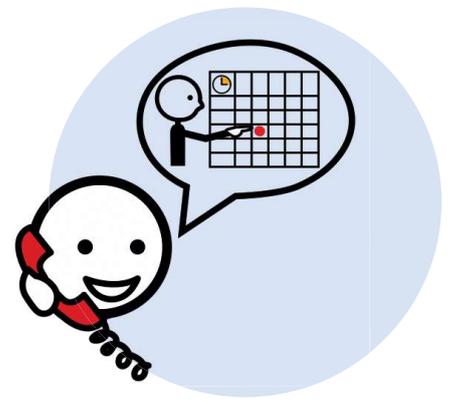


# My Appointment

## A visual guide



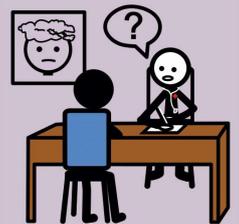
- When you arrive, you or your parent or guardian will sign in at the reception.
- You may be invited to relax in the waiting room, where you're free to listen to music, read a book, or chat with your parent or guardian while you wait.



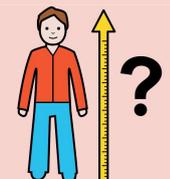
- We will meet you in the waiting room when it is your turn for your appointment.
- We will walk with you to another room to have the appointment.



- During the appointment, we'll ask, how are you feeling today?
- Good, okay, or not so good?
- We are here to help you.
- Also, there may be times when your parent or guardian will participate.



- During this appointment you may be asked for the following to be recorded:
- blood pressure, weight, and or height.



- At the end of the appointment we may arrange when we will see you next.



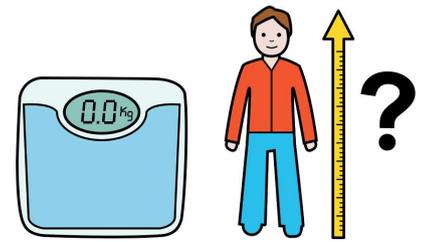
01/09/08

- Let us know if you need any help or have any questions. We are happy to help.

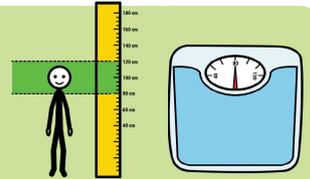


# Checking Your Height and Weight

## A visual guide



- There are scales to measure your height and weight.
- You can choose which to do first.



- You will be asked to take off your shoes and jacket before the measurements.



- You stand on the scales.
- Try to stand still and look forward.
- We will write down your weight.



- Then you stand on the height measure.
- We will ask you to stand with your feet together, legs straight, arms by your side with your back against the measure.



- We will gently place the measure on the top of your head to measure your height.
- We will write down your height.
- Then you can put your shoes back on.

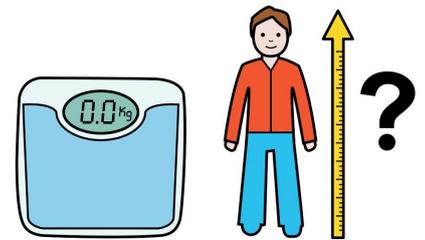


- Let us know if you need any help or have any questions. We are happy to help.

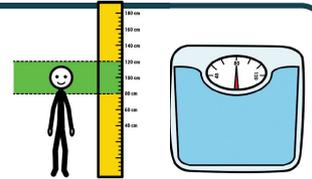


# Checking Your Height and Weight

## A visual guide



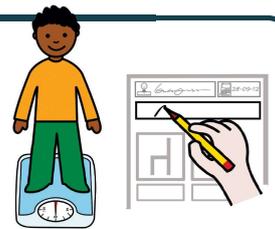
- There are scales to measure your height and weight.
- You can choose which to do first.



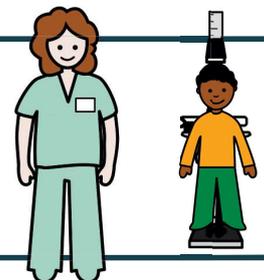
- You will be asked to take off your shoes and jacket before the measurements.



- You stand on the scales.
- Try to stand still and look forward.
- We will write down your weight.



- Then you stand on the height measure.
- We will ask you to stand with your feet together, legs straight, arms by your side with your back against the measure.



- We will gently place the measure on the top of your head to measure your height.
- We will write down your height.
- Then you can put your shoes back on.

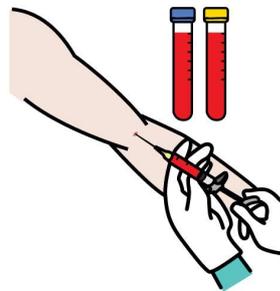


- Let us know if you need any help or have any questions. We are happy to help.



