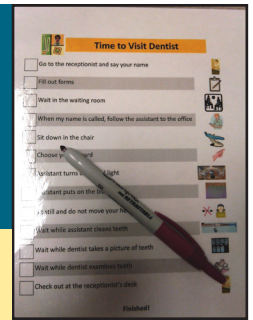


# Strategy at Work

## Schedule: Visit to Dentist's Office



Visit to a dentist might be quite challenging for an individual with an autism spectrum disorder. To help reduce the stress and acquaint with the specific steps of the visit, schedules can be used.

To learn more:

**How-To Template: Schedules** (<http://www.handsinautism.org/tools.html>)

Other resources:

**Strategy at Work: Dentist Visit Social Story** (<http://www.handsinautism.org/tools.html>)

**Strategy at Work: Toothbrushing Schedule** (<http://www.handsinautism.org/tools.html>)



[www.handsinautism.org](http://www.handsinautism.org)  
[hands@iupui.edu](mailto:hands@iupui.edu)  
Tel: (317)274-8162

select option "0"

### To Make:

1. Check with your dentist regarding specific steps.
2. Modify the schedule, if needed.
3. Print out the schedule.
4. Laminate the schedule
5. Cut out steps and place on a velcroed board (for pull-off schedules).

### To Use:

1. Give a standard phrase (e.g., "Check schedule").
2. Prompt the individual (from behind) to go to the schedule.
3. Prompt the individual to look at or point to the first activity.
4. Prompt the individual to go to the location of the first activity.
5. When the activity is over, give the standard phrase again and prompt the individual back to the schedule.

  
Christian Sarkine  
Autism Treatment Center

Christian Sarkine Autism  
Treatment Center  
Department of Child  
and Adolescent Psychiatry  
702 Barnhill Dr., Rm. 4300  
Indianapolis, IN 46202  
For referrals, call 317-274-8162  
For research, call 317-274-8162  
Other resources: call 317-274-8162  
select option "0"  
[www.iupui.edu/~psycdept/autism/](http://www.iupui.edu/~psycdept/autism/)

[rileyhospital.org](http://rileyhospital.org)

**Materials provided are samples only!**  
**They may need to be individualized to meet the particular needs of a person with an ASD!**



# Time to Visit Dentist

Go to the receptionist and say your name



Fill out forms



Wait in the waiting room



When my name is called, follow the assistant to the office



Sit down in the chair



Choose your reward



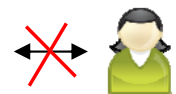
Assistant turns on dental light



Assistant puts on the bib



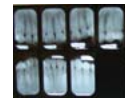
Sit still and do not move your head



Wait while assistant cleans teeth



Wait while dentist takes a picture of teeth



Wait while dentist examines teeth



Check out at the receptionist's desk



**Finished!**