If you're driving, where will you park? Some clinics have carparks, some may have street parking or overflow parking at busy times. Check if you need to pay for parking.			
To make it easier to find the clinic, check Google Street view to see what the clinic looks like from the outside.			



Some of the temporary vaccination clinics may look different on the outside, especially if there are temporary tents set up.			
<i>--- Add your own steps here ---</i>			



Appointment day

Steps	Who will do it?		
	Me	Support Person	Not needed
Bring your Medicare card.			
Bring your photo ID.			
Bring your mobile phone. Make sure it is charged. You will need your phone to check in with the QR code.			
If you have one, bring your Health Care Card.			
Bring sensory tools or activities that will help you in the waiting room and in the appointment.			
Bring notes on what you want to talk to the nurse about.			
Go to reception. If the receptionist is busy, wait for your turn. When the receptionist is free say your name and what time your appointment is. Ask how long the wait will be.			
Wait.			



If you're waiting outside, or in the car how will you know it's your appointment time? Ask the staff member to call or text you.			
<i>--- Add your own steps here ---</i>			



After the appointment

Steps	Who will do it?		
	Me	Support Person	Not needed
Go to the waiting area.			
Wait 15 minutes.			
After 15 minutes, walk up the counter.			
When the staff member calls you, they will ask you how you are feeling.			
The staff member may have given some information about the vaccination to read and then will say you can leave.			
Leave the vaccination centre.			
<i>--- Add your own steps here ---</i>			

Resources

These resources that may be useful when planning for your appointment:

- [Going to the GP about my mental health – A guide for autistic women](#)
- [Amaze – COVID-19 vaccination social scripts](#)
- [COVID-19 vaccination – Preparing for COVID-19 vaccination – A patient factsheet about preparing for COVID-19 vaccination.](#)