# Having a Blood Test

## A visual guide



- You will be asked to sit down on a chair and roll up your sleeve.



- We will put an elastic band (tourniquet) around your arm.
- We will apply some pressure with a finger to find the vein.



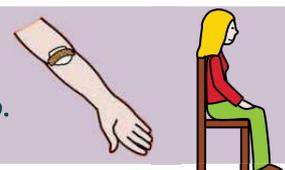
- An alcohol wipe will be used to clean your arm.
- We may offer some numbing spray that can be helpful as a distraction.
- We will ask would you like a countdown before the needle is used.



- A small amount of blood will be taken from your arm or hand using a needle, which may feel like a pinch or a slight sting.



- A small plaster will be placed on your arm after the blood test.
- Take 2 minutes to make sure you are feeling ok and then you are ready to go.

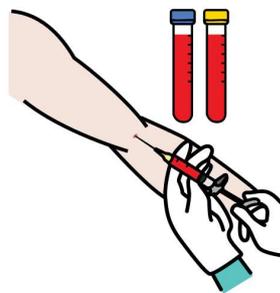


- Let us know if you need any help or have any questions. We are happy to help.

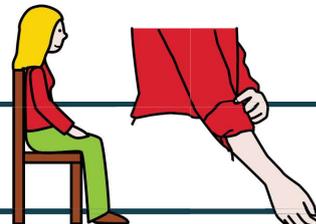


# Having a Blood Test

## A visual guide



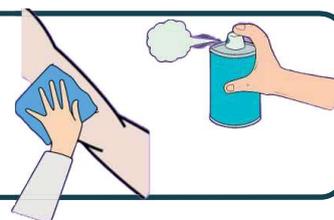
- You will be asked to sit down on a chair and roll up your sleeve.



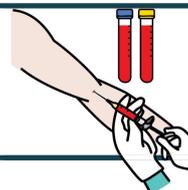
- We will put an elastic band (tourniquet) around your arm.
- We will apply some pressure with a finger to find the vein.



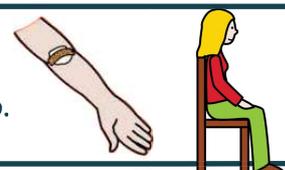
- An alcohol wipe will be used to clean your arm.
- We may offer some numbing spray that can be helpful as a distraction.
- We will ask would you like a countdown before the needle is used.



- A small amount of blood will be taken from your arm or hand using a needle, which may feel like a pinch or a slight sting.



- A small plaster will be placed on your arm after the blood test.
- Take 2 minutes to make sure you are feeling ok and then you are ready to go.

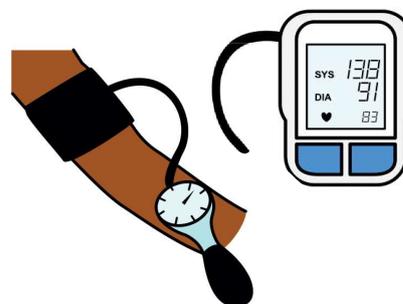


- Let us know if you need any help or have any questions. We are happy to help.

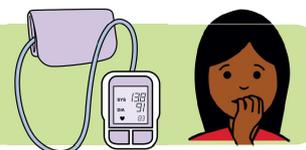


# Checking Blood Pressure

## A visual guide



- There is a machine that checks your blood pressure reading.
- It can make noise when in use. It is okay to feel nervous.



- This will take about 3 minutes. First we will ask that you roll up sleeve or loosen your jumper and stay seated.
- Next we will wrap a cuff around your arm.



- The cuff will feel tight. The material can feel irritating if you have sensitive skin, but it will be taken off after 30-40 seconds.



- The cuff tightens until the machine reads blood pressure. The machine will beep when finished and the cuff deflates.



- The screen will show your blood pressure reading.
- We will write it down. Then you are all done.

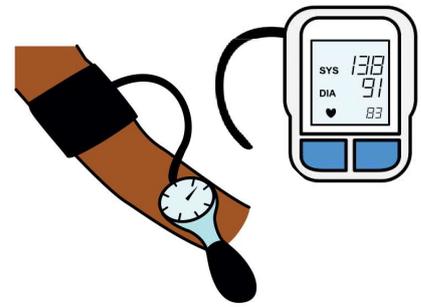


- Let us know if you need any help or have any questions. We are happy to help.

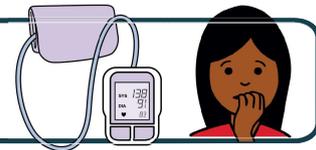


# Checking Blood Pressure

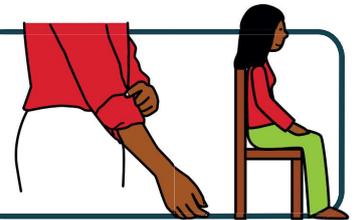
## A visual guide



- There is a machine that checks your blood pressure reading. It can make noise when in use. It is okay to feel nervous.



- This will take about 3 minutes. First we will ask that you roll up sleeve or loosen your jumper and stay seated.
- Next we will wrap a cuff around your arm.



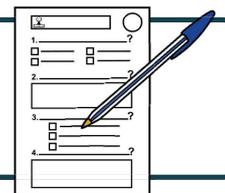
- The cuff will feel tight. The material can feel irritating if you have sensitive skin, but it will be taken off after 30-40 seconds.



- The cuff tightens until the machine reads blood pressure. The machine will beep when finished and the cuff deflates.



- The screen will show your blood pressure reading.
- We will write it down. Then you are all done.

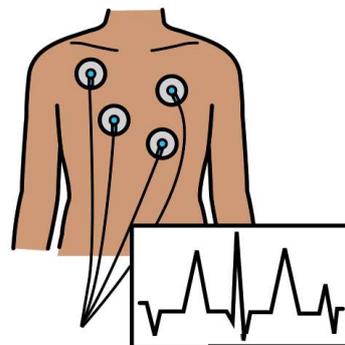


- Let us know if you need any help or have any questions. We are happy to help.

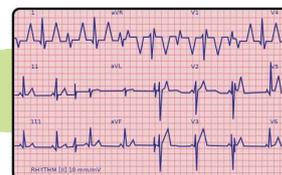


# Having An Ecg (Electrocardiogram)

## A visual guide



- An ECG looks at the electrical signals that make your heartbeat.



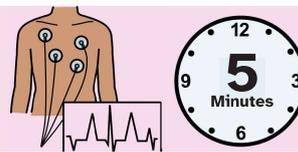
- As the ECG is of your chest area, it would be helpful if you wear loose clothing on the day of your appointment.



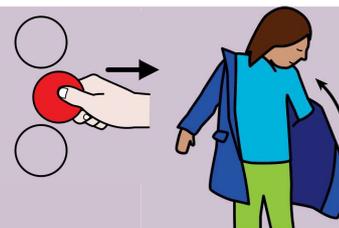
- You will be asked to loosen your clothing and to lie down on a bed.
- We will put some stickers on your chest, wrists, and ankles.



- We will connect the stickers with the wires to the ECG machine. You will be asked to stay still for about 5 minutes.



- When the ECG is finished you or your parent/ guardian will be asked to remove the stickers.
- Then it is time to sit up and re-adjust your clothing, then you are ready to go.

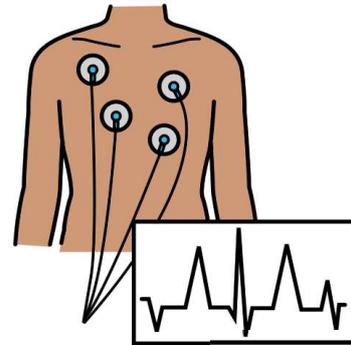


- Let us know if you need any help or have any questions. We are happy to help.

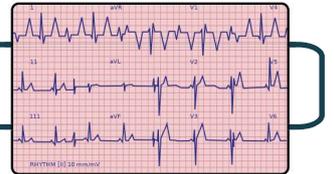


# Having An Ecg (Electrocardiogram)

## A visual guide



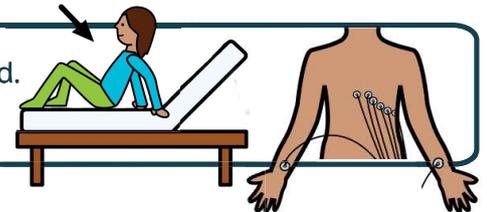
- An ECG looks at the electrical signals that make your heartbeat.



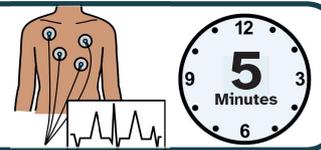
- As the ECG is of your chest area, it would be helpful if you wear loose clothing on the day of your appointment.



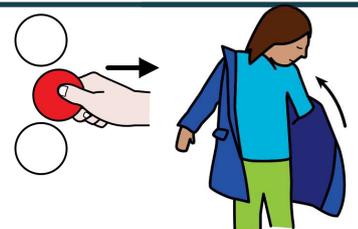
- You will be asked to loosen your clothing and to lie down on a bed.
- We will put some stickers on your chest, wrists, and ankles.



- We will connect the stickers with the wires to the ECG machine. You will be asked to stay still for about 5 minutes.



- When the ECG is finished you or your parent/ guardian will be asked to remove the stickers.
- Then it is time to sit up and re-adjust your clothing, then you are ready to go.



- Let us know if you need any help or have any questions. We are happy to help.





# Having A QB Test (Quantitative Behavioural Test)

## A visual guide

- We will bring you to the QB room on your own.
- Your parent/guardian can wait in the waiting room.



- In the QB room, you will be asked to sit in front of a laptop.
- We will ask you to remove your jacket/coat, turn your mobile phone on airplane mode, and remove any jewellery.



- We will place a headband around your forehead. This will be tied comfortably.
- We will give you a clicker to hold in your hand.



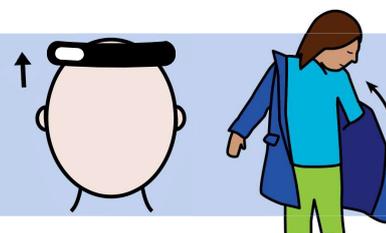
- We will show you a short video on the laptop which explains what you need to do during the task.



- You will get to practice the task on the laptop before starting the real task.
- When you are ready to go, the real task will start. It takes 15 mins for under 12s and 20 mins for over 12s.



- When the task is over, we will take the headband off your head and bring you back to the waiting room.
- Then you are ready to go.



- Let us know if you need any help or have any questions. We are happy to help.





# Having A QB Test (Quantitative Behavioural Test)

## A visual guide

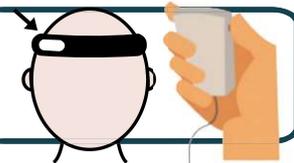
- We will bring you to the QB room on your own.
- Your parent/guardian can wait in the waiting room.



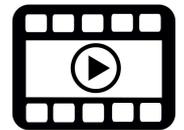
- In the QB room, you will be asked to sit in front of a laptop.
- We will ask you to remove your jacket/coat, turn your mobile phone on airplane mode, and remove any jewellery.



- We will place a headband around your forehead. This will be tied comfortably.
- We will give you a clicker to hold in your hand.



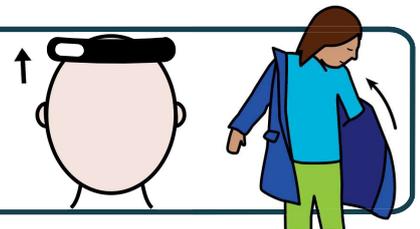
- We will show you a short video on the laptop which explains what you need to do during the task.



- You will get to practice the task on the laptop before starting the real task.
- When you are ready to go, the real task will start. It takes 15 mins for under 12s and 20 mins for over 12s.



- When the task is over, we will take the headband off your head and bring you back to the waiting room.
- Then you are ready to go.

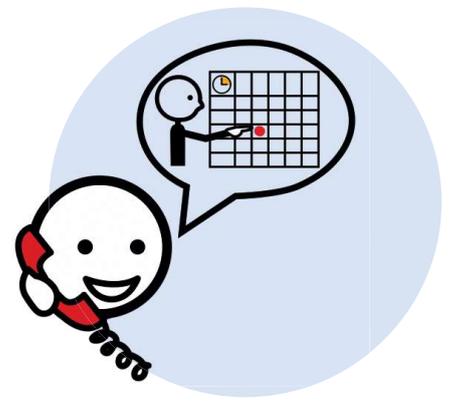


- Let us know if you need any help or have any questions. We are happy to help.



# My Appointment

## A visual guide



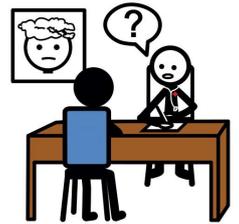
- When you arrive, you or your parent or guardian will sign in at the reception.
- You may be invited to relax in the waiting room, where you're free to listen to music, read a book, or chat with your parent or guardian while you wait.



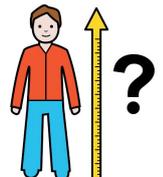
- We will meet you in the waiting room when it is your turn for your appointment.
- We will walk with you to another room to have the appointment.



- During the appointment, we'll ask, how are you feeling today?
- Good, okay, or not so good?
- We are here to help you.
- Also, there may be times when your parent or guardian will participate.



- During this appointment you may be asked for the following to be recorded:
- blood pressure, weight, and or height.



- At the end of the appointment we may arrange when we will see you next.



- Let us know if you need any help or have any questions. We are happy to help.

